

Dimitris Poulimeneas, RD, PhD

Personal Info

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EDUCATION

07/2017 – 10/2021	PhD, Applied Nutrition and Dietetics Harokopio University, Athens, Greece
10/2014 – 07/2016	MPH, Public Health with Specialization in NCD's National School of Public Health, Athens, Greece
09/2008 – 09/2013	BSc, Nutrition and Dietetics Alexander Technological Educational Institute, Thessaloniki, Greece

PROFESSIONAL EXPERIENCE

09/2022 – present	Project Manager Center for Clinical Epidemiology and Outcomes Research, Athens, Greece
09/2013 – present	Registered Dietitian (Freelance)
03/2018 – 06/2018	Thesis Supervisor School of Culinary Arts, Mediterranean College, Athens, Greece
02/2018 – 06/2018	Nutrition Seminars Leader i-Εκπαίδευση, Athens, Greece
09/2017 – 09/2018	Health and Nutrition Officer Save the Children International, Leros & Kos, Greece

RESEARCH EXPERIENCE

01/2023 - present	TEAM-COACH PI: Prof. T.Zaoutis Funding: Horizon 2020, EU
12/2022 - present	Postdoctoral Researcher , Harokopio University Factors associated with weight loss maintenance of persons with weight loss experiences: International Weight Control Registry Supervisor: Prof. M. Yannakoulia
09/2022 – 01/2024	VACCELERATE PI: Prof. T.Zaoutis Funding: Horizon 2020, EU
02/2022 – 06/2022	Bhutan+ , Hellenic Open University PI: Prof. E.Zervas Funding: Erasmus+
11/2019 – 04/2023	Nutrishield: personalized nutrition for the young , Harokopio University PI: Prof. D. Panagiotakos Funding: Horizon 2020, EU
04/2020 – 07/2021	Diet & Cognitive Decline , Harokopio University PI: Prof. M. Yannakoulia Funding: NSRF (ΕΣΠΑ) 2014-2020
02/2015 – present	NCD-RisC Research Collaboration , Imperial College, UK
06/2013 – 06/2018	ADONUT Study Group , ATEI Thessaloniki, Greece PI: M.G.Grammatikopoulou, Senior Lecturer

TEACHING EXPERIENCE

10/2022 – 06/2023	Lecturer (Academic Scholar), Department of Nutrition and Dietetics, University of Peloponnese Lecturer in 3 Undergraduate Courses (Nutritional Assessment, Public Health Nutrition, Pediatric Dietetics)
03/2022 – 09/2022	Lecturer (Academic Scholar), Department of Nutrition and Dietetics, University of Peloponnese Lecturer of 2 undergraduate courses (Pediatric Clinical Nutrition, Principles of Clinical Nutrition)
09/2017 – 09/2021	Lab Assistant Laboratory of Clinical Nutrition, Harokopio University
05/2019 – 05/2021	Invited Lecturer, MSc «Health & Environmental Factors» Department of Medicine, Aristotle University of Thessaloniki MSc Leader: Prof. T. Papamitsou

SCIENTIFIC PRODUCTION (as of 26.01.2023)

[Google Scholar](#)
[Scopus](#)

h-index=14, Total Citations: 12.191

h-index=11, Total Citations: 7.522

Full-text publications in international peer-reviewed journals (n=35) | (5 most recent)

1. **Poulimeneas D**, Anastasiou CA, Mylona R, Kokkinos A, Panagiotakos DB, Yannakoulia M. Adherence to the Mediterranean lifestyle pattern is associated with favorable weight loss outcomes: the MedWeight study. *Nutr Res* 2022;108:73-81.
2. Gounitsioti IS, **Poulimeneas D**, Grammatikopoulou MG, Kotzamanidis C, Gkiouras K, Nigdelis MP, Tsolakidis D, Papanikolaou A, Tarlatzis BC, Bogdanos DP, Tsigga M, Goulis DG. Objective and Subjective Appetite Assessment in Patients with Gynecological Cancer: A Pre- and Post-Operative Pilot Study. *Int J Environ Res Public Health* 2022;19:10322.
3. Yannakoulia M, Mamalaki E, **Poulimeneas D**. Intentional weight loss and mortality in middle-aged and older adults: A narrative review. *Maturitas* 2022;165:100-103.
4. Mamalaki E, **Poulimeneas D**, Tsiampalis T, Kouvari M, Karipidou M, Bathrellou E, Collins CE, Panagiotakos DB, Yannakoulia M. The effectiveness of technology-based interventions for weight loss maintenance: A systematic review of randomized controlled trials with meta-analysis. *Obes Rev* 2022;23:e13483
5. Kouvari M, Karipidou S, Tsiampalis T, Mamalaki E, **Poulimeneas D**, Bathrellou E, et al. Digital Health Interventions for Weight Management in Children and Adolescents: Systematic Review and Meta-analysis. *J Med Int Res* 2022;24:e30675.

Full-text publications in Greek peer-reviewed journals (n=35) (n=2)

Full-text articles in international conference proceedings (n=1)

Abstracts in international conference proceedings (n=7)

Abstracts in Greek conference proceedings (n=7)
