

Dr. ARETI K. TSOGA

Assistant Professor in Food Science/Chemistry & Nutrition, Dep. of Public Health Policy,
School of Public Health, University of West Attica, 196 Alexandras Avenue, Athens, Greece 11521
Tel.: +302132010286, +306972844090 e-mail: atsoga@uniwa.gr

RESEARCH INTERESTS

Physicochemical properties of food components/novel food, The role of functional and novel foods in nutrition, Knowledge and consumer's attitude, Dietary habits and choices of the consumers, Work-place and eating habits-health factors, Nutrition and degenerative diseases, Nutrition and chronic diseases, Mediterranean diet

EDUCATION

Ph.D. in Food Chemistry/Physical Chemistry (1997-2001)

Cranfield University, Silsoe, Bedford MK45 4DT, UK.

Thesis title: "Effect of cosolutes on polysaccharides gelation"

BSc in Food Science & Technology (1992-1997)

Aristotle University of Thessaloniki, Department of Geotechnical Sciences

Faculty of Agriculture, Department of Food Science and Technology (Integrated Master) (7.83/10)

EMPLOYMENT HISTORY

Department of Public Health Policy (07 May 2019-)

School of Public Health, University of West Attica,

Assistant Professor in Food Science/Chemistry & Nutrition

National School of Public Health (17 September 2018-6May 2019)

Dep. Of Nutrition and Biochemistry,

Assistant Professor in Food Science/Chemistry & Nutrition

National School of Public Health (June 2003-16 September 2018)

Dep. Of Nutrition and Biochemistry, Research & Teaching Assistant

Ministry of Rural Development and Food (December 2002-June 2003)

Laboratory Assistant in Food Quality Control, Athens.

Quality control on: Wines, Tomato products, Fresh and processed fruits

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Technological Institute of Athens (October 2002-February 2003)

Department of Oenology and Spirits Technology, Laboratory/teaching Assistant in
Food Processing.

Nottingham University, (July 2001-September 2002)

School of Biosciences, Division of Food Sciences, UK, Research Assistant

Use of differential calorimetry, x-ray diffraction and FT-IR spectroscopy to monitor:

- The plasticisation effect of supercritical CO₂ on glassy polymers
- The flavour and vitamin infusion into biopolymers
- The flavour generation in SCF.

Athenian Brewery (July-August 1996)

Summer placement 102 Kifissou Av., 122 41 Aigaleo, Athens

- Supervision and check of alcoholic fermentation in beer production.
- Chemical analysis relevant to the product throughout the production line and the yeast control.

TEACHING EXPERIENCE

MSc in Public Health-Dep. of Public Health Policy (2020-)

Course manager/Lecturer of “Innovative Food Policies” (2020-)

Lecture to school teachers and parents/gradients at 9th Primary School of Piraeus “Healthy dietary habits for children and adolescents” (05/03/2020, 17:30-19:30)

Lecture to school teachers and parents/gradients at 3rd Primary School of Alimos-Athens: “Healthy dietary habits for children and adolescents” (07/05/2019, 18:00-21:00)

Lecture to pupils/school teachers at 55th Primary School of Piraeus: “Junk food” (07/05/2019, 8:15-13:15)

Lecture to pupils/school teachers at 55th Primary School of Piraeus: “Sweets vs fruits: which one is a healthy choice for a snack” (06/05/2019, 8:15-13:15)

Lecture to pupils/school teachers at 6^o Technological High School of Piraeus: “Modern food-Consumer’s attitude” (16/04/2019, 18:00-21:00)

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Lecture to pupils/school teachers at 55th Primary School of Piraeus: “Dietary habits and physical exercise” (26/03/2019, 8:15-13:15)

Voluntary activities in kindergartens in the Municipality of Piraeus in collaboration with the Public Health Directorate, Department of Prevention and Health Promotion of the Municipality of Piraeus: “Acquaintance of infants with legumes (20/02/2019-)

Lecture to pupils/school teachers at 2nd High School of Kamatero-Athens: “Dietary choices in adolescence” (16/05/2018, 11:00-13:00)

Lecture to pupils/school teachers at High School of South Tithorea (County of Fthiotida, Central Greece): “Dietary habits and choices: fed or nourished” (08/05/2018, 08:00-13:00)

Voluntary activities in kindergartens in the Municipality of Piraeus in collaboration with the Public Health Directorate, Department of Prevention and Health Promotion of the Municipality of Piraeus: “Nutrition and Health: acquaintance of vegetables and fruits”, (16/04/2018-)

Lecture to pupils/school teachers at 6^o Technological High School of Piraeus: “Dietary habits and obesity” (21/02/2018)

Lecture to pupils/school teachers at 47th Primary School of Piraeus,: “Healthy dietary choices for pupils” (11/05/2017)

Lecture to pupils/school teachers and parents at 3rd High of Lamia_Central Greece: “Dietary habits/choices in adolescence and before exams” (20/03/2017)

MSc in Occupational and Environmental-National School of Public Health (2014-) Course manager/Lecturer of «Environment and Food»

Lecture to pupils/school teachers at Nursery Schools/Primary Schools in the framework of the Social School "Basic principles of nutrition of students" at schools in Attica and Euboea (October 2014-January 2016)

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Lecture to pupils/school teachers at 1st Secondary School North Liosia-Athens: “Olive oil and well-being” (11/03/2013)

Part-time MSc in Public Health (North Greece)-National School of Public Health 2005-2007, 2008-2010, 2010-2012

Lecturing on specific subjects of nutrition (Food components, Mediterranean Diet, Food Additives, Functional Food, Organic Food, Vegetarian Diet, Substitution of fat and sugar, Biopreservatives, Food Packaging)

Part-time MSc in Public Health (South Greece)-National School of Public Health 2005-2007, 2008-2010, 2010-2012

Lecturing on specific subjects of nutrition (Food components, Mediterranean Diet, Food Additives, Functional Food, Organic Food, Vegetarian Diet, Substitution of fat and sugar, Biopreservatives, Food Packaging)

MSc for Executives of the Ministry of Health & Social Solidarity & other Public Health Care Organizations 2003-2005-National School of Public Health

Lecturing on specific subjects of nutrition (Food components, Mediterranean Diet, Food Additives, Functional Food, Organic Food, Vegetarian Diet, Substitution of fat and sugar, Biopreservatives, Food Packaging)

Seminar of teachers in secondary education (5 February 2005): “Mediterranean Diet”

MSc in Applied Public Health (joined program of National School of Public Health and Technological Institution of Athens) (2004-2013)

Lecturing on specific subjects of nutrition (Food components, Mediterranean Diet, Food Additives, Functional Food, Organic Food, Vegetarian Diet, Substitution of fat and sugar, Biopreservatives, Food Packaging, Food allergies/intolerance, Macronutrients/Micronutrients in athletes'/athletes with special needs' nutrition)

MSc in Public Health-National School of Public Health (2003-)

Lecturing on specific subjects of nutrition (Food components, Mediterranean Diet, Food Additives, Functional Food, Organic Food, Vegetarian Diet, Substitution of fat and sugar, Biopreservatives, Food Packaging)

Course manager/Lecturer of “Food and Public Health 1” (2019-)

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Supervision of 27 MSc thesis (12 research thesis και 15 review thesis)-participation in 105 exam committees of MSc thesis

Laboratory/Teaching Assistant at Technological Institute of Athens (October 2002-February 2003)
Teaching “Food Processing” at the Department of Enology and Spirits Technology

Supervision of ERASMUS undergraduate students (1997-2001) at Cranfield University, UK

RESEARCH PROJECTS

Voluntary activities in kindergartens in the Municipality of Piraeus regarding the nutritional value of various food groups, in collaboration with the Public Health Directorate, Department of Prevention and Health Promotion of the Municipality of Piraeus: “Acquaintance of infants with legumes (20/02/2019-)” “Nutrition and Health: acquaintance of vegetables and fruits”, (16/04/2018-)

Superfood: attitudes, knowledge and perceptions of consumers in the healthcare sector (2017-2018) Supervision of a research postgraduate dissertation within the framework of MSc in Public Health. Part of the research results were announced at a conference.

Economic crisis and its impact on the dietary behavior of the staff at 401 General Military Hospital (2012-2013). Supervision of a research postgraduate dissertation within the framework of MSc in Public Health. Part of the research results were announced at a conference.

Estimation of the state of nutrition of cancer patients in tertiary hospital (2011-2013)
Supervision of a research postgraduate dissertation within the framework of MSc in Public Health. Part of the research results were announced at a conference.

Eating habits and fitness of teenagers living in orphanages in Athens and Thessaloniki (2011-2013). Supervision of a research postgraduate dissertation within the framework of MSc in Public Health.

Elderly eating habits in the municipality of Acharnes (2011-2012)
Supervision of a research postgraduate dissertation within the framework of MSc in Applied Public Health.

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Assessment of the risk factors for the occurrence of stool disorders in the students of the Professional Schools of Nursing Assistants (EPAS) of the Ministry of Health and Social Solidarity (2009-2013)

Supervision of a research postgraduate dissertation within the framework of MSc in Public Health (South Greece).

Dietary habits of diabetic patients in Milos and their effect on sugar regulation (2009-)

Supervision of a research postgraduate dissertation within the framework of MSc in Public Health (south Greece). Part of the research results were announced at two conferences.

Health determinants of sports journalists (2007-2008)

Supervision of a research, postgraduate dissertation within the framework of MSc in Applied Public Health. The research was held in collaboration with the Panhellenic Association of Sports Editors (PASAT). The results announced at a conference.

Dietary habits of employees in the Creta Farm (2006-2007)

Supervision of a research, postgraduate dissertation within the framework of MSc in Applied Public Health.

Physical activity and eating habits of students aged 17 to 23 years of the Department of Health Visitors at the Technological Institute of Athens (2007)

Supervision of a research, postgraduate dissertation within the framework of MSc in Applied Public Health.

Ecology and Nutrition: Pilot implementation of the program at Kefallonia Elementary School (2005-2006)

Supervision of a research postgraduate dissertation within the framework of MSc Public Health.

INTERREG III (2007)

Participation in the international research program - Configuring the material for healthy nutrition, obesity and physical exercise for infokiosks.

Supercritical fluids for the production of novel food ingredients (July 2001-September 2002)

Nottingham University, UK, funded by BBSRC

Gelatin replacement in low-fat chocolate mousse (1998-2000)

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Cranfield University, UK, funded by St.Ivel-Unigate

Isotherms adsorption of polysaccharides (1996-1997)

Aristotle University of Thessaloniki, Department of Geotechnical Sciences
Faculty of Agriculture, Department of Food Science and Technology Final Year
Project.

PUBLICATIONS

Papaefstathiou E., Alexiou K., Terzopoulou M., Sikalias N., Bethani D., **Tsoga A.**, Economou N., Lioulis A., Pagkratis P., Trakas N. (2018) The prevalence of malnutrition in oncology patients in a Greek General Hospital. Evaluation using anthropometric and laboratory measurements, *Hellenic Journal of Surgery*, **90:5**, 247-254

Tsoga A. & Chasapi, I. (2018) Superfood: attitudes, knowledge and perceptions of consumers in the healthcare sector, 12nd Hellenic Conference on Public Health & Public Health Services, Athens.

Georga, A & **Tsoga, A.** (2015) The type of diet and its relation to the regulation of sugar in a group of type 2 diabetics on Milos Island, 14th Hellenic Diabetes Congress, Athens.

Georga, A & **Tsoga, A.** (2014) The dietary habits of diabetic patients in Milos and their impact on sugar regulation, 10th Hellenic Conference on Public Health and Health Services "Public Health: A Road to Development", Athens.

Missiou, A. & **Tsoga, A.** (2014) The impact of the economic crisis on the dietary habits of 401 GHS staff, 10th Hellenic Public Health and Health Services Conference "Public Health: A Road to Development", Athens.

Papaefstathiou, E. & **Tsoga, A.** (2014) Nutritional Evaluation of Oncological Patients in a Higher Hospital, 10th Hellenic Conference on Public Health and Health Services "Public Health: A Road to Development", Athens

Datsis A. C., **Tsoga, A.** & Langouretos, V. (2010) The role of functional foods in the prevention of colorectal cancer, *Hellenic Journal of Surgery*, **82, 4**, 224-232.

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Kalamari A-S, **Tsoga, A.** (2010), Estimation of health factors in working journalists: eating habits, physical activity and smoking, 8th Hellenic Conference on Public Health and Health Services "Social Epidemics", Athens.

Samartzi, H., Chardavella, G., Zikos, P. και **Tsoga, A.** (2010), Public Health Policies on Early Diagnosis and Chemotherapy of Latent Tuberculosis, 8th Hellenic Conference on Public Health and Health Services "Social Epidemics", Athens.

Tsoga, A., Richardson, R. K. & Morris, E. R. (2004). Role of cosolutes in gelation of high-methoxy pectin. Part 1. Comparison of sugars and polyols, *Food Hydrocolloids*, **18**, 907-919.

Tsoga, A., Richardson, R. K. & Morris, E. R. (2004). Role of cosolutes in gelation of high-methoxy pectin. Part 2. Anomalous behaviour of fructose: calorimetric evidence of site-binding, *Food Hydrocolloids*, **18**, 921-932.

Tsoga, A.; Kasapis, S. Richardson, R. K. (1999). The rubber-to-glass transition in high sugar agarose systems, *Biopolymer*, **49**, 267-275.

Tsoga, A.; Kasapis, S. and Sworn, G. (1998), Dynamic mechanical properties of polysaccharides at high levels of sugars, 4th International Conference on Hydrocolloids, Osaka.

SEMINARS

Challenges for Higher Education in the era of Covid19 and the next day, Webinar by Hellenic Mediterranean University-EVM, (May, 2020)

Trust in our Food: Understanding Food Supply Systems, Online 4 weeks course by EIT Food and Reading University (January, 2019)

School Psychology, Online 200hrs course, FREEStudies. (Athens, 2019)

"Screening: What-When-The Public Health Perspective and the Conditions for Effective Implementation" National School of Public Health, Athens (19/11/2015)

Chem 181x: Food for thought, E-seminar from McGill University through edX (22/01-01/05/2014) (www.edx.org).

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Stat2.1x: Introduction to statistics: Descriptive statistics E-seminar from the University of California at Berkeley through edX (20/2-1/4/2013) (www.edx.org).

F4ST-From Farm to Fork Food Safety Specialist Training Programme

E-seminar funded from European Union, (1/09-31/12/2008)

Public Health Policy and Systems in Europe

Regional European Office of the World Health Organization, Copenhagen, Denmark,
(4-8/12/2006)

Training Specialist Executives on Health Education for Managing Major Health Factors at

Work Measure 1.4 - Development of Public Health, Athens (9-31/01/2006)

Training of Specialists in Teaching Methodology for Policies for the Development and Promotion of Public Health

Measure 1.4 - Development of Public Health, Athens
(26/10-25/11/2005)

Methodology for the investigation and treatment of foodborne and aquatic infections Within the framework of the 5th Hellenic Public Health Conference, Athens (14/01/2004)

Experimental design Nottingham University, Sutton Bonington Campus, United Kingdom

(12-13/12/2001, 22-23/01/2002)

Starch: structure, properties and food uses American Association of Cereal Chemists, London,
United Kingdom (5-7/11/2001)

Designing Quality into Multi-Phase Foods MAFF, United Kingdom (23/05/2000)

Food Processing Institute of Food Science and Technology, London, United Kingdom (22/09/1999)

Food Processing University of Ghent, Faculty of Agricultural & Applied Biological Sciences, Belgium (6-19/09/998)

CONFERENCES

15th Hellenic Nutrition & Dietetics Conference, 4th Hellenic Conference on Clinical Nutrition & Metabolism, Athens (13-15/12/2019)

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- Workshop on “Redesigning food packaging in the circular economy” FOODTECH 2019**, Hellenic Association of Food Scientists & Technologists (14/10/2019)
- Workshop on innovative food packaging and food waste**, Hellenic Association of Food Scientists & Technologists (13/10/2018)
- Informative event for the European Program AGROSH +**, Institute for Prevention, Environmental and Occupational Medicine, Prolepsis, Athens (03/07/2018)
- Workshop on child obesity: nutrition and physical activity**, University of West Attica (18/05/2018)
- 12th Hellenic Conference on Public Health and Health Services**, Athens (19-21/03/2018)
- 14th Hellenic Nutrition & Dietetics Conference, 3rd Hellenic Conference on Clinical Nutrition & Metabolism**, Athens (24-26/11/2017)
- 7th Hellenic Lipid Forum "Current trends in the lipid sector"**, Thessaloniki (05/10/2017),
- 11th Hellenic Conference on Public Health and Health Services "Public Health & Primary Health Care: Common Objectives"**, Athens (21-23/03/2016)
- Workshop on Food Safety** Athens (27/04/2015),
- Workshop for the presentation of the National Nutrition Guide for Infants, Children, Adolescents**, Athens (17/10/2014)
- Workshop on the presentation of the National Nutrition Guide for Adults**, Athens (16/010/2014)
- 5th Symposium of Occupational & Environmental Health «Quam artem exerceat?»**, Athens (02/04/2014)
- 10th Hellenic Conference on Public Health and Health Services "Public Health: A Road to Development"**, Athens (31/03-02/04/2014)
- "High Risk Information: SMEs and Public Health"**, Athens (03/10/2013)
- Workshop "Virgin olive oil and Greek gastronomy"**, Athens (30/03/2013)

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5th Hellenic Conference "Modern Lipid Trends" Hellenic Lipid Forum, Member of Euro Fed
Lipid, Athens (29/03/2013)

8th Hellenic Conference on Public Health and Health Services "Social Epidemics"
, Αθήνα (15-17/03/2010)

3rd Hellenic Conference: Modern Trends in the Lipid Sector
Hellenic Lipid Forum, Member of Euro Fed Lipid, Athens (15/06/2009)

Public Health and Social Policy: Eleftherios Venizelos and his era, National School of Public
Health, Athens (8-10/11/2007)

5th International Conference on Food Technology, Thessaloniki (9-11/03/2007)

1st Hellenic Conference on Biotechnology & Food Technology, Athens (31/03, 1-2/04/2005)

3rd Hellenic Symposium on Food Hygiene & Technology, Athens (18-19/03/2004)

5th Hellenic Public Health Conference (14-16/01/2004), Αθήνα

AWARDS

Research Studentship leading to Ph.D. Cranfield University, Institute of Agritechnology, The Mar-
keting, Food and Post Harvest Group (1997-2001).

MEMBERSHIPS

- Public Health Accreditation (PH-ACCR) team of experts
- Hellenic Lipid Forum, member of the European Federation for the Science and Technology of Lipids
- European Federation for the Science and Technology of Lipids
- Institute of Food Technologists (H.Π.A.) (member ID: 00046102)
- Geotechnical Chamber of Greece (member ID: 1-11898)
- Hellenic Corporation of Public Health

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ADMINISTRATIVE ACTIVITY

- Member of the Committee on Communication and Extroversion of the Dep. of Public Health Policy (2020-)
- Chairman of the presentations about nutrition at the 12th Hellenic Conference on Public Health and Health Services, Athens 19-21/03/2018
- Member of the Objection Committee of the MSc Candidates on Occupational and Environmental Health for the academic year 2017-2018
- Member of the Deliverables Committee of the project: «ΣΕΣΑ-ΕΣΔΥ 2010-2015»
- Member of the Deliverables Committee of the project: "Program for the control of the smoking habit in Greece"
- Participation in the working meeting on the implementation of the new institutional framework for Public Health and the effort to reorganize public health services (16 Ιανουαρίου 2006)
- Member of the Appraisal Committee for Candidates of the Public Health Department of the National School of Public Health for the academic year 2004-2005.

SKILLS

- IT:Excel, Word, Internet, Macintosh
- SOFTWARES: Visio Technical, Design Expert, Isis Draw
- LANGUAGES: Greek (native), English (fluent)

INTERESTS/HOBBIES

- Knitting
- Music (playing the guitar)
- Cycling
- Gardening
- Travelling