

## CURRICULUM VITAE

Nikoletta Vidra

### PERSONAL INFORMATION

Nationality: Greek

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### CURRENT POSITION

*September 2014- Now:*

PhD researcher, Department of Demography, Faculty of Spatial Sciences, University of Groningen (the Netherlands). Supervisor: Dr. Fanny Janssen. Promoter: Prof. dr. Leo van Wissen. Thesis title: "The effect of obesity on past and future variations in mortality levels and trends in European countries"

<http://www.rug.nl/research/ursi/prc/research/populationmortalityandhealth/effect-of-obesity>

### EDUCATION

*2007:* MSc Human Nutrition, Department of Nutrition and Dietetics, Harokopio University, Athens. Specialization Clinical/ Medical Nutrition.

*2004:* BSc Nutrition Science and Dietetics, Department of Nutrition and Dietetics, Harokopio University, Athens.

### PROFESSIONAL EXPERIENCE

*January 2012 - August 2014:* Nutritional consultant -Freelancer the Netherlands.

*June 2010 - June 2011:* Nutritionist, Danone Research Center for Specialized Nutrition, Baby Nutrition, Wageningen, the Netherlands.

*May 2009 - May 2010:* Scientific Nutritional consultant at 'ARISTIDES DASKALOPOULOS' Foundation for Nutrition, Athens, Greece.

*October 2008 - May 2009:* Researcher in National Kapodistrian University of Athens, Medical School: European project HECTOR (Eating out: Habits, Determinants and Recommendations for the Consumers and the European Catering Sector).

*July 2004 - May 2008:* Researcher in Harokopio University, Department of Nutrition and Dietetics, Athens, Greece

## SELECTED CONFERENCES

- Vidra N, Bijlsma M, Janssen F. 'Past trends of obesity- attributable mortality in the Netherlands; an application of Age-Period- Cohort Analysis', oral presentation. Dutch Demography Day, Utrecht, the Netherlands, November 2015.
- Vidra N, Bijlsma M, Janssen F. 'Past trends of obesity- attributable mortality in the Netherlands; an application of Age-Period- Cohort Analysis', oral presentation. 13<sup>th</sup> Pan-Hellenic Congress of Nutrition and Dietetics/ 2<sup>nd</sup> Pan-Hellenic Congress of Clinical Nutrition, Athens, Greece, November 2015.
- Vidra N, Bijlsma M, Janssen F. 'Past trends of obesity- attributable mortality in the Netherlands; an application of Age-Period- Cohort Analysis', poster presentation. Workshop: EAPS Health, Morbidity and Mortality Working Group, Prague, Czech Republic, September 2015.
- Vidra N. 'The effect of obesity on past and future variations in European mortality levels and trends', poster presentation. Dutch Demography Day, Utrecht, the Netherlands, December 2014.

## PUBLICATIONS in peer-reviewed journals

1. Vidra N, Kontogianni MD, Schina E, Gioulbasanis I. Detailed dietary assessment in patients with inoperable tumors: Potential deficits for nutrition care plans. *Nutr Cancer* 2016.
2. Kontogianni MD, Farmaki AE, Vidra N, Magkanari F, Yannakoulia M. Associations between lifestyle patterns and BMI in a sample of Greek children and adolescents. *J Am Diet Assoc* 2010;110(2):215-21.
3. Dedoussis GV, Vidra N, Butler J, Papoutsakis C, Yannakoulia M, Hirschhorn JN, Lyon HN. *PPAR $\gamma$  Pro12Ala* polymorphism and risk for pediatric obesity. *Clin Chem Lab Med* 2009;47(9):1047-50.
4. Kontogianni MD, Vidra N, Farmaki AE, Koinaki S, Belogianni K, Sofrona S, Magkanari F, Yannakoulia M. Adherence rates to the Mediterranean diet are low in a representative sample of Greek children and adolescents. *J Nutr* 2008;138(10):1951-6.
5. Yannakoulia M, Yiannakouris N, Melistas L, Fappa E, Vidra N, Kontogianni MD, Mantzoros CS. Dietary factors associated with plasma high molecular and total adiponectin levels in apparently healthy women. *Eur J Endocrinol* 2008;159(4):R5-10.
6. Vidra NV, Farmaki AE, Koinaki S, Belogianni K, Stauroula S, Magkanari F, Kontogianni MD, Yannakoulia M. Adherence to the Mediterranean diet in children and adolescents in Greece. *Paediatriki* 2008;71:361-7.
7. Papoutsakis C, Vidra NV, Hatzopoulou I, Tzirkalli M, Farmaki AE, Evagelidaki E, Kapravelou G, Kontele IG, Skenderi KP, Yannakoulia M, Dedoussis GVZ. The Gene - Diet Attica Investigation on childhood obesity (GENDA1): Overview of the Study Design. *Clin Chem Lab Med*, 2007;45(3):309-15.
8. Dedoussis GVZ, Panagiotakos DB, Vidra NV, Louizou E, Chrysohoou C, Germanos A, Mantas Y, Tokmakidis S, Pitsavos C, Stefanadis C; for the CARDIOGENE Study group. The association between TNF- $\alpha$  -308 G>A polymorphism and the development of Acute Coronary Syndromes, in Greek subjects: the CARDIO2000-GENE Study. *Genet Med* 2005;7(6):411-6.