

ΒΙΟΓΡΑΦΙΚΟ ΣΗΜΕΙΩΜΑ & ΥΠΟΜΝΗΜΑ ΣΥΓΓΡΑΦΙΚΟΥ ΕΡΓΟΥ

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ΔΗΜΟΓΡΑΦΙΚΑ ΣΤΟΙΧΕΙΑ

Ημερομηνία Γεννήσεως: 11 Ιανουαρίου 1977
Οικογενειακή Κατάσταση: Άγαμος
Διεύθυνση Κατοικίας: Ακρωτηρίου Κρήτης 9, Κόκκινος Μύλος, Μενίδι, Αττικής
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ΣΠΟΥΔΕΣ & ΤΙΤΛΟΙ

- 1994** **Απολυτήριο Λυκείου**, 1^ο Λύκειο Λιβαδειάς,
Βαθμός απολυτηρίου: 19 και 5/12 και χαρακτηρισμός «ΑΡΙΣΤΑ»
- 1995-2002** **ΠΤΥΧΙΟ ΙΑΤΡΙΚΗΣ**, Ιατρική Σχολή του Πανεπιστημίου Αθηνών,
Βαθμός πτυχίου: 7,6/10 και χαρακτηρισμός «ΛΙΑΝ ΚΑΛΩΣ»
- 2002** **Μετεκπαίδευση** στις: Παθολογική, Χειρουργική και Καρδιολογική
κλινική του Γενικού Νοσοκομείου Σπάρτης Νομού Λακωνίας
- 2005-2007** **Μεταπτυχιακό Δίπλωμα Ειδίκευσης (ΜΔΕ, MSc)**, Διατμηματικό
Πρόγραμμα Μεταπτυχιακών Σπουδών στη «ΒΙΟΣΤΑΤΙΣΤΙΚΗ»,
Ιατρική Σχολή και Τμήμα Μαθηματικών του Πανεπιστημίου Αθηνών -
Τμήμα Μαθηματικών Πανεπιστημίου Ιωαννίνων.
Βαθμός Διπλώματος: 8,8/10 και χαρακτηρισμός «ΑΡΙΣΤΑ»
- 2007-2011** **Ειδίκευση στην Παιδιατρική**, Παιδιατρική Κλινική του Γενικού
Νοσοκομείου Νίκαιας Πειραιά «Άγιος Παντελεήμων», με 6μηνη
εκπαίδευση στην Νεογνολογία στην Μονάδα Εντατικής Θεραπείας
Νεογνών του Νοσοκομείου Νίκαιας και 2μηνη εκπαίδευση στο Παιδο-
καρδιολογικό και Παιδο-καρδιολογικό Τμήμα του Νοσοκομείου Παίδων
«Αγλ. Κυριακού» και 1 μήνα εκπαίδευση στο Παιδο-νεφρολογικό και
Παιδο-αλλεργιολογικό εξωτερικό ιατρείο της Παιδιατρικής κλινικής του
Νοσοκομείου «Αγ. Παντελεήμονας»
ΤΙΤΛΟΣ ΕΙΔΙΚΟΤΗΤΑΣ ΣΤΗΝ ΠΑΙΔΙΑΤΡΙΚΗ, Υπουργείο Υγείας &
Πρόνοιας (05/2011)
- 2008-2011** **ΔΙΔΑΚΤΟΡΙΚΟ ΔΙΠΛΩΜΑ στην ΙΑΤΡΙΚΗ**(γνωστ. αντικ. Παιδιατρική
Επιδημιολογία). Γ' Παιδιατρική Κλινική της Ιατρικής Σχολής του
Πανεπιστημίου Αθηνών (θέμα: «*Επιδημιολογική μελέτη της παιδικής*

παχυσαρκίας. Η επίδραση της φυσικής δραστηριότητας και των διατροφικών συνηθειών.)» Βαθμός Διπλώματος: «ΑΡΙΣΤΑ»

2011-2014 **Μετα-διδακτορικός ερευνητής**, Χαροκόπειο Πανεπιστήμιο, Τμήμα Επιστήμης Διατολογίας-Διατροφής, με γνωστικό αντικείμενο «Ανάπτυξη δομημένων στατιστικών μοντέλων (structurelequationmodels, pathanalysis) για την ανάδειξη αιτιολογικών σχέσεων χρόνιων νοσημάτων».

ΜΕΤΕΚΠΑΙΔΕΥΣΕΙΣ

- 2017** **Epidemiology**, 52th Summer Sessions, University of Michigan, School of Public Health, USA:
- 1) Successful Scientific Writing
 - 2) An Introduction to Multilevel Analysis in Public Health
 - 3) Design and Contact of Clinical Trials
 - 4) Systematic Reviews and Meta-analyses
- 2012** **Statistical Analysis for Social Sciences**, Summer School, University of Essex, Colchester, Great Britain
- 1) Panel Data Analysis for Comparative Research
 - 2) Causal Models and Structural Equations with MPLUS
 - 3) Quantitative Data Analysis with R
 - 4) Non-Parametric and Semi-parametric methods
- 2011** **Advanced Structural Equation Modeling using Mplus**, Summer School, University of Essex, Colchester, Great Britain
- 2011** **Factor Analysis and Structural Equation Modeling: An introduction using Stata and Mplus**, London School of Hygiene and Tropical Medicine, London, Great Britain
- 2010** **Advanced Course in Epidemiological Analysis**, London School of Hygiene and Tropical Medicine, London, Great Britain
- 2009** **Epidemiology**, 22th European Educational Program, International Epidemiological Association, Florence, Italy

ΕΠΑΓΓΕΛΜΑΤΙΚΗ ΕΜΠΕΙΡΙΑ: ΙΑΤΡΙΚΗ, ΔΙΔΑΚΤΙΚΗ ΚΑΙ ΕΡΕΥΝΗΤΙΚΗ

ΙΑΤΡΙΚΗ ΕΠΑΓΓΕΛΜΑΤΙΚΗ ΕΜΠΕΙΡΙΑ

2/2014- σήμερα **Επιμελητής**, Β΄ Παιδιατρική Κλινική, Ιατρικό Κέντρο Αθηνών, με καθήκοντα θεράποντα ιατρού για την περίθαλψη των νοσηλευόμενων παιδιών της κλινικής, όπως επίσης και με καθήκοντα εφημερεύοντα παιδίατρου για την περίθαλψη των

- νοσηλευομένων και των αρρώστων παιδιών που προσέρχονται κατά την διάρκεια της εφημερίας του νοσοκομείου.
- 11/2012 –σήμερα** **Ελεύθερο επάγγελμα ως Παιδίατρος**, Παιδιατρικά Ιατρεία Αντωνογεώργου Γεωργίου: Α) Ακρωτηρίου Κρήτης 9, ΤΚ 13671, Αχαρνές και Β) Λασκαρίδου 110, ΤΚ 17676 , Καλλιθέα με καθήκοντα παροχής πρωτοβάθμιας παιδιατρικής φροντίδας.
- 1/2013-2/2014** **Επιμελητής Παιδίατρος**, Β' Παιδιατρική κλινική, Ευρωκλινική Παίδων, με καθήκοντα επιμελητή θεράποντα ιατρού για την περίθαλψη των νοσηλευομένων παιδιών της κλινικής, όπως επίσης και με καθήκοντα εφημερεύοντα παιδίατρο για την περίθαλψη των νοσηλευομένων και των αρρώστων παιδιών που προσέρχονται κατά την διάρκεια της εφημερίας του νοσοκομείου.
- 9/2011-12/2012** **Επιμελητής Παιδίατρος** της Παιδιατρικής Κλινικής του Νοσοκομείου «ΜΗΤΕΡΑ», υπεύθυνος εξωτερικών ιατρείων και κλινικής, με καθήκοντα εφημερεύοντα παιδίατρο για την περίθαλψη τόσο των νοσηλευομένων, όσο και των αρρώστων παιδιών που προσέρχονται στα εξωτερικά ιατρεία.
- 2005-2007** **Ιατρός** της Ψυχιατρικής Κλινικής «Ασκληπιείον», Αθήνα.
- 2002-2003** **Ιατρός**, υπόχρεος υπηρεσίας υπαίθρου, Κέντρο Υγείας Βλαχιώτη, Νομού Λακωνίας

ΕΡΕΥΝΗΤΙΚΗ ΕΠΑΓΓΕΛΜΑΤΙΚΗ ΕΜΠΕΙΡΙΑ

- 6/2019-10/2022** **Επιστημονικός Συνεργάτης**, ερευνητικό έργο “Fact-based personalized nutrition for the young -Nutrishield”, χρηματοδοτούμενο από την Ευρωπαϊκή Ένωση στο πλαίσιο των Horizon 2020, Research Executive Agency, H2020-SFS-2018-2020/H2020-SFS-2018-1 (G.A.No 818110) με ρόλο στην ανάπτυξη του διατροφικού αλγορίθμου, στην ανάλυση των ερευνητικών δεδομένων των κλινικών ερευνών, στην κριτική αξιολόγηση των αποτελεσμάτων και την συγγραφή των αναφορών των κλινικών ερευνών.
- 2/2017-9/2017** **Επιστημονικός Συνεργάτης, Βιοστατιστικός - Επιδημιολόγος**, Ινστιτούτο Προληπτικής, Περιβαλλοντικής και Εργασιακής Ιατρικής «Prolepsis».
- 5/2014- 12/2014** **Κλινικός Διευθυντής**, InstituteforClinicalInvestigation, Ινστιτούτο Pasteur, με

καθήκοντα οργάνωσης, επίβλεψης και εκτέλεσης ερευνητικών πρωτοκόλλων περιλαμβανομένων μελετών βιοισοδυναμίας, κλινικών δοκιμών (φάση I-IV) και επιδημιολογικών μη-παρεμβατικών μελετών.

2012 **Επιστημονικός συνεργάτης**, Μονάδα Αναπτυξιακής Παιδιατρικής, Β΄ Παιδιατρική Πανεπιστημιακή Κλινική, Ιατρική Σχολή, Πανεπιστημίου Αθηνών.

2011-2012 **Επιστημονικός συνεργάτης** της Ελληνικής ερευνητικής ομάδας με καθήκοντα υπεύθυνου διαχείρισης και στατιστικής ανάλυσης των δεδομένων της Ευρωπαϊκής Πολυκεντρικής Μελέτης «EUNETADB» (EUFP7) για την διερεύνηση των συνηθειών χρήσης του διαδικτύου από τους εφήβους υπό την Β΄ Παιδιατρική Κλινική, Ιατρική Σχολή, Πανεπιστήμιο Αθηνών.

2007-2014 **Επιστημονικός Συνεργάτης**, της ερευνητικής ομάδας της επιδημιολογικής μελέτης PANACEA (Physical Activity, Nutrition and Asthma in the Children of Athens) υπό την Παιδοπνευμολογική Κλινική του Νοσοκομείου Παιδών Πεντέλης και της Ομάδας Μεθοδολογίας Έρευνας, Επιδημιολογίας και Βιοστατιστικής του Τμήματος Επιστήμης Διαιτολογίας - Διατροφής του Χαροκοπείου Πανεπιστημίου, με ερευνητικό θέμα την συσχέτιση παραγόντων κινδύνου με το άσθμα παιδιών ηλικίας 10-12 ετών.

ΔΙΔΑΚΤΙΚΗ ΕΠΑΓΓΕΛΜΑΤΙΚΗ ΕΜΠΕΙΡΙΑ

2017-σήμερα **Επιστημονικός Συνεργάτης**, Χαροκόπειο Πανεπιστήμιο, συν-διδάσκων με ανάθεση του μαθήματός «Βιοστατιστική-Μεθοδολογία της Έρευνας» του ΠΜΣ «Εφαρμοσμένης Διαιτολογίας-Διατροφής» στο πρόγραμμα πλήρους και στο πρόγραμμα μερικής φοίτησης.

2016-2018 **Πανεπιστημιακός Υπότροφος**, Χαροκόπειο Πανεπιστήμιο, Τμήμα Επιστήμης Διαιτολογίας-Διατροφής. Ανάθεση διδασκαλίας του προπτυχιακού μαθήματος «Ειδικά Θέματα Ανάλυσης Δεδομένων»

2017-σήμερα **Εκπαιδευτής**, «Ανάλυση ιατροβιολογικών δεδομένων με την χρήση του Στατιστικού Προγράμματος SPSS», Πρόγραμμα Διαδικτυακής Τηλεκπαίδευσης και Δια Βίου Μάθησης, Κέντρο Δια Βίου Μάθησης, Εθνικό και Καποδιστριακό Πανεπιστήμιο Αθηνών

2018-σήμερα **Διδάσκων, Σεμινάριο με θέμα «Μεθοδολογία της Έρευνας»** στα πλαίσια του ΠΜΣ «Σακχαρώδης Διαβήτης και Παχυσαρκία»

της Ιατρικής Σχολής του Εθνικού και Καποδιστριακού Πανεπιστημίου Αθηνών

- 2008-2016** **Υπεύθυνος Διδασκαλίας** του μαθήματος «Βιοστατιστική» του Διατμηματικού Μεταπτυχιακού Προγράμματος Σπουδών «Κλινική Παιδιατρική και Νοσηλευτική-Έρευνα» του ΤΕΙ Νοσηλευτικής Αθηνών και της Ιατρικής Σχολής Πανεπιστημίου Αθηνών.
- 2012-2013** **Λέκτορας μερικής απασχόλησης (Part-time lecturer)**, στα προγράμματα σπουδών BSc(Hons) Dietetics και BSc(Hons) Physiotherapy, Κέντρο Μεταλλουργικής Εκπαίδευσης I ST Studies σε συνεργασία με το University of Hertfordshire, με πλήρη ανάθεση των μαθημάτων “Research Methodology” και “Applied Research” καθώς και της επίβλεψης των πτυχιακών εργασιών για την απόκτηση του Πανεπιστημιακού Τίτλου στο BSc(Hons) Dietetics.
- 2011-σήμερα** **Υπεύθυνος Διδασκαλίας** του μαθήματος «Βιοστατιστική» του Μεταπτυχιακού Προγράμματος Σπουδών των υποψήφιων διδασκόντων της Οδοντιατρικής Σχολής του Πανεπιστημίου Αθηνών.
- 2010-2014** **Διδάσκων** του μαθήματος «Βιοστατιστική» του Διατμηματικού Μεταπτυχιακού Προγράμματος Σπουδών «Καρδιολογική Νοσηλευτική-ΜΕΘ» του ΤΕΙ Νοσηλευτικής Αθηνών και της Ιατρικής Σχολής του Εθνικού και Καποδιστριακού Πανεπιστημίου Αθηνών.
- 2010** **Βοηθός Διδασκαλίας** του μαθήματος «Πολυμεταβλητή Ανάλυση», ΠΜΣ «Βιοστατιστική», του Τμήματος Μαθηματικών και της Ιατρικής Σχολής του Εθνικού και Καποδιστριακού Πανεπιστημίου Αθηνών.

ΔΙΑΛΕΞΕΙΣ – ΟΜΙΛΙΕΣ

- 2017-σήμερα** **Προσκεκλημένος Ομιλητής**, Εθνικό και Καποδιστριακό Πανεπιστήμιο Αθηνών, ΠΜΣ Ρευματολογία – Μυοσκελετική Υγεία, 3ώρου σεμιναρίου με θέμα «Βασικές αρχές Επιδημιολογίας – Βιοστατιστικής»
- 2011** **Προσκεκλημένος ομιλητής** με θέμα «Μεθοδολογία της έρευνας στην παιδική ηλικία» στο πλαίσιο του ΠΜΣ «Εφαρμοσμένη Διαιτολογία-Διατροφή» του Χαροκοπείου Πανεπιστημίου.

2011

Προσκεκλημένος ομιλητής στα πλαίσια του μαθήματος της Βιοστατιστικής του ΜΠΣ «ΜΕΘ και Επείγουσα Νοσηλευτική».

ΕΡΕΥΝΗΤΙΚΑ ΕΝΔΙΑΦΕΡΟΝΤΑ

- ΕΠΙΔΗΜΙΟΛΟΓΙΑ
- ΜΕΘΟΔΟΛΟΓΙΑ ΕΡΕΥΝΑΣ
- ΠΟΛΥΜΕΤΑΒΛΗΤΕΣ ΜΕΘΟΔΟΙ ΣΤΑΤΙΣΤΙΚΗΣ ΑΝΑΛΥΣΗΣ
- ΔΟΜΗΜΕΝΑ ΣΤΑΤΙΣΤΙΚΑ ΥΠΟΔΕΙΓΜΑΤΑ (STRUCTURAL EQUATION MODELLING)

ΣΥΓΓΡΑΦΙΚΟ ΕΡΓΟ

ΜΟΝΟΓΡΑΦΙΕΣ

1. **ΔΙΔΑΚΤΟΡΙΚΗ ΔΙΑΤΡΙΒΗ:** «Επιδημιολογική μελέτη της παιδικής παχυσαρκίας. Η επίδραση της σωματικής δραστηριότητας και των διατροφικών συνηθειών». Αθήνα, 2011.

Περίληψη

Εισαγωγή: Η παιδική παχυσαρκία αποτελεί μια σύγχρονη επιδημία, η οποία καλπάζει με συνεχώς αυξανόμενους ρυθμούς αποτελώντας ένα πολύ σημαντικό πρόβλημα δημόσιας υγείας. Διάφοροι παράγοντες έχουν ενοχοποιηθεί για αυτήν την αύξηση, χωρίς, όμως, να έχει αποσαφηνιστεί ο ρόλος τους στην αιτιοπαθογένειά της. Σκοπός της παρούσας διδακτορικής διατριβής είναι η διερεύνηση της συσχέτισης των διατροφικών συνηθειών και της σωματικής δραστηριότητας με το υπερβάλλον βάρος και την παχυσαρκία παιδιών ηλικίας 10-12 ετών που διαβιούν σε αστικό περιβάλλον. **Υλικό και Μέθοδος:** Κατά το χρονικό διάστημα 2007-2009 700 παιδιά (323 αγόρια και 377 κορίτσια) που φοιτούσαν στην 4^η μέχρι την 6^η τάξη του δημοτικού σχολείου, συμπλήρωσαν ερωτηματολόγιο, στο οποίο αξιολογούσαν διάφορα δημογραφικά χαρακτηριστικά και χαρακτηριστικά του τρόπου ζωής τους, καθώς διατροφικές συνήθειες και πρότυπα φυσικής δραστηριότητας, με τη χρήση ειδικών και έγκυρων ερωτηματολογίων, εκ των οποίων η εγκυρότητα του διατροφικού ερωτηματολογίου τεκμηριώθηκε σε μικρότερη μελέτη στα πλαίσια της παρούσας διδακτορικής διατριβής. Επίσης στα παιδιά της μελέτης μετρήθηκε το βάρος και το ύψος τους, ώστε να υπολογιστεί ο Δείκτης Μάζας Σώματος (ΔΜΣ) και να ταξινομηθούν σε υπέρβαρα και παχύσαρκα με την χρήση των τυποποιημένων τιμών για την ταξινόμηση του ΔΜΣ στην παιδική ηλικία (κατηγοριοποίηση IOTF). Για την στατιστική ανάλυση χρησιμοποιήθηκαν πολυμεταβλητές μέθοδοι ανάλυσης (Ανάλυση σε Κύριες Συνιστώσες) καθώς και μονοπαραγοντική και πολυπαραγοντική ανάλυση λογιστικής παλινδρόμησης. **Αποτελέσματα:** Ο επιπολασμός του υπερβάλλοντος βάρους στο δείγμα της μελέτης ήταν 34% στα αγόρια και 22% στα κορίτσια, ενώ ο επιπολασμός της παχυσαρκίας ήταν 9,4% στα αγόρια και 8,6% στα κορίτσια. Διαπιστώθηκαν 8 πρότυπα σωματικής δραστηριότητας, όπως αυξημένη σωματική δραστηριότητα τις σχολικές ημέρες, αυξημένη αθλητική δραστηριότητα, καθώς και τα πρότυπα της έντονης, μέτριας και χαμηλής σωματικής δραστηριότητας. Η αυξημένη φυσική δραστηριότητα κατά τα σαββατοκύριακα και η έντονη φυσική δραστηριότητα συσχετίσθηκε αρνητικά με το υπερβάλλον βάρος και την παχυσαρκία στα αγόρια (προσαρμοσμένος σχετικός λόγος πιθανοτήτων(ΣΛ): 0,65(95%ΔΕ:0,480-0,90) και 0,66(95% ΔΕ: 0,49-0,88)) αντίστοιχα. Ως προς την ενασχόληση των παιδιών με εξωσχολικές αθλητικές δραστηριότητες διαπιστώθηκε ότι κορίτσια που συμμετέχουν σε περισσότερες από 3 ώρες την εβδομάδα σε εξωσχολικές αθλητικές δραστηριότητες, ήταν 59% λιγότερο πιθανό να είναι υπέρβαρα ή παχύσαρκα σε σύγκριση με κορίτσια που συμμετέχουν λιγότερο από 3 ώρες/εβδομάδα, λαμβάνοντας υπ' όψη την επίδραση διαφόρων συγχυτικών παραγόντων (προσαρμοσμένος ΣΛ: 0,41 (95% ΔΕ:0,20-0,83). Τέλος, διερευνήθηκε η επίδραση των διατροφικών πρότυπων της καθημερινής λήψης πρωινού και της κατανάλωσης πολλών μικρών γευμάτων (>3) ημερησίως και διαπιστώθηκε ότι παιδιά που ακολουθούσαν ταυτόχρονα και τα δύο πρότυπα διατροφής, ήταν 2 φορές λιγότερο πιθανό να είναι υπέρβαρα ή παχύσαρκα σε σύγκριση με παιδιά, οι διατροφικές συνήθειες των οποίων δεν χαρακτηρίζονταν από τα παραπάνω χαρακτηριστικά. **Συμπεράσματα:** Διαπιστώθηκε ότι πρότυπα σωματικής δραστηριότητας όπως η αυξημένη σωματική δραστηριότητα και η συμμετοχή σε εξωσχολικές αθλητικές δραστηριότητες, καθώς και η συμμόρφωση με την καθημερινή κατανάλωση πρωινού

και την κατανάλωση πολλών γευμάτων ημερησίως, μπορεί να βοηθήσει παιδιά ηλικίας 10-12 ετών στη διατήρηση του φυσιολογικού σωματικού βάρους τους.

2. **ΔΙΠΛΩΜΑΤΙΚΗ ΔΙΑΤΡΙΒΗ:** «Επιδημιολογική μελέτη για την ανίχνευση της σχέσης μεταξύ των διατροφικών συνηθειών και φυσικής δραστηριότητας σε σχέση με το άσθμα σε παιδιά ηλικίας 10-12 ετών από την ευρύτερη περιοχή της αττικής μελέτη PANACEA (Physical Activity, Nutrition and Allergies in Children Examined in Athens). Αθήνα, 2008.

ΚΕΦΑΛΑΙΑ ΣΕ ΒΙΒΛΙΑ

1. Diet quality and viewing TV and Games. Chapter in "Diet quality: an evidence-based approach", Editor: Victor R Preedy, King's College London, Volume 1, Nutrition and Health, Springer Science + Business Media, New York, 2013
2. Τόμος Πρακτικών, 16^η Δημερίδα Παιδιατρικών Αναπνευστικών Παθήσεων, Επιμέλεια Έκδοσης : Κώστας Ν. Πρίφτης, Αθήνα 2007

ΑΡΘΡΑΣΕΔΙΕΘΝΗΕΠΙΣΤΗΜΟΝΙΚΑΠΕΡΙΟΔΙΚΑ

1. Antonogeorgos G, Mandrapiylia M, Liakou E, Koutsokera A, Drakontaeidis P, Thanasia M, Ellwood P, García-Marcos L, Sardeli O, Priftis KN, Panagiotakos D, Douros K. Hierarchical analysis of Mediterranean Dietary pattern on atopic diseases' prevalence in adolescence: The Greek Global Asthma Network study. *Allergol Immunopathol (Madr)*. 2022 Sep 1;50(5):114-120

Abstract

Introduction: The contribution of dietary patterns in the occurrence of atopic diseases, mainly asthma, allergic rhinitis, and eczema is ambiguous. Our study examined the association between the level of adherence to the Mediterranean diet (MedDiet) and the prevalence of atopic diseases in adolescence. **Methods:** A total of 1934 adolescents (boys: 47.5%, mean age [standard deviation]: 12.7[0.6] years) enrolled voluntarily. Participants completed a validated questionnaire on atopic disease status, dietary habits, and other sociodemographic and lifestyle characteristics. KIDMED score was used for the evaluation of adherence to the MedDiet. Discriminant analysis was applied to the hierarchy of foods and beverages consumed in relation to the presence of atopic diseases. **Results:** Logistic regression analyses revealed that adolescents with moderate and good adherence to the MedDiet had 34 and 60% lower odds of having any asthma symptoms, respectively, and 20 and 41% lower odds of having any allergic rhinitis symptoms, respectively, adjusted for several confounders. The food group with the most important contribution to the MedDiet was cooked and raw vegetables, followed by fruits (Wilk's $\lambda = 0.881$ and $\lambda = 0.957$, respectively). **Conclusion:** Our study provided evidence for a strong and inverse association between the level of adherence to the MedDiet and the occurrence of asthma and allergic rhinitis symptoms and signified the importance of contribution of fruits and vegetable consumption in this association. Thus, the promotion of MedDiet could be an efficient lifestyle intervention that can contribute to the reduction of the burden of these atopic diseases in adolescents.

2. Kanellopoulou A, Antonogeorgos G, Douros K, Panagiotakos DB. The Association between Obesity and Depression among Children and the Role of Family: A Systematic Review. *Children (Basel)*. 2022 Aug 18;9(8):1244

Abstract

One of the most critical factors that affects or leads to obesity is depression. However, another point of view is that obesity leads to depression. This systematic review estimates evidence arising from observational and systematic studies concerning the association between obesity and depression in children and adolescents. Moreover, the role of the family environment is investigated in this review. A systematic literature search was performed for research conducted between 2014 and 2021 on PubMed. The basic inclusion criteria were the language, study issue and type, and age of the participants. Studies that examined non-healthy populations, or were not related, or with no access were excluded. Titles and abstracts were screened independently, and full-text manuscripts meeting inclusion criteria were extracted. Finally, twenty-seven studies were retained. Most of them highlighted a positive association between obesity and depression. However, it is not clear whether obesity leads to depression or vice versa. Our review also revealed that the role of the family in this association has not been well studied and understood, since only one study addressed the issue. The evidence from our review emphasizes major public health issues; therefore, appropriate health policies should be developed. Moreover, additional research is required to fully understand the role of the family environment in the association between depression and obesity in childhood.

3. Magriplis E, Kanellopoulou A, Notara V, Antonogeorgos G, Rojas-Gil AP, Kornilaki EN, Lagiou A, Zampelas A, Panagiotakos DB. The Association of Sugar-Sweetened Beverages to Children's Weights Status Is Moderated by Frequency of Adding Sugars and Sleep Hours. *Children (Basel)*. 2022 Jul 20;9(7):1088

Abstract

Adding extra sugars in milk and the moderating effect of sleep has yet to be investigated, setting the aim of this study. A total of 1361 school-aged children were included, aged 10-12 years old, by randomly sampling schools. Data were interview-obtained by trained personnel using a validated 17-item food frequency questionnaire, with specifics on type of milk and extra sugar additions. Analyses were stratified by average recommended hours of sleep. Predictive probability margins were obtained following necessary adjustments. Mean BMI was significantly lower, the level of SSB intake was higher, and the prevalence of adding sugars to milk four or more times per week was higher in children that slept ≥ 10 h. Most children (64%) consumed full fat milk, 21% had low fat, and 19.7% chocolate milk, with a significantly larger proportion of overweight or obese children consuming full fat or chocolate milk, also adding extra sugars four or more times per week (4.1% compared to 9.6%, and 12.2% compared to 39.5%, respectively). The predictive probability of being overweight or obese exponentially increased for children consuming > 0.5 SSB/day while also adding sugars to their milk frequently, although this effect remained significant only for children sleeping ≤ 10 h/day. In conclusion, to accurately address the effect of SSBs on children's body weight, frequency of any type of sugar addition in milk should be accounted for, as well as average sleep hours that may further moderate the effect.

4. Kanellopoulou A, Vassou C, Kornilaki EN, Notara V, Antonogeorgos G, Rojas-Gil AP, Lagiou A, Yannakoulia M, Panagiotakos DB. The Association between Stress and Children's Weight Status: A School-Based, Epidemiological Study. *Children (Basel)*. 2022 Jul 17;9(7):1066

Abstract

Given the evidence on how stress affects weight status in children, this research examined this association among Greek students aged 10-12 years old. Overall, 1452 children and their parents from several urban areas participated in an

observational study conducted during the period 2014-2016. Participants completed validated questionnaires. International Obesity Task Force guidelines were used for children's weight status classification. Descriptive statistics and nested logistic regression models were used. Multivariate correspondence analysis was also used to construct a score to evaluate the children's stress levels. The overall prevalence of overweight/obesity was 27%. More than 80% of the children appeared to have a medium or high level of stress, mainly due to the school environment. School-related stress increased the odds of obesity in children. The association between stress and overweight/obesity status showed a consistent trend (adjusted odds ratios varied from 1.44 to 1.52, p-values < 0.01). Children's weight status was associated with several school-related stressors. Although the school environment may play an aggravating role in the weight status of children, family plays a catalyst role in this direction. Therefore, actions have to be promoted in the school community so that children become more health literate on a public health level.

5. Kanellopoulou A, Kosti RI, Notara V, Antonogeorgos G, Rojas-Gil AP, Kornilaki EN, Lagiou A, Yannakoulia M, Panagiotakos DB. The Role of Milk on Children's Weight Status: An Epidemiological Study among Preadolescents in Greece. *Children (Basel)*. 2022 Jul 10;9(7):1025

Abstract

Milk consumption contributes greatly to children's diet, playing a pivotal role in the development and structure of bones and the functioning of the musculoskeletal system and the heart. This study investigated the association between the type of milk and childhood overweight/obesity. In the school period 2014-2016, 1728 students aged 10-12 years and their parents participated. The measurement and classification of their weight status were performed through the criteria of the International Obesity Task Force. Among others, the type of milk consumption was recorded. Four categories of the type of milk children consumed were classified (white milk, chocolate milk, both types of milk, and no milk at all). Children consuming only white milk were 33.1% less likely to be overweight/obese in comparison with children who were not consuming milk at all [OR (95% CI): 0.669 (0.516, 0.867), p = 0.002]. The consumption of chocolate milk showed a protective role against childhood overweight/obesity although its association was not consistently significant. This study highlights the significant contribution of milk (and particularly of white milk) consumption to weight management, and thus its promotion should be consistently encouraged. More studies are needed to shed light on the effects of different dairy foods on weight status in childhood.

6. Antonogeorgos G, Panagiotakos DB, Priftis KN, Liakou E, Koutsokera A, Drakontaeidis P, Thanasia M, Mandrapylia M, Moriki D, Ellwood P, García-Marcos L, Douros K. Parental Education Moderates the Relation between Physical Activity, Dietary Patterns and Atopic Diseases in Adolescents. *Children (Basel)*. 2022 May 9;9(5):686

Abstract

Background: Atopic diseases, particularly asthma, eczema, and rhinitis, are among the most common chronic diseases in childhood, with several factors implicated in their pathogenesis. Our study examined the role of parental education in the association between diet, physical activity, and atopy in adolescents. **Methods:** 1934 adolescents (47.5% boys) aged 13-14 years old reported information about their diet and physical activity and their parents reported their highest educational level. The moderating role of parental education level (primary/secondary vs. tertiary) in the relation between lifestyle patterns and atopic diseases was examined with logistic regression analyses.

Results: High consumption of dairy products was inversely associated to adolescents' asthma and rhinitis symptoms overall, but this relation was almost 50% stronger for the adolescents with high parental education level background. The same pattern of reduction of the odds was noticed also regarding the association among the high intake of fruits, vegetables, pulses, with all three atopic diseases and the adherence to a physically active lifestyle only with current asthma and eczema (all $p < 0.05$). **Conclusion:** Adolescents who are physically active and consume a higher intake of fruits, vegetables, and pulses and a lower intake of fast-food and sweets, and their parents/guardians having higher education, are less likely to have any current symptoms of asthma, eczema, and rhinitis than the ones who have low educated parents.

7. Kosti RI, Kanellopoulou A, Morogianni K, Notara V, Antonogeorgos G, Kourtesa T, Rojas-Gil AP, Kornilaki EN, Lagiou A, Panagiotakos DB. The path between breakfast eating habit, sleep duration and physical activity on obesity status: An epidemiological study in schoolchildren. *Nutr Health*. 2022 May 17;2601060221102270

Abstract

Background: Although the literature suggests that skipping breakfast, insufficient sleep, and reduced physical activity are associated with childhood obesity their co-influence and their in-between interactions on weight status have rarely been studied. Aim: To examine the co-influence of breakfast eating habits, sleep duration, and physical activity on the weight status of children 10-12 years old from several schools of Greece. **Methods:** A cross-sectional study was conducted on 1688 students in Greece, during 2014-2016. Children's Body Mass Index (BMI) was calculated and classified according to the International Obesity Task Force (IOTF) classification. Logistic regression models and path analysis were used. **Results:** Overweight/obesity prevalence was higher in boys (32.5% vs. 20.4%; $p < 0.001$). Average sleep duration decreased the odds of overweight/obesity [OR (95% CI): 0.86 (0.76, 0.97)] independently of the frequency of breakfast habit. Interaction between sleep duration with breakfast habit ($p = 0.002$) and physical activity ($p < 0.001$) was observed. Path analysis showed a negative association of BMI with sleep duration (standardized beta = -0.095, $p < 0.001$). A third-order interaction between breakfast habit, sleep duration, and physical activity revealed that daily breakfast eating along with adequate sleep and moderate/adequate physical activity levels, decreased the odds of overweight/obesity by 55% [OR 0.45, 95% CI (0.27, 0.72)]. **Conclusion:** Although sleep duration is inversely associated with weight status independently of breakfast habit, the co-influence of adequate sleep duration with frequent breakfast eating and moderate/adequate physical activity seems to be a profoundly higher associated as a result of synergy against childhood obesity.

8. Antonogeorgos G, Liakou E, Koutsokera A, Drakontaeidis P, Thanasia M, Mandrapiyllia M, Fouzas S, Ellwood P, García-Marcos L, Panagiotakos DB, Priftis KN, Douros K. Parental education moderates the association between indoor moisture environment and asthma in adolescents: the Greek Global Asthma Network (GAN) cross-sectional study. *BMC Public Health*. 2022 Mar 28;22(1):597

Abstract

Objective: Asthma is a major contributor to childhood morbidity. Several environmental and socioeconomic status (SES) factors have been implicated in its etiopathogenesis such as indoor moisture and parental education level. Our study examined the association between exposure to indoor dampness and/or mould (IDM) with adolescent asthma and how parental education could modify or mediate this

relationship. **Method:** A total of 1934 adolescents (boys: 47.5%, mean age (standard variation): 12.7(0.6) years) and their parents were voluntarily enrolled and completed a validated questionnaire on adolescents' asthma status, parental educational level, and adolescents' indoor exposure to IDM during three different lifetime periods, i.e., pregnancy, the first year of life and the current time. **Results:** There was a significant modification effect of parental education only for the current exposure; higher parental education lowered almost 50% the odds of IDM and asthma (adjusted odds ratio (aOR): 1.96, 95% Confidence Intervals (CI): (1.05-3.68) and aOR:1.55, 95% CI (1.04-2.32), for primary/secondary and tertiary parental education, respectively). **Conclusion:** Adolescents whose parents had a higher education level had lesser odds to have asthma, even if they were exposed to a moisture home environment. This could be attributed to the increased knowledge about asthma risk factors and the improved measures for the amelioration of moisture-home environment that highly educated parents are more likely to take. Further research is needed in order to elucidate the interweaved role of family SES in the aforementioned relation.

9. Kanellopoulou A, Antonogeorgos G, Kokkou S, Notara V, Rojas-Gil AP, Kornilaki EN, Lagiou A, Kosti RI, Panagiotakos DB. Assessing the association between breastfeeding, type of childbirth and family structure with childhood obesity: results from an observational study among 10-12 years old children. *Int J FoodSci Nutr.* 2022 Jun;73(4):522-530

Abstract

This study examined the association between breastfeeding, type of childbirth, and family structure with childhood obesity. During 2014-2016, 1728 Greek students attending primary schools and their parents were enrolled. Children's weight status was measured and classified according to the International Obesity Task Force criteria. A self-administered questionnaire assessing the type of childbirth, the family structure, and several perinatal and demographic characteristics was used. Factors associated with higher breastfeeding rates were the type of childbirth, high maternal educational level, and nuclear family structure. No association was found between childhood obesity and type of childbirth ($p = 0.64$) and family structure ($p = 0.26$). Although the short-term beneficial effects of breastfeeding on childhood obesity are undeniable and it is of great importance to all health professionals to promote breastfeeding, no significant long-term effects on obesity in adolescence were observed. More studies are needed in order to elucidate the role of breastfeeding in obesity status in adolescence.

10. Antonogeorgos G, Priftis KN, Panagiotakos DB, Ellwood P, García-Marcos L, Liakou E, Koutsokera A, Drakontaeidis P, Moriki D, Thanasia M, Mandrapi M, Douros K. Exploring the Relation between Atopic Diseases and Lifestyle Patterns among Adolescents Living in Greece: Evidence from the Greek Global Asthma Network (GAN) Cross-Sectional Study. *Children (Basel).* 2021 Oct 18;8(10):932

Abstract

Introduction: Diet and physical activity might be associated with the risk of allergic diseases in childhood. However, evidence in literature is sparse and diverse. We aim to examine the associations between four healthy dietary consumption pattern drinks, plus the adherence to a physically active lifestyle with atopic diseases (asthma, allergic rhinitis and eczema) in adolescence and their relative importance. **Methods:** A total of 1934 adolescents (921 boys, 47.5%) and their parents completed a validated questionnaire assessing atopic diseases' symptoms prevalence in the past 12 months, as well as nutritional and physical activity information. Four healthy dietary and one physical active lifestyle patterns were

identified and logistic regression was applied to assess their relation with allergic diseases. **Results:** A high weekly consumption of fruits, vegetables and pulses and low consumption of unhealthy foods was negatively associated with all atopic symptoms while adherence to a physical active lifestyle was inversely associated with asthma and allergic rhinitis symptoms and dairy products with asthma and eczema symptoms in the past 12 months after adjustment for several confounders (all $p < 0.05$). Fruits, vegetables and pulses consumption per week emerged as the most important lifestyle pattern negatively associated for all atopic diseases, after the adjustment for all the remaining lifestyle patterns and confounders (all $p < 0.05$) **Conclusions:** Our findings suggest that a high fruit, vegetable and pulse intake should be the first lifestyle intervention every clinician and public health care worker evolving in the management of atopic adolescents should encourage and promote.

11. Kanellopoulou A, Kostis RI, Notara V, Antonogeorgos G, Rojas-Gil AP, Kornilaki EN, Lagiou A, Yannakoulia M, Panagiotakos DB. Dietary Patterns, Weight Perception and Obesity Status, among 10-12-Year-Old Children; an Epidemiological Study in Greece. *Children (Basel)*. 2021 Jul 23;8(8):626

Abstract

Adherence to certain dietary patterns influences obesity status in both children and adults. Weight perception influences dietary habits. The aim of this study was to examine children's dietary habits and obesity status, in relation to weight perception. One thousand seven hundred Greek students enrolled in this study during 2014-2016. Children's characteristics were assessed through validated questionnaires, and weight status was classified according to the criteria of the International Obesity Task Force. Dietary patterns were assessed through exploratory factor analysis. Overall, 52.2% of children characterized themselves as normal weight, 34.5% as low weight, and 13.3% as overweight/obese; 52.5% of children were in accordance with their actual weight status, with girls being more likely to overestimate their weight. Children followed three dietary patterns, i.e., starchy and protein foods, unhealthy/high-fat foods, and healthy foods. Children who followed the healthy dietary pattern and had accurate weight perception (in accordance with their actual weight), had lower odds of being overweight/obese ($p < 0.001$). Accurate weight perception in conjunction with healthy dietary habits may play a determinant role in the prevention of obesity. From a public health perspective, early identification of children's weight misperception along with healthy dietary habit promotion shape a crucial role in childhood obesity confrontation.

12. Gounaris A, Sokou R, Theodoraki M, Gounari E, Panagiotounakou P, Antonogeorgos G, Ioakeimidis G, Parastatidou S, Konstantinidi A, Grivea IN. "Aggressive" Feeding of Very Preterm Neonates and Body Mass Index at School Age. *Nutrients*. 2021 Jun 1;13(6):1901

Abstract

Introduction: The effects of "aggressive" neonatal feeding policies of very preterm neonates (VPN) and the risk of metabolic syndrome later in life remain questionable. We aimed to evaluate the effect of our "aggressive" nutrition policies of VPN during hospitalisation on body mass index (BMI) at ages 2 and 8 years. **Materials and methods:** Eighty four VPN, who received "aggressive" nutrition during hospitalisation in an effort to minimise postnatal growth restriction (PGR) (group A), and 62 term neonates, as controls (group B), were enrolled in the study. Group A was further divided in four subgroups depending on the type (A1: fortified expressed breast milk and preterm formula; A2: exclusively preterm formula) and quantity of milk received (A3: maximum feeds 180-210 mL/kg/day; A4: maximum feeds 210 and up to 260 mL/kg/day). BMI was calculated at ages 2 and 8 years and plotted on the centile charts. **Results:** There was no significant difference in BMI between groups A and B

at 2 and 8 years, respectively, in both absolute BMI values and their centile chart distribution. There was no significant difference in BMI at 2 and 8 years either between subgroups A1 and A2 or between subgroups A3 and A4. **Conclusions:** "Aggressive" and individualised feeding policy for VPN did not affect the BMI and obesity rates at ages of 2 and 8 years in our study population. The type and quantity of milk feeds had no impact on their BMI at school age. Further larger studies are needed to confirm our results.

13. Kosti RI, Kanellopoulou A, Notara V, Antonogeorgos G, Rojas-Gil AP, Kornilaki EN, Lagiou A, Panagiotakos DB. Household food spending, parental and childhood's diet quality, in financial crisis: a cross-sectional study in Greece. *Eur J Public Health*. 2021 May 10: ckab076.

Abstract

Background: Over the past decade, the financial crisis has affected harshly the household income of Greek people. This study aimed to investigate whether the effect of the financial crisis on food spending has affected the dietary habits in the family environment. **Methods:** Under a cross-sectional study conducted during 2014-2016, 1145 children and their parents completed questionnaires examining socio-economic and dietary characteristics. The MedDietScore and the KIDMED Score were used to assess parental and childhood adherence to the Mediterranean diet, respectively. **Results:** The parents who reported that the financial crisis has affected food spending used to consume weekly fewer fruits (3.26 ± 0.94 vs. 3.41 ± 0.90 , $P = 0.016$), carbohydrate foods (3.16 ± 0.57 vs. 2.99 ± 0.55 , $P < 0.001$) and legumes (3.28 ± 0.76 vs. 3.14 ± 0.67 , $P = 0.001$) and more nutrient-poor/energy-dense foods (2.55 ± 0.98 vs. 2.20 ± 0.82 , $P < 0.001$) compared with non-affected parents. Their children showed a decreased weekly consumption of vegetables (2.82 ± 0.90 vs. 2.97 ± 0.98 , $P = 0.019$) and increased weekly consumption of nutrient-poor/energy-dense foods (2.38 ± 0.97 vs. 2.19 ± 0.80 , $P < 0.001$). The affected parents had a lower MedDietScore than non-affected parents (25.76 ± 8.10 vs. 27.03 ± 8.11 , $P = 0.034$). No difference was revealed on the KIDMED Score ($P = 0.294$). **Conclusions:** The constrained food spending due to financial crisis has an independent and inverse impact on parent's diet quality while keeping unaffected preadolescent's diet quality. This finding highlights the role of parents as a protective 'wall' against the deterioration of their children's diet quality. The modification on the prices of healthy food and the provision of food aid particularly in economically disadvantaged households is underlined.

14. Antonogeorgos G, Priftis KN, Panagiotakos DB, Ellwood P, García-Marcos L, Liakou E, Koutsokera A, Drakontaeidis P, Thanasia M, Mandrapiyia M, Douros K. Parental Education and the Association between Fruit and Vegetable Consumption and Asthma in Adolescents: The Greek Global Asthma Network (GAN) Study. *Children (Basel)*. 2021 Apr 16;8(4):304.

Abstract

Background: Evidence suggests that nutritional factors, such as consumption of fruits and vegetables, along with socioeconomic factors such as parental education level, are associated with asthma prevalence. Our study examined the role of parental education in the association between fruit and vegetable consumption and adolescent asthma. **Methods:** 1934 adolescents (mean age: 12.7 years, standard deviation: 0.6 years, boys: 47.5%) and their parents were voluntarily enrolled and completed a validated questionnaire assessing current asthma status, fruit and vegetable consumption and parental educational level. Participants were categorized as high or low intake for five food groups: fruits, cooked vegetables, raw vegetables, all vegetables (cooked and raw), and all three food groups together (fruits and all

vegetables). **Results:** Adolescents who were high consumers of all three food groups (fruits, cooked and raw vegetables) were less likely to have asthma, adjusted for several confounders (adjusted odds ratio (aOR): 0.53, 95% confidence interval (CI): 0.25-0.97). Moreover, in adolescents who had parents with tertiary education and were in the high consumption of all three food groups, the inverse association was almost twofold higher than the one for adolescents with parents of primary/secondary education (aOR: 0.35, 95% CI: (0.21-0.89) and aOR: 0.61, 95% CI: (0.47-0.93) respectively). **Conclusions:** Our findings highlight the importance of the adoption of a diet rich in fruits and vegetables for all asthmatic adolescents and emphasize the important role of parental influences in this association.

15. Sokou R, Grivea IN, Gounari E, Panagiotounakou P, Baltogianni M, Antonogeorgos G, Kokori F, Konstantinidi A, Gounaris AK. Gastric Volume Changes in Preterm Neonates during Intermittent and Continuous Feeding-GRV and Feeding Mode in Preterm Neonates. *Children (Basel)*. 2021 Apr 15;8(4):300.

Abstract

Background: We aimed to evaluate gastric volume changes during intermittent milk feeds (IMF) and continuous milk feeds (CMF) in very premature neonates (VPN), with gastric residual volume (GRV) based on antral cross-sectional area (ACSA) measurements and to examine if there were differences in GRV between the two feeding methods. **Methods:** A randomized prospective clinical trial with crossover design was conducted in 31 preterm neonates (gestational age < 30 weeks). Gastric volume was assessed twice in each neonate (during IMF and CMF feeding), at 7 specific time points during a 2-h observation period by measuring ACSA changes via the ultrasound (U/S) method. **Results:** There was a significantly different pattern of gastric volume changes between the two feeding methods. GRV, expressed as the median percentage of ACSA measurement at 120 min relative to the higher ACSA measurement during IMF, was found to be 3% (range 0-25%) for IMF and 50% (range 15-80%) for CMF. Neonates fed with IMF had a shorter mean gastric emptying time compared to those fed with CMF ($p = 0.0032$). No signs of feeding intolerance were recorded in either group during the period of observation. **Conclusions:** Our results showed that gastric volume changes and gastric emptying time in VPN, based on ACSA measurement changes, depend on the milk feeding method. No gastrointestinal complications/adverse events were noted with GRV up to 80% with CMF.

16. Kanellopoulou A, Notara V, Magriplis E, Antonogeorgos G, Rojas-Gil AP, Kornilaki EN, Lagiou A, Yannakoulia M, Panagiotakos DB. Sleeping patterns and childhood obesity: an epidemiological study in 1,728 children in Greece. *J Clin Sleep Med*. 2021 May 1;17(5):1093-1101.

Abstract

Study objectives: Sleep is an essential normal function for children's growth and development, but over the years, lifestyle changes have resulted in insufficient sleep, a factor that may be associated with increased childhood obesity. The aim of this study was to evaluate the association between sleep duration and sleep patterns separately on weekdays and weekends regarding children's weight status. **Methods:** This study was conducted among Greek students (55.1% girls) in 2014-2016. Children's weight status was classified according to the International Obesity Task Force tables and guidelines. Sleep duration was determined based on the sleep and wake time that children reported, separately for weekdays and weekends. Classification and regression tree analysis was used to derive sleep patterns and evaluate their relation to children's weight status. **Results:** Multiadjusted analysis

revealed an inverse association between average duration of sleep on weekdays and weekends with the likelihood of being overweight/obese (odds ratio per 1 hour 0.82; 95% confidence interval, 0.73-0.92). This was more prominent on weekends than on weekdays. Children who had lower duration on weekdays, but catch-up sleep duration on weekends, were 2% (95% confidence interval, 0.97-0.99) less likely to be overweight/obese compared to those children having both less or increased sleep duration on weekdays and weekends. **Conclusions:** Sleep duration and sleep patterns seem to be associated with childhood weight status. Interventions should be developed to educate parents on the importance of an adequate sleep duration and healthy sleep patterns for their children's healthy development.

17. Kanellopoulou A, Notara V, Antonogeorgos G, Chrissini M, Rojas-Gil AP, Kornilaki EN, Lagiou A, Panagiotakos DB. Inverse Association Between Health Literacy and Obesity Among Children in Greece: A School-Based, Cross-Sectional Epidemiological Study. *Health Educ Behav.* 2021 Jan 15:1090198120982944.

Abstract

Children's health literacy is a crucial pillar of health. This study is aimed to examine the association between health literacy and weight status among Greek schoolchildren aged 10 to 12 years old. A population-based, cross-sectional observational study enrolling 1,728 students (795 boys), aged 10 to 12 years old, was conducted during school years 2014-2016. A health literacy index (range 0-100) was created through an item response theory hybrid model, by combining a variety of beliefs and perceptions of children about health. The mean health literacy score was 70.4 (± 18.7). The majority of children (63.8%) had a "high" level (i.e., $>67/100$) of health literacy, 30.5% had a "medium" level (i.e., $34-66/100$) of health literacy, while a small proportion of children (5.7%) had a "low" level (i.e., $<33/100$). Girls exhibited a higher level of health literacy than boys (71.7 ± 18.3 vs. 68.8 ± 19.1 , $p < .01$). Regarding body weight status, 21.7% of children was overweight and 5.0% was obese. Linear regression models showed that the health literacy score was inversely associated with children's body mass index (regression coefficient [95% CI]: $-0.010 [-0.018, -0.001]$), after adjusting for dietary habits, physical activity levels, and other potential confounders. Health literacy seems to be a dominant characteristic of children's weight status; therefore, school planning, as well as public health policy actions should emphasize on the ability of children's capacity to obtain, process, and understand basic health information.

18. Kanellopoulou A, Antoniou E, Notara V, Antonogeorgos G, Rojas-Gil AP, Kornilaki E, Kordoni ME, Velentza A, Mesimeri M, Lagiou A, Panagiotakos DB. Parental consumption of ultra-processed, high-fat products has no association with childhood overweight/obesity: an epidemiological study among 10-12-years-old children in Greece. *Fam Pract.* 2021 Feb 4;38(1):49-55.

Abstract

Background: Overweight and obesity during childhood consist two of the most important public health issues in the 21st century. Consumption of high-fat processed food has been increased alarmingly. **Objective:** To examine the association between parental ultra-processed, high-fat products' consumption and childhood overweight/obesity. **Methods:** A cross-sectional survey, conducted among 422 children, aged 10-12 years, and their parents, during school years 2014-16. Parental and child data were collected through self-administered, anonymous and validated questionnaires. Among others, high-fat ultra-processed food consumption was also recorded. Children's weight status was based on gender- and age-specific tables

derived from the International Obesity Task Force body mass index (BMI) cut-offs. **Results:** The prevalence of obesity in the reference population was 2.9%, whereas the prevalence of overweight was 19.3%. A strong correlation was observed between children's and their parents' BMI status ($P < 0.001$). Multi-adjusted data analysis revealed no association between parental intake of ultra-processed, high-fat products and children overweight/obesity. Similarly, when the data analysis accounted for family income and physical activity status of the children, the aforementioned results remained insignificant. **Conclusion:** Despite the fact that parents' specific dietary habits seem not to affect their children's weight status, public health programs should consider parental nutrition education and mobilization as a preventive measure for childhood overweight/obesity.

19. Kanellopoulou A, Giannakopoulou SP, Notara V, Antonogeorgos G, Rojas-Gil AP, Kornilaki EN, Konstantinou E, Lagiou A, Panagiotakos DB. The association between adherence to the Mediterranean diet and childhood obesity; the role of family structure: Results from an epidemiological study in 1728 Greek students. *Nutr Health*. 2021 Mar;27(1):39-47.

Abstract

Background: Childhood obesity is among the leading public health challenges, worldwide. **Aim:** To examine the association between children's adherence to the Mediterranean diet (MD) and weight status taking into account family structure and related behaviours. **Methods:** 1728 primary-school Greek students (46% males), from Athens metropolitan area, island of Crete, and the Peloponnese region, were enrolled during school years 2014-2016. Children and their parents completed questionnaires which, among others, recorded family structure (i.e., married/cohabited, divorced, single parent, and widowed), dietary and lifestyle habits. Adherence to the MD was assessed through the KIDMED score (range - 4 to 12). Children's body mass index was calculated and classified as normal, overweight/obese, according to the International Obesity Task Force classification. The working sample was 1142 children (44% males) with a recorded family structure. **Results:** The prevalence of overweight was 21.7% and obesity was 5.0%; overweight/obesity prevalence was higher among males than females (32.4% vs. 23.3%; $p < 0.001$). Overweight/obese children had a lower KIDMED score compared to normal weight (median (range): 4 (-2, 11) vs. 5 (-1, 10), $p = 0.05$). An inverse association between KIDMED score and children's weight status (odds ratio (OR) (95% confidence interval (CI)): 0.95 (0.89-0.99)) was observed. Interaction between family structure and KIDMED was observed ($p < 0.001$); stratified analysis revealed that in children from nuclear families the KIDMED score was inversely associated with the likelihood of overweight/obesity (OR (95% CI): 0.95 (0.88-1.00)), whereas in children from single-parent families it was not (OR (95% CI): 0.94 (0.79-1.12)). **Conclusion:** Adherence to the MD plays a protective role against childhood overweight/obesity, particularly among children living in nuclear families.

20. Kanellopoulou A, Giannakopoulou SP, Notara V, Antonogeorgos G, Rojas-Gil AP, Kornilaki EN, Konstantinou E, Lagiou A, Panagiotakos DB. The association between adherence to the Mediterranean diet and childhood obesity; the role of family structure: Results from an epidemiological study in 1728 Greek students. *Nutr Health*. 2021 Mar;27(1):39-47.

Abstract

Background: Childhood overweight/obesity constitutes a serious issue, as may cause several health problems. The main characteristics of the Mediterranean Diet have been acknowledged as the most appropriate shield mainly for obesity. **Methods:** The study was performed on 1728 primary students, during school years

2014-2016, in Greece. Children and their parents completed questionnaires which included dietary and lifestyle habits. The KIDMED score (range -4 to 12) was used to assess the level of childhood adherence to the Mediterranean diet and the MedDietScore (range 0 to 55) was used to assess parental adherence. For the purposes of this analysis, the examined sample was $n = 875$ of students (522 girls)-parents pairs whose level of adherence to the Mediterranean diet was able to be evaluated. **Results:** The prevalence of overweight and obesity in the Greek sample was 26.0%, according to International Obesity Task Force (IOTF) cutoff criteria for children. KIDMED Score was significantly lower in children with overweight/obesity compared with children with normal weight (4.65 ± 2.14 vs. 5.16 ± 2.05 , $p = 0.002$). The multiadjusted analysis revealed that children close to the Mediterranean diet were less likely to be overweight/obese ($p < 0.001$), either parents are away from or close to the Mediterranean diet. **Conclusions:** This study revealed that children's adherence to the Mediterranean diet was inversely associated with weight status either parents are away from or close to this dietary pattern. Future interventions against childhood obesity have to take into consideration the crucial importance of familial aggregation of healthy food choices and interfamily influences in the home environment on children's weight status.

21. Gounaris AK, Grivea IN, Baltogianni M, Gounari E, Antonogeorgos G, Kokori F, Panagiotounakou P, Theodoraki M, Konstantinidi A, Sokou R. Caffeine and Gastric Emptying Time in Very Preterm Neonates. *J Clin Med.* 2020 Jun 1;9(6):1676.

Abstract

Background: Caffeine has been commonly used for prevention and treatment of apnea-related symptoms in premature infants. However, its side effects have not been thoroughly studied. We investigated whether caffeine affects gastric motility in very-preterm (VP) neonates.

Methods: The study is a randomized crossover clinical trial. Twenty-two neonates with mean birth weight (BW) (standard deviation-SD) 1077 (229) g and mean gestational age (GA) (SD) 28.6 (2.1) weeks were recruited. Each neonate had its gastric emptying time checked twice with ultrasound assessment of changes in antral cross sectional area (ACSA). All neonates were sequentially allocated to the caffeine group (A) and the control group (B). Complications from the gastrointestinal tract were documented throughout the study.

Results: Statistically significant difference was found with regards to the gastric emptying time [median, (range)] between caffeine and control group ($p = 0.040$). Additionally, in the neonates with BW 1000-1500 g and $GA \geq 28$ weeks, the gastric emptying time (minutes) was significantly longer during caffeine treatment [44.5 (36-68.2)] and [40 (34.5-66.5)] respectively, as compared to the gastric emptying time during no caffeine treatment [27 (24.2-30)] ($p = 0.002$) and [27 (24.5-30)] ($p = 0.001$). The incidence of gastrointestinal (GI) complications was significantly greater in neonates receiving caffeine [6 (27.%)] as compared with those without caffeine treatment [1 (4.6%)] ($p = 0.039$).

Conclusions: During caffeine treatment, a significantly delayed gastric emptying time was noted in all study neonates, especially in these with BW 1000-1500 g and those with $GA \geq 28$ weeks. Further larger studies are necessary in order to confirm this interesting finding.

22. Poulimeneas D, Bathrellou E, Antonogeorgos G, Mamalaki E, Kouvari M, Kuligowski J, Gormaz M, Panagiotakos DB, Yannakoulia M; NUTRISHIELD Consortium. Feeding the preterm infant: an overview of the evidence [published online ahead of print, 2020 Apr 27]. *Int J Food Sci Nutr.* 2020;1-10.

Abstract

Feeding from own mother's milk is not always an option for preterm infants, and choosing between alternative means of feeding should be made in light of their effect on infants' health. In this work, we aimed to present evidence regarding feeding preterm infants with human milk, either own mother's or donor milk (DM), and the potential effects on growth and other health related outcomes. Exclusive breastfeeding (BF) remains the optimal option, whereas feeding with DM as a sole diet or supplemental to maternal milk confers immunological advantages and fewer rates of necrotising enterocolitis against preterm formula feeding, yet the latter results in greater growth velocity. Literature gaps in the use of DM, practical suggestions for choosing suitable feeding means (i.e. continuous support of BF, adequate education regarding feeding preterm infants, including DM), and future perspectives on the potential effects of dietary manipulations of the maternal diet, are also discussed.

23. Notara V, Legkou M, Kanellopoulou A, Antonogeorgos G, Rojas-Gil AP, Kornilaki EN, Konstantinou E, Lagiou A, Panagiotakos DB. Lack of association between dietary fibres intake and childhood obesity: an epidemiological study among preadolescents in Greece. *Int J Food Sci Nutr.* 2020 Aug;71(5):635-643.

Abstract

The aim of this study was to evaluate whether dietary fibres intake is associated with childhood obesity. From 2014 to 2016, a sample of 1728 Greek boys and girls students, 10-12 years and their parents were enrolled in the study. Dietary fibres intake was assessed through food questionnaires and child's body mass status was defined according to the International Obesity Task Force (IOTF)'s criteria. Prevalence of combined overweight/obesity was 26.7%, with boys having significantly higher prevalence than girls (31.5 versus 24.7%, $p < 0.001$). Logistic regression analysis, after various adjustments were made, revealed no association between dietary fibres intake and obesity/overweight (Odds Ratio = 0.76; 95% CI 0.48, 1.19). The lack of an association between dietary fibres intake and overweight/obesity status among pre-adolescents could be attributed to various reasons such as, methodological issues reflecting the study's design, the measurement of exposure or due to true absence of a relationship. Nevertheless, fibres consumption should not be prevented, but, promoted under the context of a balanced diet, because of their numerous pleiotropic health effects.

24. Champilomati G, Notara V, Prapas C, Konstantinou E, Kordoni M, Velentza A, Mesimeri M, Antonogeorgos G, Rojas-Gil AP, Kornilaki EN, Lagiou A, Panagiotakos DB. Breakfast consumption and obesity among preadolescents: An epidemiological study. *Pediatr Int.* 2020 Jan;62(1):81-88.

Abstract

Background: This study aimed to examine the association between breakfast consumption and childhood weight status, in relation to various socioeconomic and lifestyle factors.

Methods: A cross-sectional survey was conducted including 1,728 children aged 10-12 years and their parents, during the school years 2014-2016. Primary schools from five Greek counties (including the Athens metropolitan area) were randomly selected. Parental and child data were collected through self-administered, anonymous questionnaires. Children's weight status was based on gender- and age-specific tables derived from the International Obesity Task Force body mass index cutoffs. Logistic regression was used to determine the association between frequency and type of breakfast consumption and children's weight status.

Results:The frequency of breakfast consumption was not associated with childhood overweight or obesity, even when other factors were included in the analysis like sex, age, physical activity, meals / day, family annual income, parental weight status, parental physical activity level, parental educational level and parental employment status. From the nine foods that were included only the consumption of bread or rusks and chocolate milk were found to have a negative association with childhood overweight or obesity (odds ratio: 0.51; 95% CI: 0.34, 0.79 and OR: 0.50; 95% CI: 0.28, 0.87, respectively).

Conclusions:The result that frequency of breakfast consumption was not associated with children's overweight / obesity may lead to a deeper investigation of the foods consumed during breakfast. Bread or rusks and chocolate milk seemed to have a protective effect; further nutritional analysis is needed to explore the potential mechanisms of this observation.

25. Panagiotounakou P, Sokou R, Gounari E, Konstantinidi A, Antonogeorgos G, Grivea IN, Daniil Z, Gourgouliannis KI, Gounaris A. Very preterm neonates receiving "aggressive" nutrition and early nCPAP had similar long-term respiratory outcomes as term neonates. *Pediatr Res.* 2019 Dec;86(6):742-748.

Abstract

Background: The impact of the consistent implementation of "aggressive" nutrition by means of intensive early neonatal nutritional support up to 40-44 weeks postmenstrual age and the use of nasal continuous positive airway pressure (nCPAP) within the first hour of life on the respiratory function of very premature neonates (VPN) at school age is unclear.

Method: Respiratory function was evaluated in 108 VPN and 70 term controls. Growth, frequency of lower respiratory tract infections, re-hospitalization, and spirometry were recorded up to 8-10 years of age. Comparison was carried out between the two study groups.

Results: There was no significant difference in forced expiratory volume in 1 s and forced vital capacity at 8 years of age, and also in lower respiratory tract infections and re-hospitalization due to them, up to 8 years of age between preterm and term neonates. No significant difference was found in spirometry measurements neither between premature neonates with and without BPD nor between the two subgroups of preterms and term neonates.

Conclusion: "Aggressive" nutrition, persistent nCPAP use, and their impact on early postnatal growth probably positively affect the respiratory function of our study population. These very encouraging results need to be confirmed by larger studies.

26. Notara V, Magriplis E, Prapas C, Antonogeorgos G, Rojas-Gil AP, Kornilaki EN, Lagiou A, Panagiotakos DB. Parental weight status and early adolescence body weight in association with socioeconomic factors. *J Educ Health Promot.* 2019 Apr 24;8:77.

Abstract

Background: Childhood obesity remains a major health issue. The understanding of the multifactorial nature of childhood obesity remains the cornerstone to eliminate the rising trends. This study aimed to examine the association between parental and childhood weight status, in relation to various socioeconomic (SE) factors.

Methods:A cross-sectional survey was conducted including 1190 children aged 10-12 years and their parents, during school years 2014-2016. Primary schools from five Greek counties (including Athens metropolitan area) were randomly selected.

Parental and child data were collected through self-administered, anonymous questionnaires. Children's weight status was based on gender- and age-specific tables derived from the International Obesity Task Force body mass index (BMI) cut offs. General Linear Model (GLM), Univariate and multivariate analyses were applied. Multiple logistic regressions was used to determine the association between children and parents' weight status.

Results: Childhood prevalence of overweight and obesity was 25.9% (21.8% overweight and 4.1% obese), with prevalence being significantly higher in males (31.7% compared to 21.3%; P for gender differences < 0.001). The percent of overweight and obese male (34.4% and 43.1%) and female children (20.3% and 31.8%) significantly increased with paternal overweight and obesity status, respectively. The same relationship was observed between male children and maternal overweight and obesity status (43.4% and 65.7%). This was not evident among females (27% and 23.2%). Regression analysis showed a significant positive association with parental BMI, a negative association with both parental educational levels (low to high), living space, and parental age ($P < 0.05$, for all). Children's likelihood of being overweight or obese increased significantly with increasing parental weight status ($P < 0.001$).

Conclusions: Parental weight status remained the most significant predictive factor for early adolescence obesity among various SE factors. Health promotion strategies should consider parental education as an effective childhood obesity preventive measure.

27. Notara V, Antonogeorgos G, Kordoni ME, Sakellari E, Prapas C, Velentza A, Manifava E, Rojas-Gil AP, Kornilaki EN, Lagiou A, Panagiotakos DB. Family characteristics and children's knowledge of cardiovascular risk factors. *Pediatr Int.* 2018 Dec;60(12):1081-1089.

Abstract

Background: Cardiovascular disease has the highest mortality rate than any other disease globally. Some major risk factors seem to be established in the early stages of life, suggesting preventive strategies as a major means to reduce cardiovascular mortality. The aim of the present study was to investigate the role of socioeconomic status and family characteristics on children's knowledge and perceptions concerning cardiovascular disease risk factors.

Methods: A cross-sectional survey was conducted among 1,728 children (46% male) aged 10-12 years, attending Greek primary schools in Athens; Heraklion (capital city of the island of Crete); Kalamata; Pyrgos; and Sparta (Peloponnese peninsula), Greece. Sampling was conducted on school premises, during the school years 2014-15 and 2015-16 (participation rate, 95-100%). Data were collected via self-administered, anonymous questionnaire. Children's knowledge of various issues related to cardiovascular risk, such as nutrition, physical activity and smoking was also examined. Data on family characteristics were collected through another questionnaire completed by parents.

Results: Paternal education level and living with both parents instead of single-parent upbringing, were positively associated with children's knowledge of cardiovascular risk factors ($b = 0.42$; 95%CI: 0.01-0.83; $P = 0.04$; and $b = 0.78$; 95%CI: 0.013-1.43; $P = 0.02$ respectively). Moreover, children with more siblings seemed to have less sufficient knowledge compared with peers with fewer siblings (b per 1 sibling = -0.24 ; 95%CI: -0.47 to -0.014 ; $P = 0.04$).

Conclusions: The present findings enhance the link between the micro-environment and children's knowledge and perceptions concerning cardiovascular health, providing information to health-care professionals while counseling youths.

28. Notara V, Antonogeorgos G, Prapas C, Velentza A, Kordoni ME, Manifava E, Rojas-Gil AP, Kornilaki EN, Panagiotakos DB. Gender impact on children's knowledge and perceptions regarding cardiovascular disease risk factors: A school-based survey in Greece. *J Educ Health Promot.* 2018 Aug 2;7:102

Abstract

Background: Cardiovascular disease (CVD) risk factors are adopted during childhood and adolescence. Health literacy at these ages remains the cornerstone of a healthy adult life. The aim of the study was to examine the role of gender regarding CVD risk factors' awareness and to develop an evaluation tool for the assessment of CVD risk factors' knowledge and perception among children.

Methods: During the school years 2014-2015 and 2015-2016, 1728 students aged 10-12 years (5th and 6th grade), from 5 Greek cities (including Athens metropolitan area), were enrolled; nearly 45% were boys (participation rate varied from 95% to 100% from school to school). Students and their parents completed an anonymous questionnaire; students' somatometric characteristics were also recorded. Schools were randomly selected. Linear regression models were applied to evaluate the impact of children's gender on knowledge and perceptions about CVD risk factors.

Results: Significant higher percentage of correct answers, among girls compared to boys, was revealed regarding the weekly consumption of legumes, the breakfast weekly consumption, and the effects of soft drinks on health (all $P < 0.05$). As far as CVD risk factors' knowledge, significantly higher percentage of girls than boys also answered that high blood pressure and television viewing are bad for health and particularly for heart-related problems (all $P < 0.05$). Girls had a significantly higher mean score of 0.304 than boys, after adjusting for several confounders ($P = 0.029$).

Conclusion: Health education programs should take into account gender differences in children's perception and attitudes toward CVD risk factors, in order to increase awareness of children and eventually reduce CVD risk during adulthood.

29. Papoutsakis C, Papadaku E, Chondronikola M, Antonogeorgos G, Matziou V, Drakouli M, Konstantaki E, Priftis KN. An obesity-preventive lifestyle score is negatively associated with pediatric asthma. *Eur J Nutr.* 2018 Jun;57(4):1605-1613.

Abstract

Purpose: Lifestyle (diet and physical activity) may increase asthma risk, but evidence in this area is lacking. The aims of the present study were to calculate an obesity-preventive lifestyle score comprising of eating and physical activity behaviors and investigate the overall effect of lifestyle on asthma in children.

Methods: A cross-sectional case-control study was carried out in 514 children (217 asthma cases and 297 healthy controls). Data were collected on medical history, anthropometry, dietary intake, and physical activity. We constructed an overweight/obesity-preventive score (OPLS) using study-specific quartile rankings for nine target lifestyle behaviors that were either favorable or unfavorable in preventing obesity (i.e., screen time was an unfavorable lifestyle behavior). The score was developed using the recommendations of the Expert Committee of American Academy of Pediatrics. Score values ranged from 0-18 points; the higher the score, the more protective against high body weight.

Results: The OPLS was negatively associated with obesity indices (BMI, waist circumference, and hip circumference), ($p < 0.05$). Control children had a higher score when compared to asthma cases (9.3 ± 2.7 vs. 8.6 ± 2.9 , $p = 0.007$). A high OPLS was protective against physician-diagnosed asthma (OR 0.92; 95% CI 0.86-

0.98, $p = 0.014$), adjusted for several confounders. The OPLS was no longer protective after adjustment for BMI.

Conclusion: Higher adherence to an obesity-preventive lifestyle score-consistent with several behaviors for the prevention of childhood overweight/obesity-is negatively associated with obesity indices and lowers the odds for asthma in children. Lifestyle behaviors that contribute to a higher body weight may contribute to the obesity-asthma link. These findings are hypothesis-generating and warrant further investigation in prospective intervention studies.

30. Mourtakos SP, Tambalis KD, Panagiotakos DB, Antonogeorgos G, Alexi CD, Georgoulis M, Saade G, Sidossis LS. Association between gestational weight gain and risk of obesity in preadolescence: a longitudinal study (1997-2007) of 5125 children in Greece. *J Hum Nutr Diet.* 2017 Feb;30(1):51-58.

Abstract

Background: The present study aimed to investigate the association between gestational weight gain (GWG) and birth weight, as well as the body mass index (BMI) status, of children at the ages of 2 and 8 years.

Methods: Population-based data were obtained from a database of all 7-9-year-old Greek children who attended primary school during 1997-2007. The study sample consisted of 5125 children matched with their mothers, randomly selected according to region and place of residence, and equally distributed (approximately 500 per year) throughout the study period (1997-2007). A standardised questionnaire was applied; telephone interviews were carried out to collect maternal age, BMI status at the beginning and the end of pregnancy and GWG, birth weight of offspring and BMI status at the ages of 2 and 8 years, as well as several other pregnancy characteristics (e.g. pregnancy duration, gestational medical problems, maternal smoking and alcohol consumption habits, and lactation of offspring after pregnancy).

Results: Gestational weight gain was positively associated with the weight status of offspring at all three life stages studied: newborn (birth weight), infant (BMI) and child (BMI) [$b = 0.008$ (0.001), $b = 0.053$ (0.009) and $b = 0.034$ (0.007), respectively, all $P < 0.001$], after adjusting for maternal age at pregnancy (significant inverse predictor only at age 2 years). The same applied to excessive GWG, as defined by the Institute of Medicine guidelines.

Conclusions: Excessive GWG was associated with a higher risk of greater infant size at birth and a higher BMI status at the ages of 2 and 8 years. Healthcare providers should encourage women to limit their GWG to the range indicated by the current guidelines.

31. Mourtakos SP, Tambalis KD, Panagiotakos DB, Antonogeorgos G, Arnaoutis G, Karteroliotis K, Sidossis LS. Maternal lifestyle characteristics during pregnancy, and the risk of obesity in the offspring: a study of 5,125 children. *BMC Pregnancy Childbirth.* 2015 Mar 21;15:66.

Abstract

Background: To investigate the association between gestational weight gain, maternal age and lifestyle habits (e.g., physical activity, smoking, and alcohol consumption) during pregnancy, with Body Mass Index of the offspring at the age of 8.

Methods: A random sample of 5,125 children was extracted from a national database and matched with their mothers. With the use of a standardised questionnaire, telephone interviews were carried out for the collection of information like: maternal age at pregnancy, gestational weight gain (GWG), exercise levels, smoking and

alcohol consumption. The Body Mass Index (BMI) status of the offspring at the age of 8 was calculated from data retrieved from the national database (e.g., height and weight).

Results: The odds for being overweight/obese at the age of 8 for 1 kg GWG, for smoking, and for mild exercise during pregnancy compared to sedentary was 1.01 (95%CI: 1.00, 1.02), 1.23 (95%CI: 1.03, 1.47) and 0.77 (95%CI: 0.65, 0.91), respectively. Further analysis revealed that offspring of women who exceeded the Institute of Medicine (IOM) maternal weight gain recommendations were at an increased risk of obesity (OR: 1.45; 95%CI, 1.26, 1.67) compared with offspring of women with GWG within the recommended range. Maternal age and alcohol consumption were not associated with the outcome ($p > 0.05$).

Conclusion: GWG, physical activity and smoking status during pregnancy were significantly associated with obesity for the offspring at the age of 8. Health care professionals should strongly advise women to not smoke and to perform moderate exercise during pregnancy to prevent obesity in the offspring in later life.

32. Antonogeorgos G, Panagiotakos DB, Grigoropoulou D, Yfanti K, Papoutsakis C, Papadimitriou A, Anthracopoulos MB, Bakoula C, Priftis KN Investigating the Associations between Mediterranean Diet, Physical Activity and Living Environment with Childhood Asthma using Path Analysis. *Endocr Metab Immune Disord Drug Targets*. 2014 Aug 25. [Epub ahead of print] PubMed PMID: 25176184.

Abstract

Objective: To investigate the role of the Mediterranean diet and physical activity with relation to living environment and childhood asthma.

Methods: 1125 children (529 boys), 10 to 12 years old were recruited either in an urban environment (Athens, $n = 700$) or rural environment ($n = 425$) in Greece. A path analytic model was developed to assess the causal relation between urban environment and asthma prevalence (standardized ISAAC questionnaire), through the mediation of the Mediterranean diet (evaluated by the KIDMED food frequency questionnaire) and physical activity (evaluated by the PALQ physical activity questionnaire).

Results: The proposed model had a very good fit (χ^2/df ratio = 1.05, RMSEA = 0.007, 90% confidence interval: 0.01 to 0.046, $p = 0.97$, CFI = 0.98). A significant total positive effect was found between urban environment and asthma symptoms (standardized beta = 0.09, $p < 0.001$). Adherence to the Mediterranean diet was related negatively with asthma symptoms (standardized beta = -0.224, $p < 0.001$). An inverse mediating effect of the Mediterranean diet was observed for the urban environment - asthma relation (standardized beta = -0.029, $p < 0.001$) while physical activity had no significant contribution ($p = 0.62$), adjusted for several confounders.

Conclusions: The Mediterranean diet may protect against the harmful effect of urban environment on childhood asthma.

33. Papoutsakis C, Chondronikola M, Antonogeorgos G, Papadaku E, Matziou V, Drakouli M, Konstantaki E, Papadimitriou A, Priftis KN. Associations between central obesity and asthma in children and adolescents: a case-control study. *J Asthma*. 2014 Aug 28:1-7.

Abstract

Introduction: Evidence supports a significant yet weak association between high-body weight and asthma in children. However, most studies investigating the obesity-asthma link use Body Mass Index (BMI) to evaluate body fatness. The relationship between body fat distribution and asthma remains largely unknown, especially in

children. This pediatric case-control investigation examined associations between central obesity/high-body weight and asthma diagnosis.

Methods: Five-hundred and fourteen children (217 physician diagnosed asthma cases and 297 healthy controls) of 5-11 years were recruited. Height, weight and waist circumference were measured. Asthma symptoms, past medical history, personal lifestyle, socioeconomic status, diet and physical activity history were also collected.

Results: A higher proportion of children with asthma were centrally obese [(≥90th waist percentile) 15.2 vs. 9.4%, $p < 0.0001$; (≥90th waist-to-height ratio percentile) 39.6 vs. 24.2%, $p < 0.0001$]. Regression analyses revealed that centrally obese children were more likely to have asthma (high-waist circumference (OR = 1.99, 95% CI: 1.07-3.68) and high-waist circumference to height ratio (OR = 2.24, 95% CI: 1.47-3.40), following adjustment for various confounders. Overweight/obese participants (BMI defined) were more likely to be asthmatic [odds ratio (OR) = 1.52, 95% confidence interval (CI): 1.03-2.70] when compared to controls.

Conclusions: Presence of central obesity and high-body weight (at least overweight) as assessed by waist circumference, waist-to-height ratio, and BMI are associated with asthma diagnosis. More studies are needed, especially in children and adolescents, to confirm these findings and better understand how body fat distribution impacts the obesity-asthma relationship.

34. Papadopoulou A, Panagiotakos DB, Hatziagorou E, Antonogeorgos G, Matziou VN, Tsanakas JN, Gratziou C, Tsabouri S, Priftis KN. Antioxidant foods consumption and childhood asthma and other allergic diseases: The Greek cohorts of the ISAAC II survey. *Allergol Immunopathol (Madr)*. 2015 Jul-Aug;43(4):353-60.

Abstract

Background: Antioxidant intake changes have been implicated with the increase in asthma and allergies outcomes, but no clear association has been revealed. In this cross sectional study, the overall effect of antioxidants on asthma and allergic diseases was studied.

Methods: Data from the cohorts of the phase II ISAAC survey (2023 children 9-10 years old) in two metropolitan Greek cities were analysed. Using a semi-quantitative food frequency questionnaire, an Antioxidant Eating Index (AEI, range 0-6) was created with the pro-antioxidant (vegetables, fruits, fresh juice, fish) and the non-antioxidant (meat, burgers) food intake and was evaluated with allergic diseases. Higher values of the score suggest closer to an "antioxidant" and lesser to a "saturated fatty" diet.

Results: Prevalence of lifetime and current asthma, current rhinitis and sensitisation were higher in Thessaloniki compared to Athens. The AEI score of the entire cohort was 4.2 ± 1.2 (median 4.0) and was higher in Athens compared to Thessaloniki (4.3 ± 1.2 vs. 4.0 ± 1.2 , $p = 0.001$) and in girls than boys (4.3 ± 1.1 vs. 4.0 ± 1.2 , $p = 0.001$). AEI was inversely associated with lifetime asthma (OR: 0.87, 95%CI 0.77, 0.99) in either cities independently of other cofounders such as family history, sensitisation, exercise, house smoking, breast feeding, pet or dampness in houses. No association with other allergic disease or sensitisation was detected.

Conclusion: Antioxidant foods seem to be a non-pharmacological, protective dietary pattern for asthma development in children irrespectively of atopy or heredity; AEI was a rough indicator and the role of antioxidants in allergic diseases is still under consideration.

35. Panagiotounakou P, Antonogeorgos G, Gounari E, Papadakis S, Labadaridis J, Gounaris AK. Peripherally inserted central venous catheters: frequency of

complications in premature newborn depends on the insertion site. *J Perinatol.* 2014 Mar 13.

Abstract

Objective: The use of peripherally inserted central venous catheters (PICC lines) has reduced the mortality and morbidity of premature newborns. The usual sites of insertion are the veins in the upper arms but other locations are being used as well.

Study design: To examine whether using the axillary vein as a site of insertion of a PICC line affects the frequency of complications. Our study has a clinical trial design. A total of 62 neonates that had a PICC line inserted were recruited and randomly divided equally in two groups: in Group A (mean birth weight, standard deviation (s.d.)=1353 (142) g), the PICC line was inserted through the axillary vein, and in Group B (birth weight=1308 (112) g), the PICC line was inserted in other sites further from the axillary vein. The outcomes measured were the total PICC line-related complications, the reason for removing the catheter, the number of total attempts until successful insertion and the mean duration of stay of the catheter. The likelihood of having an adverse outcome was assessed with Mantel-Haenszel odds ratio (OR).

Results: Premature neonates with axillary PICC lines were 12 times less likely to have line-related complications (inflammation, blockage, edema, infection) as compared with any other site of insertion (OR= 95%, confidence interval (CI)=0.10 (0.01 to 0.8)) and they were seven times more likely to have the PICC line removed because they achieved full enteral nutrition as compared with the other causes (OR 95%, confidence interval (CI)=10.35 (4.88 to 21.96)). There was no statistical difference between the two groups in the number of attempts until successful PICC line insertion (P=0.667) and the mean duration of stay of the PICC line (P=0.97).

Conclusion: The use of the axillary vein as a site of insertion of a PICC line was correlated with significantly less complications in premature newborns as opposed to the other sites of insertion.

36. Konstantaki E, Priftis KN, Antonogeorgos G, Papoutsakis C, Drakouli M, Matziou V. The association of sedentary lifestyle with childhood asthma. The role of nurse as educator. *Allergol Immunopathol (Madr).* 2013 Nov 23. pii: S0301-0546(13)00199-7.

Abstract

Background: To provide a summary of the existing published knowledge on the association between sedentary lifestyle and childhood asthma. Twelve years ago, the first longitudinal studies carried out in children showed a relationship between physical activity and asthma. Several epidemiological studies confirmed these findings, with sedentary lifestyle predicting the onset of asthma.

Methods: A systematic review of epidemiological studies was conducted within the MEDLINE database. Epidemiological studies on children subjects, published in English were included in the review. A comprehensive literature search yielded 50 studies for further consideration. Following the application of the eligibility criteria, we identified 11 studies.

Results: A positive association and an excess risk of asthma during childhood were revealed to sedentary lifestyle. The findings proved the association between childhood asthma and sedentary lifestyle. The correlation between bronchial asthma

and sedentary life during childhood and identifying whether preventable or treatable risk factors exist needs to be determined. Further research on the topic is essential for safer and standardised conclusions.

Conclusions and practice implication: Asthma can be controlled when managed properly. The role of the nurse as an educator should establish and maintain a relationship with patients in order to help them manage their disease. The steps towards asthma management will help paediatric patients to guide their approach to the condition.

37. Tsitsika AK, Tzavela EC, Apostolidou E, Antonogeorgos G, Sakou II, Bakoula C. The career aspirations of adolescents with eating disorders: an exploratory study and suggested links to adolescent self-concept development. *Int J Adolesc Med Health*. 2014;26(1):85-92. doi: 10.1515/ijamh-2012-0117

Abstract

The health effects of eating disorders (EDs) in adolescence have been widely studied, but their impact on present adolescent psychosocial adjustment and development have been overseen. This study aimed to investigate the association between EDs and career aspirations in middle adolescence. The participants were 147 adolescents diagnosed with EDs. Participants reported on their future career aspirations, and these were coded according to the International Standard Classification of Education of 1997. Of the participants, 83 adolescents were followed up longitudinally, and their aspirations were reassessed and compared for stability across the two assessments. Moreover, participants' career aspirations were compared to those of healthy (non-ED) best-friend controls. Health-related and social-behavioral science careers were chosen significantly more by adolescents with an ED as compared to their non-ED counterparts. For adolescents with an ED, career choices were consistent across reassessments. These findings suggest that adolescents with an ED gravitate toward careers associated with their pathology, namely, both facets of their mind-body pathology. This finding may indicate restricted identity development for adolescents with an ED. Suggestions for treatments protocols to include identity exploration are discussed.

38. Petsios KT, Priftis KN, Hatziagorou E, Tsanakas JN, Antonogeorgos G, Matziou VN. Determinants of quality of life in children with asthma. *Pediatr Pulmonol*. 2013 Dec;48(12):1171-80. doi: 10.1002/ppul.22768. Epub 2013 Feb 8

Abstract

Background: HRQoL in children with asthma depends on multiple factors, among which asthma severity and level of control are believed to play a vital role. The determinants of the connection between asthma severity and asthma control with quality of life remain unclear.

Aims: Primary aim of the study was to evaluate the HRQoL in children with asthma and to determine the factors that affect it.

Materials and methods: In total 504 children and one of their parents were recruited during a regular follow up visit in an outpatient asthma clinic. The measures used were the DISABKIDS smiley measure (DSmM), chronic generic measure-long form (DCGM-37) and the Condition-specific modules for asthma along with a special form for collecting demographic and clinical characteristics.

Results: Three hundred fifteen children with mean age 5.35 years (Group A) and 189 with mean age 10.79 years (Group B), were recruited. Children with controlled asthma had significant higher mean score than the other asthma control groups ($P < 0.001$). Corticosteroid use, asthma severity, number of visits in doctor's office and lack of asthma control were significantly associated with the DCGM-37 scores as

well as Impact Scale and Worry Scale. Lack of Asthma Control was the only factor that was associated with negative HRQoL in all the multiple regression models, controlling for the effect of the other covariates, in both age groups.

Conclusions: In conclusion, the evaluation of asthma HRQoL independently reflects the asthma control state and a dimension of its severity. These results highlight the need to modify asthma management strategy.

39. Papoutsakis C, Priftis KN, Drakouli M, Prifti S, Konstantaki E, Chondronikola M, Antonogeorgos G, Matziou V. Childhood overweight/obesity and asthma: is there a link? A systematic review of recent epidemiologic evidence. *J Acad Nutr Diet.* 2013 Jan;113(1):77-105

Abstract

Asthma and overweight/obesity prevalence are both increasing worldwide. Overweight/obesity has been suggested as a risk factor for developing asthma. The aim of this review is to present and evaluate recent publications that help answer the question: "Is increased body weight (at least overweight status) related to asthma in children?" A systematic review of epidemiologic literature was carried out using the MEDLINE database. Epidemiologic studies on young human subjects (ie, infants, children, and adolescents), published in English during the period 2006-2011 were included. A comprehensive literature search yielded 434 studies for further consideration. Forty-eight studies fulfilled the review's eligibility criteria. Two researchers applied the MOOSE Guidelines for Meta-Analysis and Systematic Reviews of Observational Studies on all identified studies. Current evidence supports a weak yet significant association between high body weight and asthma. New information indicates that central obesity in children increases asthma risk. Also, the link between high body weight and asthma may be stronger in nonallergic asthma. There are mixed results about the importance of sex. Although the nature of the association between overweight/obese status and asthma remains unclear, prospective studies point that high body weight precedes asthma symptoms. These data add weight to the importance of preventing and treating a high body weight against asthma outcomes. Available research in children has not studied adequately the influence of weight change (either gain or loss) on asthma symptoms, an area of clinical importance. Beyond energy control, the role of diet as a possible inflammatory stimulus warrants further investigation. Limited data seem to favor the promotion of breastfeeding in attenuating the overweight/obesity–asthma relationship. Finally, future research should include weight intervention studies assessing various measures of body fat in relation to well-defined asthma outcomes.

40. Antonogeorgos G, Panagiotakos DB, Grigoropoulou D, Papadimitriou A, Anthracopoulos M, Nicolaidou P, Priftis KP. The mediating effect of parents' educational status on the association between adherence to the Mediterranean diet and childhood obesity: the PANACEA study. *Int J Public Health.* 2013 Jun;58(3):401-8

Abstract

Objectives: To investigate the potential mediating effect of parental education on the association between adherence to the Mediterranean diet and obesity, in 10-12 years old children.

Methods: A cross-sectional survey was performed among 1,125 (529 male) children in Greece. Children and their parents completed standardized questionnaires, which evaluated parents' educational level and dietary habits. Body mass index was calculated and children were classified as normal, overweight or obese (IOTF

classification). Adherence to the Mediterranean diet was assessed using the KIDMED score.

Results: 27.7% of the children were overweight and 6.3% were obese; 12.3% of children reported high adherence to the Mediterranean diet. Multi-adjusted analysis, stratified by parental education, revealed that adherence to the Mediterranean diet was inversely associated with children's obesity status only in families in which at least one parent was of higher educational level (stratum-specific adjusted odds ratio: 0.41; 95% CI 0.17-0.98), but not those in which both parents were of low educational level.

Conclusions: Parental education status seems to play a mediating role in the beneficial effect of Mediterranean diet on children's obesity status.

41. Anthracopoulos MB, Fouzas S, Papadopoulos M, Antonogeorgos G, Papadimitriou A, Panagiotakos DB, Nicolaidou P, Priftis KN. Physical activity and exercise induced bronchoconstriction in Greek schoolchildren. *Pediatr Pulmonol* 2012; 47(11):1080-1087

Abstract

Objective: To investigate the association between physical activity and exercise-induced bronchoconstriction (EIB) in an urban population sample of schoolchildren, taking into account potential confounders such as asthma symptoms and overweight.

Methods: Children aged 10-12 years answered validated questionnaires on physical activity (Physical Activity and Lifestyle Questionnaire) and asthma symptoms (ISAAC questionnaire), and were categorized according to their body mass index (BMI). EIB (FEV(1) decrease from baseline $\geq 13\%$) was assessed by a standardized free running Exercise Challenge Test (ECT).

Results: Six hundred seven children completed the ECT. There were no differences among asthma groups (diagnosed asthma, asthma-related symptoms not diagnosed as asthma, no asthma-related symptoms) regarding total daily energy expenditure and time spent in mild (1.1-2.9 metabolic equivalents-METs), moderate (3-6 METs), and vigorous (>6 METs) activities. Only overweight/obese EIB-positive children had shorter duration of vigorous activity as compared to their EIB-negative or non-overweight/obese EIB-positive peers. Total daily energy expenditure and duration of mild- and moderate-intensity activity were negatively associated with EIB independently of BMI status or asthma-related symptoms.

Conclusions: Decreased levels of physical activity are associated with EIB irrespectively of BMI status and asthma-related symptoms. Longitudinal studies are needed to confirm the negative impact of sedentary lifestyle on the development of EIB suggested by these findings.

42. Antonogeorgos G, Panagiotakos DB, Papageorgiou C, Pitsavos C, Chrysohoou C, Papadimitriou GN, Stefanadis C. Understanding the role of Depression and Anxiety on Cardiovascular Disease Risk, using Structural Equation Modeling; the mediating effect of Mediterranean Diet and Physical Activity: the ATTICA Study. *Ann Epidemiol.* 2012 Sep;22(9):630-7. *Epub* 2012 Jul 24

Abstract

Purpose: To evaluate the mediating role of behavioral patterns, such as adherence to the Mediterranean diet and physical activity status, in the relationship between depression, anxiety, and the cardiovascular disease (CVD) risk score HellenicSCORE.

Methods: In the context of the ATTICA study, a cross-sectional survey, 453 men (45 ± 13 years) and 400 women (44 ± 18 years), with complete psychological evaluation were studied. Participants were without any evidence of cardiovascular or other

chronic disease. Depression was assessed with the Zung Self-Rating Depression Scale and anxious state by the Spielberger State Anxiety Inventory Scale. Physical activity was assessed using the International Physical Activity Questionnaire and adherence to the Mediterranean diet was assessed by the MedDietScore. Structural equation modeling methodology was implemented in the statistical analysis.

Results: Five latent depression and anxiety factors were revealed and associated with CVD risk score through mediation of physical activity status and adherence to the Mediterranean diet with very good fit to the data (χ^2/df ratio = 2.34; root mean square error of approximation = 0.021; 90% confidence interval, 0.020-0.022; comparative fit index = 0.951). Significant total effect on CVD risk was found for the "anxiety-worry" latent factor, and this effect was through the inverse relationship of "anxiety-worry" with MedDietScore ($P = .002$). Moreover, "positive feelings" latent construct was associated with lower CVD risk, and this seems to be through the higher adherence to the Mediterranean diet ($P = .01$).

Conclusions: Adherence to the Mediterranean diet seems to mediate the unfavorable effect of depression and anxiety on CVD risk.

43. Kalampokas E, Sofoudis C, Antonogeorgos G, Panoulis K, Aravantinos L, Grigoriou O, Kalampokas T. A randomized controlled trial for cervical priming using vaginal misoprostol prior to hysteroscopy in women who have only undergone cesarean section. *Arch Gynecol Obstet.* 2012 May 17. [Epub ahead of print]

Abstract

Purpose: To evaluate the efficacy of misoprostol administrated vaginally on cervical priming and its complications prior to diagnostic or operative hysteroscopy in women who have undergone at least one caesarean section and who have never delivered vaginally before and/or had other transcervical procedure.

Methods: A total of 55 patients undergoing hysteroscopy for various intra-uterine lesions were included in this study and were randomly allocated to two groups finally. Thirty patients in the study group were given 200 μg misoprostol vaginally 12 h before the procedure, whereas 25 patients in the control group did not receive any cervical priming. The countered outcome included the cervical width detected with Hegar dilators and complication rates.

Results: Mean cervical width was greater in the study group (6.6 ± 1.3) than in the control group (5.1 ± 0.9). Complications and failure rates were lower in the study group.

Conclusion: Application of 200 μg misoprostol vaginally 12 h before hysteroscopy softens the cervix, reduces cervical resistance and consequently the need for cervical dilatation, with only mild side effects.

44. Papagiannopoulou V, Oulis CJ, Papaioannou W, Antonogeorgos G, Yfantopoulos J. Validation of a Greek version of the oral health impact profile (OHIP-14) for use among adults. *Health Qual Life Outcomes.* 2012 Jan 14;10:7

Abstract

Background: To test the validity of the short form of the Oral Health Impact Profile (OHIP-14) for use among adults in Greece.

Methods: The original English version of the OHIP-14 was translated using the forward-backward technique, pilot-tested, and then applied to 211 adults aged 35 years and above. The questionnaire was filled out during face-to-face interviews conducted by one dentist, while individuals were asked to undergo a clinical examination. The internal consistency of the questionnaire was evaluated using

Cronbach's alpha (α) coefficient and inter-item and item-total correlations. Discriminant and convergent validities were assessed.

Results: Cronbach's α was estimated to be 0.90. Inter-item correlations coefficients ranged from 0.10 to 0.83, while item-total correlations coefficients from 0.44 to 0.76. Significant associations were found between OHIP-14 and the decayed, missing and filled teeth (DMFT) and oral hygiene, supporting the ability of the questionnaire to discriminate between individuals with and without impacts. The OHIP-14 total score was highly associated with self-perceived oral health status ($r(s) = 0.57$; $p = 0.01$), as well as with self-assessment of oral satisfaction ($r(s) = 0.55$; $p = 0.01$). Similar results were observed by investigating the relationship between the latter questions and each domain score as well as in various sub-groups analyses.

Conclusions: The OHIP-14 is a reliable and valid questionnaire for the assessment of OHRQoL among adults in Greece.

45. Antonogeorgos G, Panagiotakos DB, Papadimitriou A, Priftis KN, Anthracopoulos M, Nicolaidou P. Breakfast consumption and meal frequency interaction with childhood obesity. *Pediatr Obes.* 2012 Feb;7(1):65-72.

Abstract

Objectives: Increased meal frequency and daily breakfast consumption have been inversely associated with childhood obesity. The purpose of the study was to examine the possible interaction effect between meal frequency and breakfast consumption on childhood obesity.

Methods: Seven hundred children (323 boys) aged 10-12 years were enrolled in this cross-sectional study. Several lifestyle, dietary and physical activity characteristics were recorded with food frequency and physical activity questionnaires. Body height and weight were measured and body mass index was calculated in order to classify children as overweight or obese (International Obesity Task Force classification). Multiple logistic regression analysis was used in order to evaluate the interaction between daily breakfast intake and more than three meals per day consumption with overweight or obesity.

Results: Of the children, 27.6% and 9.0% were overweight and obese, respectively. Moreover, 60.2% consumed three or more meals per day and 62.7% consumed breakfast in a regular daily basis. Children who consumed more than three meals per day and also consumed breakfast daily, were two times less likely to be overweight or obese (adjusted odds ratio: 0.49, 95% confidence interval: 0.27-0.88).

Conclusion: A combined higher meal frequency and daily breakfast consumption dietary pattern may prevent overweight and obesity in children.

46. Petsios K, Priftis KN, Tsoumakas C, Hatziaiorou E, Tsanakas JN, Galanis P, Antonogeorgos G, Mantziou V. Level of parent-asthmatic child agreement on health-related quality of life. *J Asthma.* 2011 Apr;48(3): 286-2897

Abstract

Background: Direct assessment of health-related quality of life (HRQoL) is necessary to understand the impact of a disease on patients' well-being and to evaluate clinical interventions. There is substantial debate in the literature on pediatric health outcomes concerning who is the most appropriate respondent when assessing children's HRQoL.

Objective: To evaluate the level of agreement between child self-reports and parent proxy-reports concerning HRQoL in children with asthma.

Methods: A total of 504 children with asthma and their parents who were referred to outpatient asthma clinic participated in this study. Subjects were divided into two age

groups (4-7- and 8-14-year-olds). The DISABKIDS chronic generic measure-long form (DCGM-37), the DISABKIDS smiley measure (DSM), and the DISABKIDS condition-specific modules for asthma were used. The level of agreement between children and parents was evaluated using intra-class correlation coefficients and Bland-Altman analysis.

Results: A satisfactory level of agreement between younger children and their parents except those with severe asthma with both methods was observed; the level of agreement in the older ones was moderate with the exception of general subscale. Asthmatic children's mean HRQoL scores were significantly lower than their parents for all subscales, except children with severe asthma in the older group, who stated lower HRQoL than their parents in most of the domains except those of Impact and Worry that were in close agreement. Fathers' assessment of HRQoL score was closer to their children's self-assessment in both groups. Families with higher family income showed a greater level of agreement.

Conclusions: Our study illustrated that parents overestimate HRQoL of their children with asthma even though moderate agreement between child self-reports and parent proxy-reports on HRQoL was noticed. Fathers seem to be better proxy-reporters than mothers. Any evaluation of current approaches to measuring children's HRQoL needs to allow both parent and child to give their own perspective.

47. Antonogeorgos G, Papadimitriou A, Panagiotakos DB, Priftis KN, Nikolaidou P. Association of extracurricular sports participation with obesity in Greek children. *J Sports Med Phys Fitness*. 2011 Mar;51(1):121-7

Abstract

Aim: Childhood obesity has become a modern epidemic with escalating rates. The aim of our study was the assessment of the association between extracurricular sports participation with the obesity status among Greek schoolchildren aged 10-12 years.

Methods: Seven-hundred children (323 boys) aged 10-12 years were evaluated through a standardized questionnaire. Several lifestyle, dietary and physical activity attributes were recorded. Children according to the median hours of participation in after-school structured physical activity were classified as participating for more or less than 3 hours per week. Body height and mass were measured and body mass index was calculated in order to classify children as overweight or obese according to IOTF classification. Multiple logistic regression analysis was used in order to evaluate the association between the participation of more than 3 hours per week in structured physical activity after school with overweight or obesity.

Results: A total of 48.9% of the boys and 31.8% of the girls were participating for more than 3 hours per week ($P < 0.001$) in extracurricular sport activities. Moreover, 33.9 % of the boys and 22.1 % of the girls were classified as overweight and 9.4% of the boys and 8.6% of the girls as obese ($P = 0.006$). Girls who participated in excess of 3 hours in extracurricular sport activities were 59% less likely to be overweight or obese than their non participating counterparts, adjusted for several confounders (adjusted OR: 0.41, 95% CI: 0.20-0.83).

Conclusion: Participation in extracurricular sports activity is inversely related to overweight or obesity in 10-12 years old Greek girls.

48. Antonogeorgos G, Papadimitriou A, Panagiotakos DB, Priftis KN, Nikolaidou P. Physical activity patterns and obesity status among 10- to 12-year-old adolescents living in Athens, Greece. *J Phys Act Health*. 2010 Sep;7(5):633-40

Abstract

Background: Childhood obesity has become a modern epidemic with escalating rates. The aim of our study was to identify physical activity patterns among Greek schoolchildren and to examine their relationship with obesity.

Methods: 700 adolescents age 10 to 12 years were evaluated through a standardized questionnaire. Several demographic, socioeconomic, and physical activity characteristics were recorded. Physical activity was assessed and adolescents were characterized as active and nonactive. Body height and weight were measured and body mass index was calculated in order to classify subjects as overweight or obese (IOTF classification). Multiple logistic regression and multivariate techniques (principal components analysis) were performed.

Results: Eight physical activity patterns were identified, including increased physical activity in weekdays and weekends, sports physical activity, vigorous, moderate, and low physical activity. Increased physical activity on weekends and vigorous physical activity in boys were negatively associated with being overweight or obese (OR: 0.65; 95% CI: 0.48-0.90 and OR: 0.66; 95% CI: 0.49-0.88, correspondingly) and moderate physical activity was marginally positively associated in girls (OR: 1.28; 95% CI: 0.97-1.69), after adjusting for several confounders.

Conclusions: Our findings demonstrate the important role of vigorous physical activity in the maintenance of normal weight of adolescents.

49. Antonogeorgos G, Panagiotakos DB, Priftis KN, Tzonou A. Logistic Regression and Linear Discriminant Analyses in Evaluating Factors Associated with Asthma Prevalence among 10- to 12-Years-Old Children: Divergence and Similarity of the Two Statistical Methods. *Int J Pediatr.* 2009;2009:952042.

Abstract

Logistic regression and discriminant analyses are both applied in order to predict the probability of a specific categorical outcome based upon several explanatory variables (predictors). The aim of this work is to evaluate the convergence of these two methods when they are applied in data from the health sciences. For this purpose, we modeled the association of several factors with the prevalence of asthma symptoms with both the two methods and compared the result. In conclusion, logistic and discriminant analyses resulted in similar models.

50. Anthracopoulos MB, Antonogeorgos G, Liolios E, Triga M, Panagiotopoulou E, Priftis KN. Increase in chronic or recurrent rhinitis, rhinoconjunctivitis and eczema among schoolchildren in Greece: Three surveys during 1991-2003. *Pediatric Allergy Immunol Pediatr Allergy Immunol* 2009; 20:180-186.

Abstract

The prevalence of allergic rhinitis, hay fever and eczema has risen worldwide during the last four decades but may have reached a plateau in some westernized societies. We examined time trends in the prevalence of childhood chronic or recurrent rhinitis, rhinoconjunctivitis and eczema in urban Greece. Using identical methodology, three population-based cross-sectional parental questionnaire surveys on current (last two years) and lifetime allergic symptoms of the nose, eyes and skin were performed among 8-10-yr-old children in 1991, 1998 and 2003 in Patras, Greece. Exactly 2417, 3006 and 2725 questionnaires were completed in 1991, 1998 and 2003, respectively. Prevalence rates of current (lifetime) symptoms of chronic or recurrent rhinitis were 5.1% (6.0%) for 1991, 6.5% (8.0%) for 1998 and 8.0% (9.8%) for 2003. Respective values for rhinoconjunctivitis were 1.8% (2.1%), 2.7% (3.4%) and 3.6% (4.6%) and for eczema 2.5% (4.5%), 3.4% (6.3%) and 5.0% (9.5%) (p for trend <0.001). Among current asthmatics there was an increase in lifetime rhinitis ($p = 0.038$), current ($p = 0.025$) and lifetime rhinoconjunctivitis ($p = 0.007$) and current ($p = 0.001$) and lifetime

eczema ($p < 0.001$); male predominance increased throughout the study. The proportion of atopic asthma (current asthma with chronic or recurrent rhinitis and/or rhinoconjunctivitis and/or eczema) increased during the same period ($p < 0.001$). In conclusion, there is a continuous increase in the prevalence of allergic manifestations among preadolescent children in Patras, Greece during the period 1991-2003. In our population, boys have contributed to this increase more than girls and the increase of atopy is, at least partially, responsible for the increase of asthma.

51. Panagiotakos DB, Antonogeorgos G, Papadimitriou A, Anthracopoulos M, Papadopoulou M, Konstantinidou M, Fretzayas A, Priftis KN. Breakfast cereal is associated with a lower prevalence of obesity among 10 to 12-year-old children: The PANACEA study. *Nutr Metab Cardiovasc Dis.* 2008 Nov;18(9):606-12

Abstract

Background and aim: Eating behaviours and obesity status among children have already been evaluated in several studies, with conflicting results. The aim of this study is to assess the correlation of breakfast cereal with childhood obesity.

Methods and results: A representative sample of 700 children (323 male) selected from 18 schools located in Athens greater area were enrolled. Children and their parents completed questionnaires that evaluated dietary habits and physical activity. We also retrieved information about the type of breakfast most frequently consumed. Height and weight of the children was measured and body mass index (BMI) was calculated. Simple and multiple logistic regression methods were used in order to determine the relationship between cereal intake for breakfast and obesity. Some boys (8.6%) and girls (9.0%) were obese, whereas 33.9% of boys and 22.1% of girls were overweight. For boys, the adjusted odds ratio for breakfast cereal intake for being overweight or obese was 0.54 (95% confidence interval (CI): 0.45-1.29), while for girls it was 0.41 (95% CI: 0.21-0.79). Moreover, the odds ratio of overweight/obesity for boys who ate daily breakfast was 0.51 (95% CI: 0.25-1.05), and for girls was 0.27 (95% CI: 0.12-0.64), adjusted for physical activity and other potential confounders.

Conclusion: These data provide evidence that breakfast cereal as a most frequent choice, and daily consumption of breakfast, are inversely associated with the prevalence of overweight or obesity in 10-12-year-old children.

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Abstract

Background: The purpose of the present study was to determine the prevalence of overweight and obesity in a sample of Greek children aged 10-12 years, and to evaluate these rates in relation to parental weight and birthweight.

Methods: During the 2005-2006 school period, 700 schoolchildren (323 boys, 377 girls) were randomly recruited from 18 schools, in Athens. Height and weight were measured and body mass index (BMI) was calculated. Cut-off points for BMI defining obesity and overweight for gender and age were calculated in accordance with international standards.

Results: Overall, 8.6% of boys and 9.0% of girls were obese, and 33.9% of boys and 22.1% of girls were overweight. Having an obese parent increased the odds of having an overweight or obese child ($P < 0.01$). Compared to non-breast-fed, boys who were breast-fed for >3 months had 70% lower likelihood of being overweight or

obese ($P < 0.01$) and breast-fed girls had 80% lower odds ($P < 0.01$). Excessive birthweight (>3500 g) increased by 2.5-fold the likelihood of being overweight or obese only in girls ($P < 0.05$).

Conclusions: Parental weight, lack of breast-feeding and excess birthweight (in girls) were significant predictors of overweight or obesity in Greek children aged 10-12 years.

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Abstract

To evaluate whether dietary habits and anthropometric and lifestyle characteristics are associated with the prevalence of asthma symptoms, a sample of 700 Greek schoolchildren were evaluated through a standardized questionnaire. Body height and weight were measured, and body mass index was calculated. Multiple logistic regression and multivariate techniques (principal components analysis) were performed. Overall lifetime prevalence for asthma symptoms was found to be 23.7%. Increased body weight, sedentary lifestyle, and consumption of sulphur-dioxide-enriched foods and beverages seem to promote asthma symptoms, while avoidance of this chemical preservative and physical activity was associated with reduced odds of reporting asthma symptoms.

ΣΤΑΤΙΣΤΙΚΑ ΣΤΟΙΧΕΙΑ ΣΥΓΓΡΑΦΙΚΟΥ ΕΡΓΟΥ

ΑΡΘΡΑ ΣΕ ΔΙΕΘΝΗ ΕΠΙΣΤΗΜΟΝΙΚΑ ΠΕΡΙΟΔΙΚΑ (με κριτές)

Σύνολο: 52 άρθρα

ΘΕΣΗ ΩΣ ΣΥΓΓΡΑΦΕΑΣ

- 1^{ος}: σε 12 άρθρα (23.1%)
- 2^{ος}: σε 7 άρθρα (13,5%)
- Μέσος όρος συν-συγγραφέων / άρθρο: 3.5

ΑΡΙΘΜΟΣ ΑΝΑΦΟΡΩΝ στη διεθνή βιβλιογραφία (Πηγή: SCOPUS): 680

*h-index*¹ (Πηγή: SCOPUS): 14

ΑΡΘΡΑ ΣΕ ΕΛΛΗΝΙΚΑ ΕΠΙΣΤΗΜΟΝΙΚΑ ΠΕΡΙΟΔΙΚΑ

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¹ Hirsch JE. An index to quantify an individual's scientific research output. *PNAS* 2005;102:16569–16572.

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ΣΥΝΤΑΚΤΗΣ, ΜΕΛΟΣ ΣΥΝΤΑΚΤΙΚΗΣ ΕΠΙΤΡΟΠΗΣ

- 2020** Προσκεκλημένος Εκδότης, Ειδική Έκδοση του περιοδικού Children (IF:2,1) με θέμα "Advances in Research on Nutrition and Childhood Obesity"

ΚΡΙΤΗΣ ΣΕ ΔΙΕΘΝΗ ΕΠΙΣΤΗΜΟΝΙΚΑ ΠΕΡΙΟΔΙΚΑ (PEERREVIEWER)

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2. BMC Public Health, BioMed Central, IF: 2.69
3. Journal of American College of Nutrition, American College of Nutrition, IF: 6.6
4. Journal of Science and Medicine in Sports, Elsevier, IF: 2.77
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6. Public Health Nutrition, The Nutrition Society, IF: 3,18
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12. Sexes, IF: 2,72
13. International Journal of Molecular Sciences, IF:4,56
14. Journal of Clinical Medicine: 1,88
15. Children: 2,1

ΛΟΙΠΕΣ ΔΕΞΙΟΤΗΤΕΣ

- Άριστη γνώση στατιστικών προγραμμάτων SPSS, Stata, SAS, Mplus και R
- Γνώση εφαρμογών ανάπτυξης βάσης δεδομένων σε περιβάλλον MS Access
- Χρήσης γλώσσας προγραμματισμού SQL
- Άριστη γνώση και χρήση Η/Υ σε περιβάλλον MS Windows και MACOS
- Άριστη γνώση προγραμμάτων εφαρμογών γραφείου (MSOffice)
- Χρήση εφαρμογών διαδικτύου και δημιουργίας ιστοσελίδων

ΞΕΝΕΣ ΓΛΩΣΣΕΣ

Αγγλική: Άριστη γνώση