

Curriculum vitae

Professor George Moschonis, APD, MSc, PhD

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SUMMARY

I am a full Professor in the discipline of Food, Nutrition and Dietetics at La Trobe University in Melbourne Australia. In the time-period from 2018 to 2019 I was the Head of the Discipline of Food, Nutrition and Dietetics, while since 2019 I have been serving in the University's Research Committee and the Academic Board. In addition, from October 2017 until May 2019, I also served as the Graduate Research Coordinator in the Discipline, providing guidance to 23 PhD students, while since Oct 2017 I am the course coordinator in the Honours of Human Nutrition. I am recognized internationally as a leading researcher in the identification of determinants of obesity and related non-communicable diseases (NCDs) and in the design, implementation, and assessment of scalable personalised nutrition and lifestyle optimization interventions. My research also extends to the design of functional foods as well as the assessment of the effectiveness of bioactive nutrients in foods and food supplements on chronic disease and nutritional insufficiencies. In the last 14 years, I have been allocated central roles as Chief Investigator in several multicenter studies funded by the European Commission, the Global Alliance of Chronic Disease and the National Health and Medical Research Council, as well as in clinical trials sponsored by the food industry and philanthropic organizations. I am currently among the top 3% most cited Nutrition and Dietetics researchers in Australia and the World with a total h-index of 59 and more than more 33,800 citations ([2024 AD Scientific Index](#)).

SECTION 1: PERSONAL DETAILS

Family name	Moschonis
Given names	Georgios (George)
Citizenship status	Australian and Greek
Date of birth	03 January 1978

SECTION 2: ACADEMIC QUALIFICATIONS

YEAR	Qualification	Granting institution
2013	Doctor of Philosophy (PhD)	Harokopio University, Athens, Greece
2006	Master of Science (Clinical Nutrition and Dietetics)	Harokopio University, Athens, Greece
2004	Bachelor of Science (Human Nutrition and Dietetics)	Harokopio University, Athens, Greece
2000	Bachelor of Science (Biomedical Laboratories)	Alexandron Institute of Technology, Thessaloniki

SECTION 3: APPOINTMENTS

3.2 APPOINTMENT(S)

Year	Position	Department
2022- Present	Professor (Level E)	Department of Sport, Exercise and Nutrition Sciences, La Trobe University.
2018-2021	Associate Professor (Level D)	Department of Dietetics, Human Nutrition and Sport, La Trobe University.
2017-2018	Senior Lecturer (Level C)	Department of Dietetics, Human Nutrition and Sport, La Trobe University.
2015-2016	Lecturer	Department of Dietetics, Human Nutrition, European University of Cyprus
2013-2016	Senior Researcher	Department of Nutrition & Dietetics, Harokopio University, Athens, Greece
2005-2012	Junior Researcher	Department of Nutrition & Dietetics, Harokopio University, Athens, Greece

SECTION 4: DOMAINS OF ACADEMIC WORK

4.1 TEACHING DOMAIN

a) STUDENTS' FEEDBACK ON TEACHING – in the last 6 years

Subject details			Feedback data		
Subject and year taught	Year level	Level of responsibility (e.g., tutor, coordinator)	Survey sources	Response rate	Mean score (1-5 for SFS)
Honours in Human Nutrition A (DTN4HNA)					
2023 DTN4HNA	Honours	Course & subject coordinator	SFS	100%	4.06
2022 DTN4HNA	Honours	Course & subject coordinator	SFS	57%	4.88
2021 DTN4HNA	Honours	Course & subject coordinator	SFS	60%	4.52
2020 DTN4HNA	Honours	Course & subject coordinator	SFS	75%	4.05
2019 DTN4HNA	Honours	Course & subject coordinator	SFS	60%	4.58
2018 DTN4HNA	Honours	Course & subject coordinator	SFS	100%	5.00
Honours in Human Nutrition B (DTN4HNB)					
2023 DTN4HNB	Honours	Course & subject coordinator	SFS	50%	4.88
2022 DTN4HNB	Honours	Course & subject coordinator	SFS	30%	4.81
2019 DTN4HNB	Honours	Course & subject coordinator	SFS	80%	4.28
2018 DTN4HNB	Honours	Course & subject coordinator	SFS	100%	5.00
Epidemiology and research methods (DTN4EPI)					
2020 DTN4EPI	4	Subject Coordinator	SFS	12.1%	4.06
2019 DTN4EPI	4	Subject Coordinator	SFS	26.2%	4.13
2018 DTN4EPI	4	Subject Coordinator	SFS	31.2%	3.66
Epidemiology and research skills for nutrition (DTN4EPO)					
2021 DTN3EPO	3	Subject Coordinator	SFS	48%	4.68**
2020 DTN3EPO	3	Subject Coordinator	SFS	18.8%	4.29
Average SFS* score:					4.46
<p>Notes: SFS stands for Student Feedback on Subject. It is a survey administered by the La Trobe's Data and Performance Analytics Office and the relevant score is indicative of teaching performance. The highest SFS score is 5, but any score higher than 4 is a proof of excellence in teaching. ** A congratulation letter was also sent by the Dean in the School of Allied Health for the Outstanding Results that this subject received in 2021.</p>					

b) TEACHING SUPERVISION – Project and honours supervision; in at least the last 6 years

Level	Years	Number completed	Number discontinued	Number currently enrolled	% part time/full time	% as primary supervisor
Honours	2024	1	0	1	100% full-time	80%
Honours	2023	1	0	0	100% full-time	80%
Honours	2022	1	0	0	100% full-time	100%
Honours	2021	2	0	0	100% full-time	100%
Honours	2020	3	0	0	100% full time	66.6%
Honours	2019	2	0	0	100% full time	100%
Honours	2018	3	0	0	100% full time	0%

c) EXTERNAL TEACHING GRANTS – awarded in at least the last 5 years, or requested with outcome pending

Investigators †	Project title	Source of support	Funding period	Total funds awarded	Administering institutions
George Moschonis,	Teaching and mentoring postgraduate students in understanding the early life determinants of children's growth trajectory and the development of strategies for optimising growth and tackling childhood obesity.	"The Greek Diaspora Fellowship Program (GDFP)" Funded by the Stavros Niarchos Foundation & administered by the Fulbright Foundation	14 June to 21 July 2022	US\$ 7,990	Harokopio University, Athens, Greece (Host Institution)

† List all named investigators on any proposal or grant/project/fellowship listed. Indicate CI/investigator status.

4.2 RESEARCH AND SCHOLARLY ACTIVITY DOMAIN					
A) RESEARCH SUPERVISION – Honours and research higher degree supervision					
Level	Years	Number completed	Number discontinued	Number currently enrolled	% as primary supervisor
Since my appointment at La Trobe University (i.e., from 3rd Oct 2017 – Present)					
Honours	2017-2024	13	0	1	75%
Masters	2017-2021	3	1 transferred to PhD	0	50%
Doctoral	2018-2024	2	1 (due to personal reasons)	4 (2 with PhD scholarship)	70%
Before my appointment at La Trobe University (i.e., before 3rd Oct 2017)					
Honours	2013-2016	10	0	0	40%
Masters	2013-2016	8	0	0	37.5%
Doctoral	2013-2016	3	0	0	50%

B) EXTERNAL RESEARCH GRANTS – awarded in the last 6 years						
Investigators [†]	Project title	Source of support	Grant Category (1 - 4)	Funding period	Total funds awarded	Administering institution
George Moschonis (CIA)	The mediating role of neurotransmitters in effectiveness of a probiotic food supplement in the reduction of depressive symptoms: A double-blind randomised placebo-controlled trial (Biome Lift Study II)	Probiotal SpA & Biome Australia Trading Pty Ltd	3	2023-Jan 2024	\$ 21,994.00	La Trobe University
George Moschonis (CIA), Peter Brukner, Adrienne Forsyth (C2)	Effectiveness of digitally delivered continuous care intervention (Defeat Diabetes) on the self-management of type 2 diabetes. A 12-month single-arm, pre-post intervention study (Defeat Diabetes study).	Defeat Diabetes	3	2022-2025	\$ 75,600.00	La Trobe University
George Moschonis (CIA), Brian Oldenburg, Helen Skouteris. (C1)	An intersectoral innovative solution involving DIGItal tools, empowering families and integrating community CARE services for the prevention and management of type 2 diabetes and hypertension (DigiCare4You)	National Health and Medical Research Council (NHMRC), as part of the EU-NHMRC collaborative scheme	1	2021-2025	\$ 489,307.09	La Trobe University
George Moschonis (CIA), Jessica Biesiekierski, Bircan Erbas (C2)	Effects of a Lactobacillus strains probiotic supplement on bone metabolism and bone mass in Australian early postmenopausal women. Randomized, placebo-controlled intervention study (Probone21 Study)	Probi AB	3	2021-2023	\$ 323,795.52	La Trobe University
George Moschonis (CIA), Jessica Biesiekierski (C2 grant)	The effectiveness of a probiotic food supplement in the reduction of depressive symptoms: A double-blind randomised placebo-controlled trial (Biome Lift Study)	Probiotal SpA & Biome Australia Trading Pty Ltd	3	2021-2022	\$ 50,000.00	La Trobe University
Jessica Biesiekierski, George Moschonis (CIB)	Gut decisions: Eggs, microbiome and cognition	Eggs Australia	3	2021-2023	\$ 262,440.00	La Trobe University
George Moschonis (CIA), Jessica Biesirkeski, Ashley Ng	The effectiveness of a 4-week online intervention on food literacy and fruit and vegetable consumption in healthy adults: The online “Mediterranean Diet Challenge”	GMHBA Limited	3	2019	\$ 8,000.00	La Trobe University
George Moschonis	The Effect of High Polyphenol Extra Virgin Olive Oil on Markers of	Cobram Estate Pty Ltd	3	2018-2019	\$ 16,500.00	La Trobe University

(CIA), Catherine Itsiopoulos, Colleen Thomas, Elena George, Wolf Marx	Cardiovascular Disease Risk (OLIVAUS Study)					
George Moschonis (CIA) , Yannis Manios	Development and assessment of the effectiveness of a computerized decision-support tool for health professionals for the prevention and treatment of childhood obesity: A randomised controlled study (PN4Growth)	Greek State Scholarships Foundation	1	2018-2019	\$ 37,265.67	Harokopio University & La Trobe University
Total funds :					\$ 1,284,902.28	

CIA: Chief Investigator A

C) INTERNAL RESEARCH GRANTS – awarded in the last 6 years.				
Investigators	Project title	Source of support	Funding period	Total funds awarded
George Moschonis, Tina Cao, Katerina Sarapis	Research Theme “Think Tank” Grant: “Establishment of a research ready “Consumer Reference Group” at La Trobe to support future consumer-led and other participatory research on type 2 diabetes.”	La Trobe University, Research Themes	2023	\$ 6,000.00
Alison Lane, Brittany St John, Monika Doblin, George Moschonis, Regina Belski	Research Theme “Think Tank” Grant: “Establishment of a research ready “Community perspectives of sensory underpinnings of autistic feeding challenges.”	La Trobe University, Research Themes	2023-2024	\$ 9,000.00
Matt Cooke, George Moschonis, Regina Belski, Phoebe Chen, Kate Webster, Jen Wood, Peter Meikle, Monika Doblin	Research Theme “Large Collaboration Scheme” Grant: “Investigating Diet-Microbiome-Inflammation Interactions: Implications for Health and Well-Being Across the Lifespan”	La Trobe University, Research Themes	2023	\$ 89,685.00
George Moschonis	Start-up grant	La Trobe University	2019-2022	\$ 144,592.58
George Moschonis	Publication award for 2019 publications	La Trobe University	2020-2021	\$ 7,753.66
George Moschonis	Publication award for 2018 publications	La Trobe University	2019-2020	\$ 4,500.00
Total internal funds:				\$261,531.24

4.3 RESEARCH OUTPUTS (DETAILED INFORMATION ON ALL RESEARCH OUTPUTS CAN BE FOUND IN THE APPENDIX)
<p>1. Peer-reviewed publications in international scientific journals (N=242):</p> <ul style="list-style-type: none"> ▪ 202 original research and review articles as co-author ▪ 40 articles as investigator <p>Selected 10 Publications</p> <ol style="list-style-type: none"> 1. Koliavas, D., L. Fraser, R. ... and G. Moschonis. 2023. Effectiveness of a Digitally Delivered Continuous Care Intervention (Defeat Diabetes) on Type 2 Diabetes Outcomes: A 12-Month Single-Arm, Pre-Post Intervention Study. <i>Nutrients</i>. 15 (9). 2. Moschonis, G., et al. 2023. Effectiveness, reach, uptake, and feasibility of digital health interventions for adults with type 2 diabetes: a systematic review and meta-analysis of randomised controlled trials. <i>Lancet Digit Health</i>. 5 (3): p. e125-e143. 3. Siopis, G*, G. Moschonis*, et al. 2023. Effectiveness, reach, uptake, and feasibility of digital health interventions for adults with hypertension: a systematic review and meta-analysis of randomised controlled trials. <i>Lancet Digit Health</i>. 5(3): p. e144-e159. (* equal first authors) 4. Hoare, E., Marx, W., Firth, J., McLeod, S... G. Moschonis. 2019. Lifestyle behavioural risk factors and emotional functioning among schoolchildren: The Healthy Growth Study. <i>Eur Psychiatry</i>. 61:79-84. 5. Moschonis, G., et al. 2020. Socio-demographic characteristics and body weight perceptions of study participants benefitting most from the Feel4Diabetes program based on... <i>Nutrients</i>. 12(10): 3117. 6. George, E.S... Moschonis, G. 2021. Poor adherence to the Mediterranean diet is associated with increased likelihood of metabolic syndrome components in... <i>Public Health Nutr</i>. 24(10):2823-33.

7. Sarapis, K... **Moschonis, G.** 2022. Extra virgin olive oil high in polyphenols improves antioxidant status in adults: a double-blind, randomized, controlled, cross-over study... Eur J Nutr. 61(2):1073-86.
8. Sarapis, K... **Moschonis, G.** 2020. The effect of high polyphenol extra virgin olive oil on blood pressure and arterial stiffness in healthy Australian adults: A randomized... Nutrients. 12(8):2272.
9. **Moschonis, G.**, et al. 2019. Assessment of the effectiveness of a computerised decision-support tool for health professionals for the prevention and treatment of... Nutrients. 11(3):706.
10. Tragomalou, A., **Moschonis, G.**, et al. 2020. A national e-health program for the prevention and management of overweight and obesity in childhood and adolescence in Greece. Nutrients. 12(9):2858.

Explanation: My research introduced new methods for the identification of cardiometabolic risk factors and the design of innovative community-based interventions for the prevention and treatment of risk factors for non-communicable chronic disease. The knowledge generated from this work made significant contributions in public health, since it has been adopted by innovative models of care. Specifically, this work was voted as “best practice” in health promotion by the European Commission (Joint Action CHRODIS) and is currently used as basis for the development of a new national framework for obesity and diabetes and treatment in Greece. Although this work was only recently published (after 2020) in leading nutrition journals the selected 10 publications have already been collectively cited >100 times and downloaded > 400 times. Specifically, publications 1-3 (publications 2 and 3 published in the Lancet Digital Health journal) introduced new intervention approaches for tackling type 2 diabetes and other chronic disease risk factors. This work led to the research demonstrated in publications 4 and 5, which specify the characteristics of individuals most in need for nutrition intervention programs, thus maximizing their effectiveness. In this context, publication 6 reported the association of adherence to the Mediterranean diet with the risk of metabolic syndrome. As olive oil is central in Mediterranean diet, the research reported in publications 7 and 8, examined the effectiveness of extra virgin olive oil (EVOO) on cardiometabolic risk in Australian adults. This was the first study ever implemented in a non-Mediterranean population and received wide media attention, with an estimated audience reach of 1,575,272 through 153 stories communicated via the media. Finally, publications 9 and 10 reported the effectiveness of novel eHealth interventions, which deliver personalised dietary advice for reducing chronic disease risk, thus significantly supporting the digital development of the models of care.

The following template summarises the impact metrics of my research outputs based on Scopus, Google Scholar, and Web of Science.

Database	Overall			Last 5 years (since 2018)	
	No. of publications	h-index	Citations	h-index	Citations
Scopus	242	47	23,157		
Web of Science	243	42	18,887		
Google Scholar	242	59	34,389	42	26,675

2. **Refereed conference papers:** 53
3. **Invited keynote speaker:** 19
4. **Book (editor):** 1
5. **Book chapters:** 2

SECTION 5: LEADERSHIP AND ADMINISTRATIVE ROLES

Committee within the University	Membership timeframe	Role in committee
Academic Board Member, La Trobe University.	2022-Present	Member
Research Committee, School of Allied Health, Human Services and Sport	2019-Present	Member
Understanding Disease Research Focused Area (UD-RFA)	2019-2020	Executive Committee Member
Graduate Research Committee, School of Allied Health, Human Services and Sport	2017-2019	Graduate Research Coordinator
Course Advisory Committee – Dietetics and Human Nutrition	2019	Member
Committee/organisation external to the University	Membership timeframe	Role in committee
Editor-In-Chief at Nutrients Journal	2023-Present	Editor-In-Chief in the Section “ Nutrition Methodology and Assessment ” at Nutrients Journal
Editorial board of Nutrients journal	2018-Present	Editorial board member for the section “Nutritional Epidemiology”
Dietitians Association of Australia (DAA)	2018-Present	Accredited Practicing Dietitian (Full APD) - Member
Editorial board (Healthcare)	2021-Present	Guest editor of the Special Issue: “ The Role of Nutrition in Healthcare ”
Editorial board	2020-Present	Guest editor of the Special Issue: “ Healthy Eating in Relation to National Dietary Guidelines ”

Editorial board	2020-Present	Guest editor of the Special Issue: " Implications of Nutrition Education for Health, Behaviour and Lifestyle "
European Society for Clinical and Economic Aspects of Osteoporosis, Osteoarthritis and Musculoskeletal Diseases (ESCEO)	2019	Expert in workshop that set the basis for a consensus statement for Health Practitioners in Europe .
Editorial board	2018-2019	Guest editor of the Special Issue: " Nutritional Therapy for High Blood Pressure "
National Health and Medical Research Council	2019	Committee Member – Evaluator of Grant Applications
Editorial board	2018-2019	Guest editor of the Special Issue: " Personalised Nutrition "
Council of Deans of Dietetics and Nutrition for Australia and New Zealand.	2018-2019	Member (La Trobe representative)
Steering Committee of the Working Group of Lifestyle, Psychosocial Parameters and Atherosclerosis of the Hellenic Atherosclerosis Society (www.hda.gr)	2007	Steering Committee member

Service to the university and the profession

Service to the university:

- Academic Board member, which is the primary decision-making body at a university level.
- Member, representative of the Discipline of Human Nutrition and Dietetics in the School of Allied Health Research Committee and evaluator of internal grant application under the School's research award scheme (2019-Present).
- Member, representative of the Discipline of Human Nutrition and Dietetics in the Graduate Research Coordinators (GRC) Forums (2017-2019) and responsible for assessing the applications submitted for PhD studies and in the yearly postgraduate scholarship ranking.
- Executive Committee Member in the "Understanding Disease" Research Focused Area (UD RFA) (2019-2020) and assess of applications submitted under the relevant RFA grant scheme.
- Panel member in the Research and Innovation Precinct anchor tenant opportunities workshop (April 2021).
- Panel member for interviews and selection of 15 new academics within the discipline. I am also an academic reviewer and a referee as part of promotion applications for a group of discipline staff.

Governance and leadership:

- I have served as Head in the Discipline of Food, Nutrition and Dietetics at La Trobe University in the period from 2018 to 2019.
- Responsible for the workload planning in the Discipline in 2019 and 2020, which provided the necessary evidence to prove a significant workforce shortfall and set the basis for a business plan that resulted to the appointment of 12 new ongoing or fixed-term staff members. This resulted to the increase of the workforce within the discipline from 13 (in 2019) to 25 (in 2020) academic staff members.
- Fundamental role in the full accreditation of the Masters of Dietetics Practice by the Dietetics Association of Australia (DAA) until the end of 2023. By successfully completing the very demanding "Dietetic Skills Recognition" examination process for overseas educated dietitians and becoming a fully accredited practicing dietitian (APD) on May 2018, I secured the full accreditation of the Masters of Dietetic Practice at La Trobe University.

Professional accreditation: I have been an Accredited Practicing Dietitian from the Dietitians Association of Australia (DAA) and the Hellenic Dietetics Association (HDA) in Greece since 2004 and 2018, respectively.

Other service roles: My engagement with the profession is reflected to:

- my contribution and representation of La Trobe in the Council of Deans of Human Nutrition and Dietetics (CDND) of Australia and New Zealand in 2018 and 2019,
- my engagement with CDND resulted to a discussion paper/review of the Australian Qualifications Framework in December 2018 and a discussion paper for consultation on "Rural Allied Health Quality, Access and Distribution Options for Commonwealth Government Policy Reform and Investment from the Office of the National Rural Health Commissioner".
- my current engagement with the CDND Dietetic and Nutrition Research Leaders Network, which is aiming to set the agenda and priorities for nutrition and dietetics research in Australasia for the period of 2020-2030.
- I am also serving as an expert/evaluator of research grant application for the following funding organizations:
 1. The European Commission for the call [HORIZON-WIDERA-2023-TALENTS-01-ERA Chairs](#) of the European Commission's [WIDERA programme](#) (Horizon Europe - Widening participation and strengthening the European Research).
 2. The National Health and Medical Research Council (NHMRC), for research funded in Australia.
 3. The Auckland Medical Research Foundation for research funded in New Zealand.
 4. The Netherlands Organisation for Scientific Research (NWO) for research funded in the Netherlands.
 5. The Hong Kong Polytechnic University (PolyU) for research funded in Hong Kong.

SECTION 6: ACADEMIC AWARDS

Names of those on the award	Award title and year	Source	Total funds awarded
George Moschonis , Despo Ierodiakonou, Kalliopi Karatzi, Ilse De Bourdeaudhuij, Violeta Iotova, Kamila Zych, Luis A. Moreno, Berthold Koletzko, Yannis Manios	<u>John M. Kinney Nestlé Nutrition Award for Pediatric Nutrition</u> for the article entitled: "Perinatal and lifestyle factors mediate the association between maternal education and preschool children's weight status: the ToyBox study". 2019	Nestlé Nutrition Institute, Elsevier Science and Nutrition: The International Journal of Applied and Basic Nutritional Sciences.	€ 4,000.00 (\$ 6,207.83)
George Moschonis , Evangelia Grammatikaki, ..., Yannis Manios.	Award for the 2nd best poster presentation entitled "Dietary intervention with fortified milk in reducing cardiovascular risk". 2009	2nd Panhellenic Congress of Cardiometabolic Risk Factors.	€ 1,000.00 (\$ 1,551.96)
George Moschonis , Alexandra Koumpitski, Aikaterini Siopi, ..., Yannis Manios.	Award for the best oral presentation entitled: "Perinatal predictors of obesity in preadolescence". 2008.	8th Macedonian Congress of Nutrition and Dietetics.	€ 1,000.00 (\$ 1,551.96)
Lagou V, Scott RA, Manios Y, ..., Liarigkovinos T, Moschonis G , Pitsiladis YP	Award for the best oral presentation entitled: "Impact of peroxisome proliferator-activated receptor γ and δ on adiposity in toddlers and pre-schoolers in the GENESIS study" 2007.	17th Annual Meeting of the European Childhood Obesity Group, Athens.	€ 1,500.00 (\$ 2,327.94)

SECTION 7: APPENDIX

7.1 Full list of original research and review articles (N=202)

1. NCD Risk Factor Collaboration (NCD-RisC) (2024). Worldwide trends in underweight and obesity from 1990 to 2022: a pooled analysis of 3663 population-representative studies with 222 million children, adolescents, and adults. *Lancet*, 16;403(10431):1027-1050.
2. Reppas, K., Papamichael, M. M., Usheva, N., Iotova, V., Chakarova, N., Cardon, G., Rurik, I., Antal, E., Valve, P., Liatis, S., Makrilakis, K., Moreno, L., Manios, Y., & **Moschonis, G.** (2024). Associations between household food environment and daily intake of regular and diet soft drinks per BMI status of European children: Feel4Diabetes Study. *Nutr Bull*, 49(1), 82-95. doi:10.1111/nbu.12659.
3. Reppas, K., Papamichael, M. M., **Moschonis, G.**, Cardon, G., Iotova, V., Bazdarska, Y., Chakarova, N., Rurik, I., Antal, E., Valve, P., Liatis, S., Makrilakis, K., Moreno, L., & Manios, Y. (2023). Role of parenting practices and digital media on beverage intake in European schoolchildren of different weight status. *Feel4Diabetes-study. Nutrition*, 115, 112142. doi:10.1016/j.nut.2023.112142
4. Mannino, A., Sarapis, K., Mourouti, N., Karaglani, E., Anastasiou, C. A., Manios, Y., & **Moschonis, G.** (2023). The Association of Maternal Weight Status throughout the Life-Course with the Development of Childhood Obesity: A Secondary Analysis of the Healthy Growth Study Data. *Nutrients*, 15(21). doi:10.3390/nu15214602
5. Jooste, B. R., Kolivas, D., Brukner, P., & **Moschonis, G.** (2023). Effectiveness of Technology-Enabled, Low Carbohydrate Dietary Interventions, in the Prevention or Treatment of Type 2 Diabetes Mellitus in Adults: A Systematic Literature Review of Randomised Controlled and Non-Randomised Trials. *Nutrients*, 15(20). doi:10.3390/nu15204362
6. Cadman, T., Elhakeem, A., Vinther, J. L., Avraam, D., Carrasco, P., Calas, L., Cardo, M., Charles, M. A., Corpeleijn, E., Crozier, S., de Castro, M., Estarlich, M., Fernandes, A., Fossatti, S., Gruszfeld, D., Gurlich, K., Grote, V., Haakma, S., Harris, J. R., Heude, B., Huang, R. C., Ibarluzea, J., Inskip, H., Jaddoe, V., Koletzko, B., Luque, V., Manios, Y., Moirano, G., **Moschonis, G.**, Nader, J., Nieuwenhuijsen, M., Andersen, A. N., McEachen, R., de Moira, A. P., Popovic, M., Roumeliotaki, T., Salika, T., Marina, L. S., Santos, S., Serbert, S., Tzorovili, E., Vafeiadi, M., Verduci, E., Vrijheid, M., Vrijkotte, T. G. M., Welten, M., Wright, J., Yang, T. C., Zugna, D., & Lawlor, D. (2023). Associations of Maternal Educational Level, Proximity to Greenspace During Pregnancy, and Gestational Diabetes With Body Mass Index From Infancy to Early Adulthood: A Proof-of-Concept Federated Analysis in 18 Birth Cohorts. *Am J Epidemiol*. doi:10.1093/aje/kwad206
7. **Moschonis, G.**, & Trakman, G. L. (2023). Overweight and Obesity: The Interplay of Eating Habits and Physical Activity. *Nutrients*, 15(13). doi:10.3390/nu15132896
8. Willems, R., Annemans, L., Siopis, G., **Moschonis, G.**, Vedanthan, R., Jung, J., . . . DigiCare, Y. (2023). Cost effectiveness review of text messaging, smartphone application, and website interventions targeting T2DM or hypertension. *NPJ Digit Med*, 6(1), 150. doi:10.1038/s41746-023-00876-x
9. Kanellakis, S., Skoufas, E., Simitsopoulou, E., Migdanis, A., Migdanis, I., Prelorentzou, T., **Moschonis G.**, . . . Androutsos, O. (2023). Changes in body weight and body composition during the menstrual cycle. *Am J Hum Biol*, e23951. doi:10.1002/ajhb.23951
10. Kolivas, D., Fraser, L., Schweitzer, R., Brukner, P., & **Moschonis, G.** (2023). Effectiveness of a Digitally Delivered Continuous Care Intervention (Defeat Diabetes) on Type 2 Diabetes Outcomes: A 12-Month Single-Arm, Pre-Post Intervention Study. *Nutrients*, 15(9). doi:10.3390/nu15092153
11. Manios, Y., Papamichael, M. M., Mourouti, N., Argyropoulou, M., Iotova, V., Usheva, N., . . . , **Moschonis G.** . . . Feel4Diabetes-Study, G. (2023). Parental BMI and country classification by Gross National Income are stronger determinants of prospective BMI deterioration compared to perinatal risk factors at pre-adolescence: Feel4Diabetes Study. *Nutrition*, 114, 112128. doi:10.1016/j.nut.2023.112128
12. Boutsikou, T., Sekkidou, M., Karaglani, E., Krepi, A., **Moschonis, G.**, Nicolaou, N., . . . Xepapadaki, P. (2023). The Impact of Infant Feeding Regimen on Cow's Milk Protein Allergy, Atopic Dermatitis and Growth in High-Risk Infants during the First 6 Months of Life: The Allergy Reduction Trial. *Nutrients*, 15(11). doi:10.3390/nu15112622
13. NCD Risk Factor Collaboration (NCD-RisC) (2023). Diminishing benefits of urban living for children and adolescents' growth and development. *Nature*, 615(7954), 874-883. doi:10.1038/s41586-023-05772-8
14. Elhakeem, A., Taylor, A. E., Inskip, H. M., Huang, J. Y., Mansell, T., Rodrigues, C., . **Moschonis, G.** . . Lawlor, D. A. (2023). Long-term cardiometabolic health in people born after assisted reproductive technology: a multi-cohort analysis. *Eur Heart J*, 44(16), 1464-1473. doi:10.1093/eurheartj/ehac726
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7.3. Books (N=1)

1. Clare Collins & **George Moschonis.** (2024) Healthy eating in relation to national dietary guidelines. MDPI

7.4 Book Chapters (N=2)

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2. Manios Y & **Moschonis G** (2011) Chapter 156 pp. 2639-2648. "Early life nutrition and nutrient intake in preschool years in relation to growth and obesity" in Preedy VR (ed) "The Handbook of Growth and Growth Monitoring in Health and Disease", Publisher: Springer.

7.5 Refereed conference papers (N=53)

1. **George Moschonis,** Katerina Sarapis, Stephanie Resciniti, Renate Hall, Kanny Yim, Matilda Tonkovic, Clare Fitzgerald, Fay Anixiadis, Quynh Nhu Dinh, Matthew Hale, Brad Wright, Marco Pane, Caroline J Tuck, Jessica R Biesiekierski. The effectiveness of a Lactobacillus probiotic on measures of psychosocial health in adults diagnosed with subthreshold depression: a double-blind, randomised, placebo-controlled trial. *Nutrition and Wellbeing in Oceania, Joint Conference of the Nutrition Societies of New Zealand and Australia 2023.* 28 November - 01 December 2023

2. Maria Michelle Papamichael, Costas Anastasiou, Eva Karaglani, Adriana Mannino, Katerina Sarapis, **George Moschonis**, Yannis Manios. Deciphering pediatric asthma: The role of iron in chronic inflammatory airway disease. 2nd World Pediatrics 2024 Conference. February 19 & 20, 2024
3. Adriana Mannino, Katerina Sarapis, **George Moschonis**. The effect of maternal pre-pregnancy obesity and maternal obesity during childhood, in the development of obesity in children and adolescents. A systematic literature review of cohort studies. Nutrition Society of Australia 2022 Annual Scientific Meeting, 29 November – 2 December 2022, Perth, Australia
4. A. Halilagic; **G. Moschonis**; E. Karaglani; C. Mavrogianni; C. E. Collins; Y. Manios. Prediction of obesity in early and late childhood based on growth trajectory during infancy. International Congress on Obesity (ICO). 18-22 October 2022, Melbourne, Australia
5. Ahmed Elhakeem, Amy Taylor, Hazel Inskip, Jonathan Huang, Muriel Tafflet, Johan Vinther, Federica Asta, Jan Erkamp, Luigi Gagliardi, Kathrin Guerlich, Jane Halliday, Margreet Harskamp-van Ginkel, Jian-Rong He, Vincent Jaddoe, Sharon Lewis, Gillian Maher, Yannis Manios, Toby Mansell, Fergus McCarthy, Sheila McDonald, Emanuela Medda, Lorenza Nisticò, Angela Pinot de Moira, Maja Popovic, Irwin Reiss, Carina Rodrigues, Theodosia Salika, Ash Smith, Maria Stazi, Caroline Walker, Muci Wu, Bjørn Åsvold, Henrique Barros, Sonia Brescianini, David Burgner, Jerry Chan, Marie-Aline Charles, Johan Eriksson, Romy Gaillard, Veit Grote, Siri Håberg, Barbara Heude, Berthold Koletzko, Susan Morton, **George Moschonis**, Deirdre Murray, Desmond O' Mahony, Daniela Port, Xiu Qiu, Lorenzo Richiardi, Franca Rusconi, Richard Saffery, Suzanne Tough, Tanja Vrijkotte, Scott Nelson, Anne-Marie Nybo Andersen, Maria Magnus, Deborah Lawlor. Effects of assisted reproductive technology on offspring growth, adiposity and cardiometabolic outcomes: Findings from up to 158,000 births in the ART-Health cohort collaboration. DOHaD World Congress, 27 to August 31 2022; Vancouver, British Columbia, Canada.
6. Maria Michelle Papamichael; **George Moschonis**; Christina Mavrogianni; Panagiota Epifaniou; Stavros Liatis; Konstantinos Makrilakis; Greet Cardon; Flore De Vylder; Jemina Kivelä; Paloma Flores-Barrantes, Rurik Imre, Luis Moreno, Violeta Iotova; Natalya Usheva; Tsvetalina Tankova and Yannis Manios on behalf of the Feel4Diabetes-Study Group. Father's fruit and vegetable intake positively impacts intake of European children; Preliminary results of the Feel4Diabetes study. 16th Hellenic Congress on Nutrition & Dietetics Dec 9-12, 2021 Athens Greece
7. Katerina Sarapis, Hannah Mayr, Elena George, Gregory Kennedy, **George Moschonis**, Luke Prendergast, Andrew Pipingas, Colleen Thomas, Jane Willcox, Johanna Hoskin. Reduced systolic blood pressure following high polyphenol extra virgin olive oil consumption: The OLIVAUS study. Dietitians Australia 37th National Conference, 23-25 August 2020, Melbourne, Australia
8. **George Moschonis**, Maria Michalopoulou, Konstantina Tsoutsouloupoulou, Elpis Vlachopapadopoulou, Stefanos Michalacos, Evangelia Charmandari, George Chrousos, Yannis Manios (2019) Assessment of the effectiveness of a computerized decision-support tool for health professionals for the prevention and treatment of childhood obesity: Results from a randomised controlled study. 36th National Conference of the Dietitians Association of Australia, 12–14 August 2019, Gold Coast, Australia.
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45. **Moschonis G**, Manios Y, Katsaroli I, Grammatikaki E, Petraki I, Papoutsou S, Siatitsa E, Koubitski A. Changes in bone mineral density and quantitative ultrasound indices induced by a 2½-year dietary intervention program: The Postmenopausal health study. Eighth European Congress on Clinical and Economic Aspects of Osteoporosis and Osteoarthritis - ECCE08, 9-12 April 2008, Istanbul, Turkey.
46. Manios Y, Costarelli V, Tzavara C, **Moschonis G**. Prevalence of obesity in preschool Greek children, in relation to parental characteristics and region of residence: The Genesis study. 25th International Congress of Pediatrics, 25-30 August 2007, Athens, Greece.
47. Manios Y, **Moschonis G**, Grammatikaki E, Kondaki K, Keke D, Kortsalioudaki C. Perinatal predictors of overweight at infancy and preschool years. The GENESIS study. 25th International Congress of Pediatrics, 25-30 August 2007, Athens, Greece.
48. Manios Y, Grammatikaki E, **Moschonis G**. Catch-up growth and parental perceptions for child's weight as main determinants of obesity in preschool children: The GENESIS study. 25th International Congress of Pediatrics, 25-30 August 2007, Athens, Greece.
49. Costarelli V, Tzavara C, **Moschonis G**, Manios Y. Prevalence of obesity in preschool Greek children, in relation to parental characteristics and region of residence. The GENESIS study. 17th Annual Meeting of the European Childhood Obesity Group (ECOG), 5-7 July 2007, Athens, Greece.
50. Papoutsou S, Kondaki K, Tzavara C, Grammatikaki E, **Moschonis G**, Manios Y. The relationship between socio-demographic characteristics and physical activity patterns in Greek preschoolers. 17th Annual Meeting of the European Childhood Obesity Group (ECOG), 5-7 July 2007, Athens, Greece.
51. **Moschonis G**, Grammatikaki E, Manios Y. Catch-up growth and parental perceptions for child's weight as main determinants of obesity in preschool children: The GENESIS study. 17th Annual Meeting of the European Childhood Obesity Group (ECOG), 5-7 July 2007, Athens, Greece.
52. Angelopoulos P, Milionis H, Manios Y, **Moschonis G**, Blachaki C. Obesity and eating disordered attitudes, data from a cross sectional study in primary schoolchildren in the prefecture of Ioannina, Greece. 12th European Meeting of International Association for Adolescent Health, 21- 23 September 2006, Athens, Greece.
53. Manios Y, Grammatikaki E, Oikonomou E, Kondaki K, **Moschonis G**, Kortsalioudaki C, Anastasiadou A, Pitsiladis YP Effect of perinatal parameters, family environment and macronutrient intake in the development of early obesity: the Greek Infant Nutrition Survey (GINS) 14th European Congress on Obesity, 1-4 June 2005, Athens, Greece.

8. RESEARCH ESTEEM

8.1 Invited keynote speaker (N=19)

1. Keynote presentation entitled: "The role of digital health interventions in modernising healthcare and tackling chronic disease". Annual Global Health Intensive run by the Australian Medical Students' Association (AMSA). 12 August 2023. Monash University, Melbourne.
2. Keynote presentation entitled: "Probiotics for the prevention of bone loss". Symposium organised by Probi AB. Singapore. 17 October 2022.
3. Keynote presentation entitled: "The effectiveness of a probiotic food supplement in the reduction of depressive symptoms: A double-blind randomised placebo-controlled trial". Symposium organised by Biome Australia. March 2023. Gold Coast.
4. Keynote presentation entitled: "Personalised nutrition project on body weight and diabetes management.". Australasian Diabetes Congress (ADC) from at the International Convention Centre in Sydney. 23 August 2019. International Convention Centre, Sydney.
5. Keynote presentation entitled: "Obesity, inflammation and iron deficiency triangle in children". Nutrition Society of Australia, Inflammation Event. Organized by the Nutrition Society of Australia, Melbourne Group. 1st October 2018. Deakin Downtown – Level 12, Tower 2 – 727 Collins Street, Melbourne.
6. Keynote presentation entitled: "Evaluation of obesity risk from the very early life stages. Design and practical use of the Childhood Obesity Risk Evaluation (CORE) Index". 1st Panhellenic congress of the Greek Society of childhood and adolescence obesity. 15 October 2016. Athens, Greece.
7. Keynote presentations entitled: "Learnings from the implementation and the effectiveness of novel intervention approaches aiming to improve energy balance related behaviours in children and adolescents through changes at their social and physical environment" and "Dietary intake recommendations for dairy from pregnancy to adolescence". 28th conference of the Greek Society of Social Pediatrics. 7 October 2016. Trikala, Greece.
8. Keynote presentation entitled: "Infant's nutrition during the first 12 months of life and the critical role of solid food initiation". One day conference entitled "Early life nutrition and breastfeeding". 29 February 2016. Harokopio University, Athens, Greece.
9. Keynote presentation entitled: "Is it possible to estimate the likelihood of overweight and obesity occurrence in adolescence from

- child's birth? Design and practical utilities of the Childhood Obesity Risk Evaluation (CORE) index". 13th PanHellenic conference of the Hellenic Dietetic Association. 28 November 2015. Theatron "Ellinikos Kosmos", Athens, Greece.
10. Keynote presentation entitled: "Perinatal and behavioural risk factors for pre-diabetes in children and adolescents" European University of Cyprus. 12 May 2015. European University of Cyprus Cultural Center.
 11. Keynote presentation entitled: "Atkins, Paleo, Dukan: Is there a correct choice?" 10th Congress of the Greek Foundation of Gastroenterology and Nutrition. 6-7 February 2015. Olympic Royal Hotel, Athens, Greece.
 12. Keynote presentation entitled: "Associations between the consumption of specific food groups and overweight in children. The role of the overall lifestyle". 8th European Federation of the Association of Dietitians (EFAD) Conference. 09-12 October 2014, Athens, Greece.
 13. Keynote presentation entitled: "Results of the taste study: an intervention to increase vegetable liking and consumption by exposure to a variety of vegetables at weaning" 20th International Congress of Nutrition. 15-20 September 2013, Granada, Spain.
 14. Keynote presentation entitled "Vitamin D and cardiovascular disease", 15th congress of Lipidology, 18-20 October 2012, Divani Caravel Hotel, Athens, Greece.
 15. Keynote presentation entitled "The role of exercise on the prevention and treatment of childhood and adolescent obesity". 7th congress of "Spring Pediatric Days". 5-8 May 2011, Congress Centre P.M Nomikos, Santorini, Greece.
 16. Keynote presentation entitled "Prevention and treatment of childhood obesity: One approach for both?". 6th Congress of the Greek Foundation of Gastroenterology and Nutrition. 18-19 February 2011. Athens Music Hall, Greece.
 17. Keynote presentation entitled "Dietary supplements during pregnancy". Conference organized by the Greek Dietetic Association. 30 October 2010. Eugenidio Foundation, Athens, Greece.
 18. Keynote presentation entitled "Micronutrient's and probiotic supplements in the prevention of chronic disease". 5th Congress of the Greek Foundation of Gastroenterology and Nutrition. 5-6 March 2010. Athens Music Hall, Greece.
 19. Keynote presentation entitled "Oxidative stress and diet in postmenopausal women". 16th Pan-Hellenic Congress of the Greek Foundation for the study of Bone Metabolism. 6-8 June, 2008 "Kipriotis Village Resort" Kos, Greece.

4.2. Additional outputs of research esteem and impact

- The preliminary results of the Defeat Diabetes study (ongoing PhD study under my supervision) was included in [La Trobe's Parliamentary Enquiry into Diabetes](#).
- Due to my extensive research on obesity and implementation of intervention to tackle this epidemic in Greece, I collaborated with Professor Yannis Manios and his research team at Harokopio University in Athens to draft a new research study on the ["Prevalence, etiological factors and solutions for efficiently tackling the obesity epidemic in Greece through a multi-disciplinary and co-participatory approach"](#). The study, which was supported by **"DIANEOSIS" Research and Policy Institute** received increased media attention, was presented in the Greek Parliament, while it is currently used as a basis for policy reforms and the development of a new national framework for the efficient prevention and treatment of childhood obesity and related cardiometabolic complications in Greece.
- The ToyBox-study, which was a multi-component intervention aiming to prevent childhood obesity, was voted as a good practice in health promotion and primary prevention of obesity and chronic diseases across Europe by the European Commission ([Joint Action CHRODIS](#)) and as best practice by the ["Marketplace workshop on nutrition and physical activities best practices"](#). Due to its high impact, the ToyBox intervention is currently expanding in several countries globally, such as Argentina, Belgium, Ecuador, Germany, Italy, [Malaysia](#), [Malta](#), New Zealand, Nicaragua, Poland, South Africa, [Scotland](#), Spain and the UK.
- In 2019, I participated in an expert workshop and collaborated in the drafting of a consensus statement supported by the European Society for Clinical and Economic Aspects of Osteoporosis, Osteoarthritis and Musculoskeletal Diseases (ESCEO) on the ["Impact of whole dairy matrix on musculoskeletal health and aging"](#). The consensus statement is used as a nutrition guide for health practitioners in Europe for the nutrition management and prevention of osteoporosis and other musculoskeletal disorders.