

ANNA PAPAGEORGIOU

CLINICAL NUTRITIONIST OF PHYSICAL EDUCATION AND SPORT SCIENCE

Email: info@evrostia-health.gr

Tel. 210-6827284

8 Kapodistriou str. N. Filothei - 15123

PROFESSIONAL EXPERIENCE

EVROSTIA 2005-TODAY

Founder and director of the center of nutrition counseling “Evrostia” and responsible for the health promotion programs for women and children “Mind Body Healing” and “Live, move and eat right”

PRIVATE HOSPITAL “MITERA” 2017-TODAY
DEPARTMENT OF PEDIATRICS-ENDOCRINOLOGY
Nutritionist in the department of childhood obesity

MINISTRY OF HEALTH 2010-2012
Special advisor for nutrition and sport

- Responsible for the design of the National Nutrition Policy (Design of nutrition education actions in the local community: Schools - Hospitals - Army, Local Government)
- Planning of an integrated cooperation program between the Ministry of Health and the Ministry of Education for the subjects of School Health (prevention programs, school meals)

CHILDREN’S HOSPITAL “AGIA SOFIA” 2005-2010
Scientific associate in the department of Childhood Obesity

- Recording of the socio-economic factors affecting Childhood Obesity
- Recording of biological indexes of obese children
- Obese Children and Adolescents - Parents counseling
- Teaching techniques to children-adolescents on adopting healthy behaviours and way of living aiming in fighting childhood obesity
- Planning and implementation of weight management programs in camps for children

MINISTRY OF HEALTH 2010-2012
National representative at the European platform for nutrition and physical activity (High Level Group on Nutrition and Physical Activity, DG-SANCO)

REGION OF ATTICA 2013
Scientific responsible of the programs “En Drasei” and “Ef Kinisis”

- Programs development for the promotion of Health, Physical Activity and Nutrition for children, workers and elderly
- Municipality of Zografou: Responsible for the program “Health for all” implement in elementary schools, nurse schools and senior centers

OLYMPIC AND PARALYMPIC GAMES “ATHENS 2004”
Director of Nutrition and Catering

- Planning of the entire nutrition program of the games
- Planning, coordination and organisation of catering
- Cooperation with the competent national agencies for food safety (Hellenic Food Control Agency (EFET), directorate of public health)
- Compilation of athletes and volunteer’s menu, point of sales

SPORTS NUTRITIONIST

- Hellenic Cycling Federation 2001-2003
- Hellenic Handball Federation 2001-2002
- OLYMPIACOS Basketball Club 2001
- ILISIAKOS Basketball Club 2002
- PANELLINIOS Basketball Club 2007-2008
- Hellenic Womens National Rhythmic Gymnastics Ensemble Team, participation in Olympic Games “Rio 2016” - 2015-2016
- PAO ACADEMY - PANATHINAIKOS Basketball Academies 2015-2016
- ATHINAIKOS Kids Handball Academies 2016

PHYSICAL EDUCATION AND SPORT SCIENCE

- Educator at Galatsi Public Vocational Institution (Department: “Sport Coach” & Teaching in the courses: Sport Nutrition - Dietetics, Sport Pedagogy, Top Sport Psychology) 1998-2000
- Educator at Floga Private Vocational Institution (Teaching in the courses: Nutrition & Exercise) 1999
- Member of the committee for the Instructions of Vocational Education and Training Organization (OEEK) of the Ministry of Education in the field of “Culture-Sports) 1999
- Rapporteur and supervisor of the writing team of the European Community Programs implemented by the General Secretariat of Popular Education of the ministry of Health on: “Sport Industry & Sport Marketing”, writing of educational material. 1999

RESEARCH - EDUCATION PROJECTS

AGRICULTURAL UNIVERSITY OF ATHENS

Researcher in the work group of the Panhellenic study on nutrition and health (PAMEDY)

INSTITUTE OF FOOD TECHNOLOGY

Member of the workgroup for the guides on food safety in catering areas in hospitals

UNIVERSITY OF ATHENS

Rapporteur in the postgraduate program of the School of Medicine of the University of Athens “Stress management and promotion of Health”

LIMASSOL COLLEGE CYPRUS

Rapporteur in the postgraduate program of Dietetics

AGIA SOFIA CHILDREN’S HOSPITAL

Department of Childhood Obesity: Recording of biological indexes and genetic material of obese children

Department of Adolescent Medicine: Program of health education for obese children and parents.

EDUCATION

NATIONAL AND KAPODISTRIAN UNIVERSITY OF ATHENS

School of Physical Education and Sport Science

HAROKOPIO UNIVERSITY

Department of Nutrition and Dietetics

UNIVERSITY OF ATHENS - SCHOOL OF MEDICINE

Doctoral Thesis: programs development for the prevention and promotion of health in childhood obesity

