

**Curriculum Vitae
of
Stefanos Tyrovolas
Nutrition & Ageing Epidemiologist, MSc, PhD**

Personal data

Full Name: Tyrovolas, Stefanos
E-mail address: styrovol@gmu.edu

Studies & Qualifications

2007: Bsc degree from the Department of Dietetics – Nutrition Science of the Harokopio University, Greece (Grade: 7.2/10)

2009: MSc Degree in “Applied Dietetics” of the Harokopio University, Greece, having specialised in “Nutrition and Exercise” (Grade: 9.0/10)

2013: PhD in Nutrition, Harokopio University, Greece (Grade: Excellent -10/10)

2014: Doctorate Homologation, Department of Pharmacology and Nutrition, University of Barcelona (Grade: Excellent -10/10)

April 2017: Special training at the GBD Technical Training Workshop 2017 (Professor in charge: Prof. Emmanuela Gakidou, and Prof. Christopher J.L. Murray, duration of 1 week)

November 2017-April 2018: Visiting scientist at Institute of Health Metrics and Evaluation, Department of Global Health, University of Washington, USA. *Specialization at Global Health*

1st to 30th July 2019: Visiting scientist at Shenzhen Sixth people’s Hospital (Nanshan Hospital), Huazhong University of Science and Technology, Union Shenzhen Hospital, China. *Specialization at Clinical trials*

1st to 30th November 2019: Visiting scientist at Duke University, Nicholas School of the Environment, Durham, NC, USA. *Specialization at Environmental factors and health*

Foreign languages

English (Excellent knowledge), French (Very good knowledge), Spanish (Excellent knowledge). Pc Dexterities: ECDL (since 2004)

Current Post

2024-Today: Associate Professor, Department of Nutrition and Food Studies, George Mason University, USA

2024-Today: Adjunct Associate Professor, School of Nursing, Hong Kong Polytechnic University, Hong Kong, SAR

Literary & Scientific work

A. Monographs

Graduation thesis «Clinical Trial phase II with dietetic intervention in patients with heart failure» (2007) Supervisor associate professor Dr. D.B. Panagiotakos

Postgraduation thesis «Dietary patterns and Cardiovascular risk in Elderly persons» (2009) Supervisor associate professor Dr. D.B. Panagiotakos

PhD thesis: “Nutritional and health care services and their role in older’s population cardiovascular health” Supervisor Professor Dr. D.B. Panagiotakos

B. Publications in Scientific Journals

In English

*(Total of 153 original publications [Scopus], 37,276 citations, H-index=50 Scopus metric). Publications as first, last or corresponding author are marked with bold and *.*

1. Su JJ, Liu JYW, Cheung DSK, Wang S, Christensen M, Kor PPK, Tyrovolas S, Leung AYM. Long-term effects of eHealth secondary prevention on cardiovascular health: A systematic review and meta-analysis. *Eur J Cardiovasc Nurs.* 2023 Jan25;zvax116.
2. **Tyrovolas S*** & GBD Ageing collaborators. Global, regional, and national burden of diseases and injuries for adults 70 years and older: a systematic analysis for the Global Burden of Disease 2019 Study. **The BMJ** 2022;376:e068208
3. **Tyrovolas S**, Tsiampalis T, Morena M, Leung AYM, Faka A, Chalkias C, Tsiodras S, Panagiotakos D. COVID-19 Mortality in Europe, by Latitude and Obesity Status: A Geo-Spatial Analysis in 40 Countries. *Nutrients.* 2022 Jan 21;14(3):471.
4. Skirbekk V, Dieleman JL, Stonawski M, Fejkiel K, **Tyrovolas S**, Chang AY. The health-adjusted dependency ratio as a new global measure of the burden of ageing: a population-based study. **Lancet Healthy Longev.** 2022 May;3(5):e332-e338.
5. Papandreou D, Mantzourou M, Tyrovolas S, Pavlidou E, Antasouras G, Psara E, Poullos E, Vasios GK, Giaginis C. Pre-Pregnancy Excess Weight Association with Maternal Sociodemographic, Anthropometric and Lifestyle Factors and Maternal Perinatal Outcomes. *Nutrients.* 2022 Sep 15;14(18):3810.
6. Alzahrani H, Alshehri MA, Alotaibi M, Alhowimel A, Alodaibi F, Alamam D, Zheng Y, **Tyrovolas S**. Burden of musculoskeletal disorders in the gulf cooperation

council countries, 1990-2019: Findings from the global burden of disease study 2019. *Front Med (Lausanne)*. 2022 Oct 4;9:855414.

7. Lazarus JV, Ortiz A, Tyrovolas S, Fernández E, Guy D, White TM, Ma R, Hay SI, Naghavi M, Soriano JB; GBD 2019 Spain Collaborators. A GBD 2019 study of health and Sustainable Development Goal gains and forecasts to 2030 in Spain. *Sci Rep*. 2022 Dec 7;12(1):21154.
8. Molassiotis A, Kwok SWH, Leung AYM, **Tyrovolas S**. Associations between sociodemographic factors, health spending, disease burden, and life expectancy of older adults (70 + years old) in 22 countries in the Western Pacific Region, 1995-2019: estimates from the Global Burden of Disease (GBD) Study 2019. **Geroscience**. 2022 Jan 8. doi: 10.1007/s11357-021-00494-z. Epub ahead of print. PMID: 35000094.
9. Zheng Y, Molassiotis A, Tyrovolas S, Yip PSF. Epidemiological changes, demographic drivers, and global years of life lost from suicide over the period 1990-2019. *Suicide Life Threat Behav*. 2022 Feb 8. doi: 10.1111/sltb.12836. Epub ahead of print. PMID: 35137457.
10. Leung DYP, Cheng HL, Tyrovolas S, Tang ASK, Liu JYW, Tse MMY, Lai CKY, Molassiotis A. Magnitude, Temporal Trends, and Inequalities in the DALYs and YLDs of Nutritional Deficiency among Older Adults in the Western Pacific Region: Findings from the Global Burden of Disease Study 1990-2019. *Nutrients*. 2021 Dec 10;13(12):4421. doi: 10.3390/nu13124421. PMID: 34959973; PMCID: PMC8706447.
11. Pan WK, Fernández D, Tyrovolas S, Iago GV, Dasgupta RR, Zaitchik BF, Lantos PM, Woods CW. Heterogeneity in the Effectiveness of Non-pharmaceutical Interventions During the First SARS-CoV2 Wave in the United States. *Front Public Health*. 2021 Nov 29;9:754696. doi: 10.3389/fpubh.2021.754696. PMID: 34912768; PMCID: PMC8666663.
12. Piperidi A, Foscolou A, Kouki K, Moussikoudi-Hatterer I, Papalazarou A, Tyrovolas S, Polychronopoulos E, Sidossis LS, Panagiotakos D. The Association of Dietary Habits and Lifestyle Characteristics with Successful Aging among Older Greek Origin Individuals Living in France, Canada, and Greece: The Epidemiological Mediterranean Islands Study (MEDIS). *Ecol Food Nutr*. 2021 Oct 1:1-14. doi: 10.1080/03670244.2021.1982708.
13. Charalampous P, Pallari E, **Tyrovolas S**, Middleton N, Economou M, Devleesschauwer B, Haagsma JA. Burden of non-communicable diseases in Cyprus, 1990-2017: findings from the Global Burden of Disease 2017 study. *Arch*

Public Health. 2021 Jul 29;79(1):138. doi: 10.1186/s13690-021-00655-8. PMID: 34325736; PMCID: PMC8320095.

14. **Tyrovolas S***, Giné-Vázquez I, Fernández D, Morena M, Koyanagi A, Janko M, Haro JM, Lin Y, Lee P, Pan W, Panagiotakos D, Molassiotis A. Estimating the COVID-19 Spread Through Real-time Population Mobility Patterns: Surveillance in Low- and Middle-Income Countries. *J Med Internet Res*. 2021 Jun 14;23(6):e22999. doi: 10.2196/22999. PMID: 33950850; PMCID: PMC8204939.
15. Molassiotis A, **Tyrovolas S**, Giné-Vázquez I, Yeo W, Aapro M, Herrstedt J. Organized breast cancer screening not only reduces mortality from breast cancer but also significantly decreases disability-adjusted life years: analysis of the Global Burden of Disease Study and screening programme availability in 130 countries. *ESMO Open*. 2021 Jun;6(3):100111. doi: 10.1016/j.esmoop.2021.100111. Epub 2021 Apr 20. PMID: 33892452; PMCID: PMC8085709.
16. **Tyrovolas S***, Tyrovola D, Giné-Vázquez I, Koyanagi A, Bernabe-Ortiz A, Rodriguez-Artalejo F, Haro JM, Pan WK, Miranda JJ, Panagiotakos D. Global, regional, and national burden of aortic aneurysm, 1990-2017: a systematic analysis of the Global Burden of Disease Study 2017. *Eur J Prev Cardiol*. 2021 Mar 30;zwab015. doi: 10.1093/eurjpc/zwab015. Epub ahead of print. PMID: 33783496.
17. Fernández D, Giné-Vázquez I, Liu I, Yucel R, Nai Ruscone M, Morena M, García VG, Haro JM, Pan W, **Tyrovolas S**. Are environmental pollution and biodiversity levels associated to the spread and mortality of COVID-19? A four-month global analysis. *Environ Pollut*. 2021 Feb 15;271:116326. doi: 10.1016/j.envpol.2020.116326. Epub 2020 Dec 21. PMID: 33412447; PMCID:PMC7752029.
18. Roth GA, et al. Global Burden of Cardiovascular Diseases and Risk Factors, 1990-2019: Update From the GBD 2019 Study. *J Am Coll Cardiol*. 2020 Dec 22;76(25):2982-3021. doi: 10.1016/j.jacc.2020.11.010.
19. Roth GA, et al. Global Burden of Cardiovascular Diseases and Risk Factors, 1990-2019: Update From the GBD 2019 Study. Erratum in: *J Am Coll Cardiol*. 2021 Apr 20;77(15):1958-1959. PMID: 33309175; PMCID: PMC7755038.
20. Sanchez-Niubo A, Forero CG, Wu YT, Giné-Vázquez I, Prina M, De La Fuente J, Daskalopoulou C, Critselis E, De La Torre-Luque A, Panagiotakos D, Arndt H, Ayuso-Mateos JL, Bayes-Marin I, Bickenbach J, Bobak M, Caballero FF, Chatterji S, Egea-Cortés L, García-Esquinas E, Leonardi M, Koskinen S, Koupil I, Mellor-Marsá B, Olaya B, Pająk A, Prince M, Raggi A, Rodríguez-Artalejo F, Sanderson W, Scherbov S, Tamosiunas A, Tobias-Adamczyk B, **Tyrovolas S**, Haro JM; ATHLOS Consortium. Development of a common scale for measuring healthy

- ageing across the world: results from the ATHLOS consortium. *Int J Epidemiol*. 2021 Jul 9;50(3):880-892. doi: 10.1093/ije/dyaa236. PMID: 33274372; PMCID: PMC8271194.
21. Daskalopoulou C, Wu YT, Pan W, Giné Vázquez I, Prince M, Prina M, **Tyrovolas S***. Factors related with sarcopenia and sarcopenic obesity among low- and middle-income settings: the 10/66 DRG study. *Sci Rep*. 2020 Nov 24;10(1):20453. doi: 10.1038/s41598-020-76575-4. PMID: 33235211; PMCID: PMC7686337.
 22. GBD 2019 Risk Factors Collaborators. Global burden of 87 risk factors in 204 countries and territories, 1990-2019: a systematic analysis for the Global Burden of Disease Study 2019. *Lancet*. 2020 Oct 17;396(10258):1223-1249. doi: 10.1016/S0140-6736(20)30752-2. PMID: 33069327; PMCID: PMC7566194.
 23. GBD 2019 Diseases and Injuries Collaborators. Global burden of 369 diseases and injuries in 204 countries and territories, 1990-2019: a systematic analysis for the Global Burden of Disease Study 2019. **Lancet**. 2020 Oct 17;396(10258):1204-1222. doi: 10.1016/S0140-6736(20)30925-9.
 24. GBD 2019 Diseases and Injuries Collaborators. Global burden of 369 diseases and injuries in 204 countries and territories, 1990-2019: a systematic analysis for the Global Burden of Disease Study 2019. Erratum in: *Lancet*. 2020 Nov 14;396(10262):1562. PMID: 33069326; PMCID: PMC7567026.
 25. Moreno-Agostino D, Daskalopoulou C, Wu YT, Koukounari A, Haro JM, **Tyrovolas S**, Panagiotakos DB, Prince M, Prina AM. The impact of physical activity on healthy ageing trajectories: evidence from eight cohort studies. *Int J Behav Nutr Phys Act*. 2020 Jul 16;17(1):92. doi: 10.1186/s12966-020-00995-8. PMID: 32677960; PMCID: PMC7364650.
 26. **Tyrovolas S***, Moneta V, Giné Vázquez I, Koyanagi A, Abduljabbar AS, Haro JM. Mental Disorders, Musculoskeletal Disorders and Income-Driven Patterns: Evidence from the Global Burden of Disease Study 2017. *J Clin Med*. 2020 Jul 10;9(7):2189. doi: 10.3390/jcm9072189. PMID: 32664414; PMCID: PMC7408666.
 27. **Tyrovolas S***, Panaretos D, Daskalopoulou C, Gine-Vazquez I, Niubo AS, Olaya B, Bobak M, Prince M, Prina M, Ayuso-Mateos JL, Caballero FF, Garcia-Esquinas E, Holger A, Scherbov S, Sanderson W, Gheno I, Koupil I, Bickenbach J, Chatterji S, Koskinen S, Raggi A, Pajak A, Tobiasz-Adamczyk B, Haro JM, Panagiotakos D. Alcohol Drinking and Health in Ageing: A Global Scale Analysis of Older Individual Data through the Harmonised Dataset of ATHLOS. *Nutrients*. 2020 Jun 11;12(6):1746. doi: 10.3390/nu12061746. PMID: 32545243; PMCID: PMC7353331.

28. **Tyrovolas S***, GBD 2017 Saudi Arabia Collaborators. The burden of disease in Saudi Arabia 1990-2017: results from the Global Burden of Disease Study 2017. **Lancet Planet Health**. 2020 May;4(5):e195-e208. doi: 10.1016/S2542-5196(20)30075-9. PMID: 32442495.
29. Foscolou A, Critselis E, **Tyrovolas S**, Chrysoshoou C, Naumovski N, Sidossis LS, Rallidis L, Matalas AL, Panagiotakos D. The association of animal and plant protein with successful ageing: a combined analysis of MEDIS and ATTICA epidemiological studies. *Public Health Nutr*. 2020 May 21:1-10. doi:10.1017/S1368980020000427. Epub ahead of print. PMID: 32434609.
30. Guido D, Leonardi M, Mellor-Marsá B, Moneta MV, Sanchez-Niubo A, **Tyrovolas S**, Giné-Vázquez I, Haro JM, Chatterji S, Bobak M, Ayuso-Mateos JL, Arndt H, Koupil I, Bickenbach J, Koskinen S, Tobiasz-Adamczyk B, Panagiotakos D, Raggi A. Pain rates in general population for the period 1991-2015 and 10-years prediction: results from a multi-continent age-period-cohort analysis. *J Headache Pain*. 2020 May 13;21(1):52. doi: 10.1186/s10194-020-01108-3. PMID: 32404046; PMCID: PMC7218619.
31. Raggi A, Leonardi M, Mellor-Marsá B, Moneta MV, Sanchez-Niubo A, **Tyrovolas S**, Giné-Vázquez I, Haro JM, Chatterji S, Bobak M, Ayuso-Mateos JL, Arndt H, Hossin MZ, Bickenbach J, Koskinen S, Tobiasz-Adamczyk B, Panagiotakos D, Corso B. Predictors of pain in general ageing populations: results from a multi-country analysis based on ATHLOS harmonized database. *J Headache Pain*. 2020 May 6;21(1):45. doi: 10.1186/s10194-020-01116-3. PMID: 32375641; PMCID: PMC7201730.
32. Foscolou A, D'Cunha NM, Naumovski N, **Tyrovolas S**, Chrysoshoou C, Rallidis L, Polychronopoulos E, Matalas AL, Sidossis LS, Panagiotakos D. The association between the level of adherence to the Mediterranean diet and successful aging: An analysis of the ATTICA and MEDIS (MEDiterranean Islands Study) epidemiological studies. *Arch Gerontol Geriatr*. 2020 Mar 27;89:104044. doi: 10.1016/j.archger.2020.104044. Epub ahead of print. PMID: 32283384.
33. Kolooverou E, Foscolou A, Gkouvas K, **Tyrovolas S**, Matalas AL, Polychronopoulos E, Chrysoshoou C, Pitsavos C, Panagiotakos DB. Waist-to-Height Ratio Outperforms Classic Anthropometric Indices in Predicting Successful Aging in Older Adults; an Analysis of the ATTICA and MEDIS Epidemiological Studies. *Exp Aging Res*. 2020 Mar-Apr;46(2):154-165. doi: 10.1080/0361073X.2020.1716155. Epub 2020 Jan 15. PMID: 31939711.
34. Foscolou A, D'Cunha NM, Naumovski N, **Tyrovolas S**, Rallidis L, Matalas AL, Polychronopoulos E, Sidossis LS, Panagiotakos D. Midday Napping and Successful Aging in Older People Living in the Mediterranean Region: The Epidemiological

- Mediterranean Islands Study (MEDIS). *Brain Sci.* 2019 Dec 26;10(1):14. doi: 10.3390/brainsci10010014. PMID: 31887974; PMCID: PMC7016598.
35. **Tyrovolas S***, Panagiotakos D, Georgousopoulou E, Chrysoshoou C, Tousoulis D, Haro JM, Pitsavos C. Skeletal muscle mass in relation to 10 year cardiovascular disease incidence among middle aged and older adults: the ATTICA study. *J Epidemiol Community Health.* 2020 Jan;74(1):26-31. doi: 10.1136/jech-2019-212268. Epub 2019 Nov 11. PMID: 31712252; PMCID: PMC6929696.
 36. Daskalopoulou C, Koukounari A, Wu YT, Terrera GM, Caballero FF, de la Fuente J, **Tyrovolas S**, Panagiotakos DB, Prince M, Prina M. Healthy ageing trajectories and lifestyle behaviour: the Mexican Health and Aging Study. *Sci Rep.* 2019 Jul 30;9(1):11041. doi: 10.1038/s41598-019-47238-w. PMID: 31363117; PMCID: PMC6667468.
 37. **Tyrovolas S**, Panagiotakos DB, Georgousopoulou EN, Chrysoshoou C, Skoumas J, Pan W, Tousoulis D, Pitsavos C. The anti-inflammatory potential of diet and nonalcoholic fatty liver disease: the ATTICA study. *Therap Adv Gastroenterol.* 2019 Jun 23;12:1756284819858039. doi: 10.1177/1756284819858039. PMID: 31258620; PMCID: PMC6591656.
 38. Martín-María N, Caballero FF, Miret M, **Tyrovolas S**, Haro JM, Ayuso-Mateos JL, Chatterji S. Differential impact of transient and chronic loneliness on health status. A longitudinal study. *Psychol Health.* 2020 Feb;35(2):177-195. doi: 10.1080/08870446.2019.1632312. Epub 2019 Jun 25. PMID: 31237442.
 39. Masana MF, **Tyrovolas S***, Kolia N, Chrysoshoou C, Skoumas J, Haro JM, Tousoulis D, Papageorgiou C, Pitsavos C, Panagiotakos DB. Dietary Patterns and Their Association with Anxiety Symptoms among Older Adults: The ATTICA Study. **Nutrients.** 2019 May 31;11(6):1250. doi: 10.3390/nu11061250. PMID: 31159322; PMCID: PMC6627391.
 40. Foscolou A, D'Cunha NM, Naumovski N, **Tyrovolas S**, Chrysoshoou C, Rallidis L, Matalas AL, Sidossis LS, Panagiotakos D. The Association between Whole Grain Products Consumption and Successful Aging: A Combined Analysis of MEDIS and ATTICA Epidemiological Studies. *Nutrients.* 2019 May 29;11(6):1221. doi: 10.3390/nu11061221. PMID: 31146435; PMCID: PMC6627753.
 41. Naumovski N, Foscolou A, D'Cunha NM, **Tyrovolas S**, Chrysoshoou C, Sidossis LS, Rallidis L, Matalas AL, Polychronopoulos E, Pitsavos C, Panagiotakos D. The Association between Green and Black Tea Consumption on Successful Aging: A Combined Analysis of the ATTICA and MEDiterranean Islands (MEDIS) Epidemiological Studies. *Molecules.* 2019 May 15;24(10):1862. doi: 10.3390/molecules24101862. PMID: 31096548; PMCID: PMC6571865.

42. GBD 2017 Diet Collaborators. Health effects of dietary risks in 195 countries, 1990-2017: a systematic analysis for the Global Burden of Disease Study 2017. **Lancet**. 2019 May 11;393(10184):1958-1972. doi: 10.1016/S0140-6736(19)30041-8. Epub 2019 Apr 4. PMID: 30954305; PMCID: PMC6899507.
43. Engchuan W, Dimopoulos AC, **Tyrovolas S**, Caballero FF, Sanchez-Niubo A, Arndt H, Ayuso-Mateos JL, Haro JM, Chatterji S, Panagiotakos DB. Sociodemographic Indicators of Health Status Using a Machine Learning Approach and Data from the English Longitudinal Study of Aging (ELSA). *Med Sci Monit*. 2019 Mar 17;25:1994-2001. doi: 10.12659/MSM.913283. PMID: 30879019; PMCID: PMC6436225.
44. Chang AY, Skirbekk VF, **Tyrovolas S**, Kassebaum NJ, Dieleman JL. Measuring population ageing: an analysis of the Global Burden of Disease Study 2017. **Lancet Public Health**. 2019 Mar;4(3):e159-e167. doi: 10.1016/S2468-2667(19)30019-2. PMID: 30851869; PMCID: PMC6472541.
45. Foscolou A, Critselis E, Tyrovolas S, Chrysoshoou C, Sidossis LS, Naumovski N, Matalas AL, Rallidis L, Polychronopoulos E, Ayuso-Mateos JL, Haro JM, Panagiotakos D. The Effect of Exclusive Olive Oil Consumption on Successful Aging: A Combined Analysis of the ATTICA and MEDIS Epidemiological Studies. *Foods*. 2019 Jan 12;8(1):25. doi: 10.3390/foods8010025. PMID: 30642026; PMCID: PMC6352251.
46. GBD 2016 Lifetime Risk of Stroke Collaborators. Global, Regional, and Country-Specific Lifetime Risks of Stroke, 1990 and 2016. **N Engl J Med**. 2018 Dec 20;379(25):2429-2437. doi: 10.1056/NEJMoa1804492. PMID: 30575491; PMCID: PMC6247346.
47. Kollia N, Caballero FF, Sánchez-Niubó A, **Tyrovolas S**, Ayuso-Mateos JL, Haro JM, Chatterji S, Panagiotakos DB. Social determinants, health status and 10-year mortality among 10,906 older adults from the English longitudinal study of aging: the ATHLOS project. *BMC Public Health*. 2018 Dec 10;18(1):1357. doi: 10.1186/s12889-018-6288-6. PMID: 30526556; PMCID: PMC6288914.
48. GBD 2017 Risk Factor Collaborators. Global, regional, and national comparative risk assessment of 84 behavioural, environmental and occupational, and metabolic risks or clusters of risks for 195 countries and territories, 1990-2017: a systematic analysis for the Global Burden of Disease Study 2017. **Lancet**. 2018 Nov 10;392(10159):1923-1994. doi: 10.1016/S0140-6736(18)32225-6. Epub 2018 Nov 8.

49. GBD 2017 Risk Factor Collaborators. Global, regional, and national comparative risk assessment of 84 behavioural, environmental and occupational, and metabolic risks or clusters of risks for 195 countries and territories, 1990-2017: a systematic analysis for the Global Burden of Disease Study 2017. Erratum in: *Lancet*. 2019 Jan 12;393(10167):132. Erratum in: *Lancet*. 2019 Jun 22;393(10190):e44. PMID: 30496105; PMCID: PMC6227755.

50. GBD 2017 Causes of Death Collaborators. Global, regional, and national age- sex-specific mortality for 282 causes of death in 195 countries and territories, 1980-2017: a systematic analysis for the Global Burden of Disease Study 2017. **Lancet**. 2018 Nov 10;392(10159):1736-1788. doi: 10.1016/S0140-6736(18)32203-7 Epub 2018 Nov 8. Erratum in: *Lancet*. 2019 Jun 22;393(10190):e44.

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52. GBD 2017 Mortality Collaborators. Global, regional, and national age-sex- specific mortality and life expectancy, 1950-2017: a systematic analysis for the Global Burden of Disease Study 2017. **Lancet**. 2018 Nov 10;392(10159):1684-1735. doi: 10.1016/S0140-6736(18)31891-9. Epub 2018 Nov 8. Erratum in: *Lancet*. 2019 Jun 22;393(10190):e44. PMID: 30496102; PMCID: PMC6227504.

53. GBD 2017 DALYs and HALE Collaborators. Global, regional, and national disability-adjusted life-years (DALYs) for 359 diseases and injuries and healthy life expectancy (HALE) for 195 countries and territories, 1990-2017: a systematic analysis for the Global Burden of Disease Study 2017. **Lancet**. 2018 Nov 10;392(10159):1859-1922. doi: 10.1016/S0140-6736(18)32335-3. Erratum in: *Lancet*. 2019 Jun 22;393(10190):e44. PMID: 30415748; PMCID: PMC6252083.

54. Moreno-Agostino D, Caballero FF, Martín-María N, **Tyrovolas S**, López-García P, Rodríguez-Artalejo F, Haro JM, Ayuso-Mateos JL, Miret M. Mediterranean diet and wellbeing: evidence from a nationwide survey. *Psychol Health*. 2019 Mar;34(3):321-335. doi: 10.1080/08870446.2018.1525492. Epub 2018 Oct 15. PMID: 30320519.

55. GBD 2016 Alcohol Collaborators. Alcohol use and burden for 195 countries and territories, 1990-2016: a systematic analysis for the Global Burden of Disease Study 2016. **Lancet**. 2018 Sep 22;392(10152):1015-1035. doi: 10.1016/S0140-6736(18)31310-2. Epub 2018 Aug 23. Erratum in: *Lancet*. 2018 Sep 29;392(10153):1116. Erratum in: *Lancet*. 2019 Jun 22;393(10190):e44. PMID: 30146330; PMCID: PMC6148333.

56. **Tyrovolas S*** & Global Burden of Disease 2016 Greece Collaborators. The burden of disease in Greece, health loss, risk factors, and health financing, 2000-16: an analysis of the Global Burden of Disease Study 2016. **Lancet Public Health**. 2018 Aug;3(8):e395-e406. doi: 10.1016/S2468-2667(18)30130-0. Epub 2018 Jul 25. PMID: 30055996; PMCID: PMC6079016.

57. Soriano JB, Rojas-Rueda D, Alonso J, Antó JM, Cardona PJ, Fernández E, Garcia-Basteiro AL, Benavides FG, Glenn SD, Krish V, Lazarus JV, Martínez-Raga J, Masana MF, Nieuwenhuijsen MJ, Ortiz A, Sánchez-Niño MD, Serrano-Blanco A, Tortajada-Girbés M, Tyrovolas S, Haro JM, Naghavi M, Murray CJL; Colaboradores de GBD en España; Lista de colaboradores de GBD en España:. The burden of disease in Spain: Results from the Global Burden of Disease 2016. *Med Clin (Barc)*. 2018 Sep 14;151(5):171-190. English, Spanish. doi:10.1016/j.medcli.2018.05.011. Epub 2018 Jul 20. PMID: 30037695.

58. Foscolou A, Kolooverou E, Matalas AL, **Tyrovolas S**, Chrysohoou C, Sidossis L, Rallidis L, Panagiotakos DB. Decomposition of Mediterranean Dietary Pattern on Successful Aging, Among Older Adults: A Combined Analysis of Two Epidemiological Studies. *J Aging Health*. 2019 Oct;31(9):1549-1567. doi: 10.1177/0898264318780608. Epub 2018 Jun 25. PMID: 29938559.

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 124. Tsiligianni IG, **Tyrovolas S**, Bountziouka V, Zeimbekis A, Gotsis E, Metallinos G, Tyrovola D, Polychronopoulos E, Lionis C, Panagiotakos D. Depressive symptoms in postmenopausal women: results from the MEDIS Study. *Women Health*. 2014;54(5):389-401. doi: 10.1080/03630242.2014.897678. PMID: 24791809.
 125. **Tyrovolas S**, Chalkias C, Morena M, Kalogeropoulos K, Tsakountakis N, Zeimbekis A, Gotsis E, Metallinos G, Bountziouka V, Lionis C, Polychronopoulos E, Panagiotakos D. High relative environmental humidity is associated with diabetes among elders living in Mediterranean islands. *J Diabetes Metab Disord*. 2014 Feb 3;13(1):25. doi: 10.1186/2251-6581-13-25. PMID: 24490582; PMCID: PMC3933328.

126. Turlouki E, Matalas AL, Bountziouka V, **Tyrovolas S**, Zeimbekis A, Gotsis E, Tsiligianni I, Protopapa I, Protopapas C, Metallinos G, Lionis C, Piscopo S, Polychronopoulos E, Panagiotakos DB. Are current dietary habits in Mediterranean islands a reflection of the past? Results from the MEDIS study. *Ecol Food Nutr.* 2013;52(5):371-86. doi: 10.1080/03670244.2012.707431. PMID: 23927044.
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128. **Tyrovolas S**, Polychronopoulos E, Tountas Y, Panagiotakos DB. Modelling nutritional services in relation to the health status of older individuals living on Mediterranean islands. *Rural Remote Health.* 2011;11(3):1776. Epub 2011 Sep 14. PMID: 21929278.
129. **Tyrovolas S**, Tountas Y, Polychronopoulos E, Panagiotakos DB. The implications of nutrition services within the health care system on the quality of life and longevity, in developed countries: a re-analysis of 38 studies. *Cent Eur J Public Health.* 2011 Mar;19(1):13-9. PMID: 21526650.
130. Yannakoulia M, **Tyrovolas S**, Pounis G, Zeimbekis A, Anastasiou F, Bountziouka V, Voutsas K, Gotsis E, Metallinos G, Lionis C, Polychronopoulos E, Panagiotakos D. Correlates of low dietary energy reporting in free-living elderly: the MEDIS study. *Maturitas.* 2011 May;69(1):63-8. doi: 10.1016/j.maturitas.2011.01.016. Epub 2011 Feb 26. PMID: 21354724.
131. Pounis GD, **Tyrovolas S**, Antonopoulou M, Zeimbekis A, Anastasiou F, Bountziouka V, Metallinos G, Gotsis E, Lioliou E, Polychronopoulos E, Lionis C, Panagiotakos DB. Long-term animal-protein consumption is associated with an increased prevalence of diabetes among the elderly: the Mediterranean Islands (MEDIS) study. *Diabetes Metab.* 2010 Dec;36(6 Pt 1):484-90. doi: 10.1016/j.diabet.2010.06.007. PMID: 20888279.
132. **Tyrovolas S**, Tountas Y, Polychronopoulos E, Panagiotakos D. A parametric model of the role of nutritional services within the health care system, in relation to cardiovascular disease risk among older individuals. *Int J Cardiol.* 2012 Feb 23;155(1):110-4. doi: 10.1016/j.ijcard.2010.12.053. Epub 2011 Jan 5. PMID: 21211859.
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Health care access and prevalence of the metabolic syndrome among elders living in high-altitude areas of the Mediterranean islands: the MEDIS study. *Rev Diabet Stud.* 2011 Winter;8(4):468-76. doi: 10.1900/RDS.2011.8.468. Epub 2012 Feb 10. PMID: 22580728; PMCID: PMC3359691.

134. **Tyrovolas S**, Polychronopoulos E. Lessons from studies in middle-aged and older adults living in mediterranean islands: the role of dietary habits and nutrition services. *Cardiol Res Pract.* 2010 Nov 1;2011:901651. doi: 10.4061/2011/901651. PMID: 21052493; PMCID: PMC2967833.
135. Pounis GD, **Tyrovolas S**, Antonopoulou M, Zeimbekis A, Anastasiou F, Bountziouka V, Metallinos G, Gotsis E, Lioliou E, Polychronopoulos E, Lionis C, Panagiotakos DB. Long-term animal-protein consumption is associated with an increased prevalence of diabetes among the elderly: the Mediterranean Islands (MEDIS) study. *Diabetes Metab.* 2010 Dec;36(6 Pt 1):484-90. doi: 10.1016/j.diabet.2010.06.007. PMID: 20888279.
136. Yannakoulia M, **Tyrovolas S**, Bountziouka V, Papairakleous N, Zeimbekis A, Antonopoulou M, Gotsis E, Metallinos G, Polychronopoulos E, Lionis C, Panagiotakos D. The mediating effect of physical activity and smoking on the relationship between coffee drinking and body weight in elderly individuals: the Mediterranean Islands study. *J Am Geriatr Soc.* 2010 Jun;58(6):1208-10. doi: 10.1111/j.1532-5415.2010.02893.x. PMID: 20722863.
137. **Tyrovolas S**, Pounis G, Bountziouka V, Polychronopoulos E, Panagiotakos DB. Repeatability and validation of a short, semi-quantitative food frequency questionnaire designed for older adults living in Mediterranean areas: the MEDIS-FFQ. *J Nutr Elder.* 2010 Jul;29(3):311-24. doi: 10.1080/01639366.2010.499096. PMID: 20711925.
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139. Katsarou A, **Tyrovolas S**, Psaltopoulou T, Zeimbekis A, Tsakountakis N, Bountziouka V, Gotsis E, Metallinos G, Polychronopoulos E, Lionis C, Panagiotakos D. Socio-economic status, place of residence and dietary habits among the elderly: the Mediterranean islands study. *Public Health Nutr.* 2010 Oct;13(10):1614-21. doi: 10.1017/S1368980010000479. Epub 2010 Mar 31. PMID: 20353616.

140. Foscolou, A ; **Tyrovolas, S** ; Polychronopoulos, E ; Mariolis, A ; Lionis, C ; Zeimbekis, A ; Sidossis, L ; Panagiotakos, D B. P4445Cardiometabolic and lifestyle determinants of healthy ageing in Mediterranean populations: the multinational MEDIS Study European heart journal, 2018-08-01, Vol.39 (suppl_1)
141. Foskolou, A ; **Tyrovolas, S** ; Mariolis, A ; Lionis, C ; Matalas, A ; Polychronopoulos, E ; Sidossis, L ; Panagiotakos, D.B P3446Successful ageing - continental vs insular Mediterranean areas and Western vs Eastern Greek Mediterranean islands - of older adults: the multinational MEDIS study European heart journal, 2017-08-01, Vol.38 (suppl_1)
142. Foskolou, A ; **Tyrovolas, S** ; Soulis, G ; Mariolis, A ; Matalas, A ; Lionis, C ; Polychronopoulos, E ; Sidossis, L ; Panagiotakos, D.B. Financial crisis and health of older Mediterranean adults: the multinational MEDIS Study (2005-2015). European heart journal, 2017-08-01, Vol.38 (suppl_1)
143. **Tyrovolas S**, Psaltopoulou T, Pounis G, Papairakleous N, Bountziouka V, Zeimbekis A, Gotsis E, Antonopoulou M, Metallinos G, Polychronopoulos E, Lionis C, Panagiotakos DB. Nutrient intake in relation to central and overall obesity status among elderly people living in the Mediterranean islands: the MEDIS study. *Nutr Metab Cardiovasc Dis.* 2011 Jun;21(6):438-45. doi: 10.1016/j.numecd.2009.10.012. Epub 2010 Feb 13. PMID: 20153615.
144. Turlouki E, Polychronopoulos E, Zeimbekis A, Tsakountakis N, Bountziouka V, Lioliou E, Papavenetiou E, Polystipioti A, Metallinos G, Tyrovolas S, Gotsis E, Matalas AL, Lionis C, Panagiotakos DB. The 'secrets' of the long lives in Mediterranean islands: the MEDIS study. *Eur J Public Health.* 2010 Dec;20(6):659-64. doi: 10.1093/eurpub/ckp192. Epub 2009 Nov 30. PMID: 19948776.
145. **Tyrovolas S**, Bountziouka V, Papairakleous N, Zeimbekis A, Anastassiou F, Gotsis E, Metallinos G, Polychronopoulos E, Lionis C, Panagiotakos D. Adherence to the Mediterranean diet is associated with lower prevalence of obesity among elderly people living in Mediterranean islands: the MEDIS study. *Int J Food Sci Nutr.* 2009;60 Suppl 6:137-50. doi: 10.1080/09637480903130546. PMID: 19672745.
146. **Tyrovolas S**, Panagiotakos DB. The role of Mediterranean type of diet on the development of cancer and cardiovascular disease, in the elderly: a systematic review. *Maturitas.* 2010 Feb;65(2):122-30. doi: 10.1016/j.maturitas.2009.07.003.Epub 2009 Aug 4. PMID: 19656644.
147. **Tyrovolas S**, Zeimbekis A, Bountziouka V, Voutsas K, Pounis G, Papoutsou S, Metallinos G, Ladoukaki E, Polychronopoulos E, Lionis C, Panagiotakos DB. Factors Associated with the Prevalence of Diabetes Mellitus Among Elderly Men

and Women Living in Mediterranean Islands: The MEDIS Study. *Rev Diabet Stud.* 2009 Spring;6(1):54-63. doi: 10.1900/RDS.2009.6.54. Epub 2009 May 10. PMID: 19557296; PMCID: PMC2712915.

148. **Tyrovolas S**, Lionis C, Zeimbekis A, Bountziouka V, Micheli M, Katsarou A, Papairakleous N, Metallinos G, Makri K, Polychronopoulos E, Panagiotakos DB. Increased body mass and depressive symptomatology are associated with hypercholesterolemia, among elderly individuals; results from the MEDIS study. *Lipids Health Dis.* 2009 Mar 30;8:10. doi: 10.1186/1476-511X-8-10. PMID: 19331683; PMCID: PMC2667507.
149. **Tyrovolas S**, Polychronopoulos E, Bountziouka V, Zeimbekis A, Tsiligiani I, Papoutsou S, Gotsis E, Metallinos G, Lionis C, Panagiotakos DB. Level of adherence to the Mediterranean diet among elderly individuals living in Mediterranean islands: nutritional report from the Medis Study. *Ecol Food Nutr.* 2009 Jan-Feb;48(1):76-87. doi: 10.1080/03670240802577390. PMID: 21883059.

In Greek

1. **Tyrovolas S, Panagiotakos DB, Polychronopoulos E.** Mediterranean Diet and prevention in the elderly Greeks. **Medical promotion 2008;228:5-7**
2. **Tyrovolas S, Topoalidis E, Karaveli L, Panagiotakos D.** Greek physician's knowledge and viewpoints for the consumption of n-3 polyunsaturated fatty acids. **Hellenic Journal of Atherosclerosis 2012**
3. **Tyrovolas S, Panagiotakos D.** Nutritional services and their effect in elderly Greek population. **Atheroma; 2012 16:1-2**
4. **Tyrovolas S, Panagiotakos D.** The role of nutritional services throughout the health care system, in cardiovascular risk of elderly population. **Heart and vascular tissue. 2012**

Total English papers:149

Total Greek papers: 4

Complete List of Published Work in ORCID (Tyrovolas Stefanos: <https://orcid.org/0000-0003-4797-7743>) and Scopus: <https://www.scopus.com/authid/detail.uri?authorId=57207793475> or pubmed <https://pubmed.ncbi.nlm.nih.gov/?term=Tyrovolas+S&sort=date>

C. Reviewer and Editor in international journals

Reviewer:

- Lancet Healthy Longevity
- BMC Endocrine Disorders journal
- Hellenic journal of Nutrition and Dietetics
- Cardiology research and practice journal
- Rural and remote health journal
- Experimental Gerontology

- Obesity Journal
- Menopause
- BMC public health
- Cardiovascular Therapeutics
- British Journal of Nutrition
- Scientific Reports
- Journal of Affective Disorders
- Geriatrics and Gerontology International
- Critical Reviews in Food Science and Nutrition
- American Journal of Cardiology
- Journal of the Academy of Nutrition and Dietetics
- International Journal of Dermatology
- Cities
- Disability and Rehabilitation
- Atmospheric Pollution Research

Guest Editor – Ageing and Nutrition through lifespan 2018-2019

Guest Editor – Sarcopenia and Ageing 2019-2021

- Nutrients Journal

Guest Editor – Ageing Epidemiology

- Frontiers in Medicine 2021-2023

Editorial Board Member

- Nutrients 2019 – today

D. Reviewer of international Projects

- Netherlands national organization for scientific research (NWO). Topic: Earth and life science – Research in the Dutch Caribbean settings
- Netherlands national organization for scientific research (NWO). Topic: Mental Health and inflammatory markers

E. Invited Speaker

1. Topic: "Cluster experience: The epidemiology to understanding frailty". **INNO4AGEING 2013 Congress, Vic-Barcelona, December 12-13, 2013**
2. Topic: "ATHLOS project: Big data harmonization, management and analysis" **13^o Hellenic congress of Dietitians and Nutritionists, 2015.**
3. Topic: "Big data harmonization, management and application in Nutrition Epidemiology" **MSc in Applied Dietetics and Nutrition; Nutritional Epidemiology course, Harokopion University 2015.**
4. Topic: "Big data harmonization, management and application in Nutrition Epidemiology" **MSc in Applied Dietetics and Nutrition; Nutritional Epidemiology course, Harokopion University 2017.**
5. Topics: "Big data analytics, ageing and harmonisation methodologies" and "GBD data mining and analysis", **BSc and MSc in Nursing Department; Hong Kong Polytechnic University 2019**
6. Topics: "How to write a research paper" and "Nutrition Epidemiology and harmonisation", **Shenzhen Sixth people's Hospital, 2019**

7. Topic: "Sarcopenia, Ageing and Harmonization"; Nicholas School of the Environment, **Duke University, 2019**
8. Topic: "Sarcopenia burden and risk factors in the US"; Global Health Institute, **Duke University, 2019**

F. Teaching Experience

1. 2009-2013: Harokopio University. Teaching topics:
Laboratory courses of Biostatistics I, Biostatistics II, Public Health, Epidemiology, Research Methodology
2. 2011-2013: Agean Omiros College. Position: Director of the Dietetics Department Teaching Module (In English): Human Nutrition, Biostatistics, Dieticians professional Development and practice, Epidemiology I, Public Health
3. 2012-2013: Lecturer at University of Kalamata. Department of Food Technology. Teaching Module: Human Nutrition with emphasis on Macro- and Micro-nutrients and Metabolism
4. 2013: The MARATONE project (Mental Health Training through Research Network in Europe – FP7) intensive courses.
Teaching module (In English): Principles of Epidemiology; and Public health
5. 2016 and 2019: Harokopio University. Department of Nutrition and Dietetics science
Module Biostatistics - Research Methods, Lecture: Big data harmonization, management and application in Nutrition Epidemiology;
Module Nutrition Epidemiology, Lecture: Global health, Nutrition and Ageing epidemiology
6. 2018-ongoing: Coordinator and Professor of the on-line course Dieta Mediterranea/Mediterranean diet (In Spanish, English and Greek). In collaboration with Nutrilab.gr and Parc Sanitari Sant Joan de Deu.
7. 2020-ongoing: School of Nursing, Hong Kong Polytechnic University
2020-2022 Teaching modules (In English)
Ethical and Legal Aspects in Health Care: *Subject aims were to equip students' knowledge of essential ethical and legal aspects in clinical research, epidemiological research and nursing practice*
Subject Teacher (40%): Tyrovolas Stefanos

Care of Older People in Acute Care Setting; *Subject aims were to equip students' knowledge of essential geriatric care and to develop the advanced practice nursing competence in managing the common health problems of older patients in the acute care setting.*
Subject Teacher (20%): Tyrovolas Stefanos

Clinical Research Project: *Subject's aim was to teach students all the steps in clinical research for the successful completion of their clinical research project (research methodology, epidemiology and statistical analysis)*
Subject Teacher (20%): Tyrovolas Stefanos

2021-2023 Teaching modules (In English)
Advanced Methods in Nursing Research (MSc subject): *Subject aims were to equip*

students' knowledge of essential quantitative and qualitative research methodology and data analysis.

Subject Leader: Tyrovolas Stefanos

East Meets West: Nutritional Approach (MSc subject): In this Subject students taught the differences in Western and Eastern dietary patterns as well as their relation with common non-communicable health outcomes (i.e., Cardiovascular disease, Obesity, Diabetes, Hypertension)

Subject Leader: Tyrovolas Stefanos

Nutrition for the older adults (MSc subject): The aim of this subject is for students to acquire basic understanding of the change in nutritional requirement for older adults and specific nutrition concerns of various age-related health conditions and the primary and secondary prevention of the diet-related non-communicable diseases.

Subject Leader: Tyrovolas Stefanos

Healthy Lifestyle Challenges for Developing Communities (BSc subject): The aims of this subject is to raise students' awareness of health issues in developing communities as well as to educate them on challenges and needs in maintaining a healthy lifestyle. In addition the students will have to provide health and lifestyle assessment to minority/rural or other developing communities' people (visit Cambodia, Vietnam, Indonesia, local minority groups in Hong Kong) and to observe their daily living behavior and patterns and offer personalized intervention plans.

Subject Leader: Tyrovolas Stefanos

Honors Project (BSc subject): Subject's aim was to teach students the basic steps for the successful completion of their honors project (research methodology, epidemiology and statistical analysis)

Subject Teacher (20%): Tyrovolas Stefanos

Dissertation I & II (MSc subject): The aims of these two subjects are to teach students the basic steps for the successful completion of their Master dissertation and guide them through their research project.

Subject Teacher (20%): Tyrovolas Stefanos

Supervised successful Bsc Thesis:

- Bsc thesis entitled "*High glycemic index foods and their effects in diabetes II*", within the Department of Food Technology, University of Kalamata.

Supervised successful Msc and Phd Theses:

- Master thesis entitled "*n-3 Fatty Acids, Mediterranean Diet and Cognition: A Systematic Review*" of Maria Masana Ferrer within the "Máster Inter-universitario en Iniciación a la Investigación a la Salud Mental".
- Master thesis entitled "*Registered nurses' knowledge and interpretation of ECG rhythm strips: a cross-sectional study*", School of Nursing, Hong Kong Polytechnic University, Ng Jessie Pui Yip
- PhD thesis entitled "*The impact of social networks and social support in mental disorders and their associated burden*" of Ziggi Ivan Santini within the Doctorate

program Medicine and the Research track: Biological bases of mental disorders and nuclear psychiatry (IDIBAPS), Faculty of Medicine, University of Barcelona

Current Supervising Theses:

- PhD thesis entitled “*Mental health and its relation with dietary habits in aged populations*” of Maria Masana Ferrer, PhD Candidate.
- DHs thesis entitled “*Developing and validating a psychological frailty index for older individuals: a cross-sectional study based on CHARLS data*” of Jinlong Zhao, DHs candidate
- DHs thesis entitled “*Cross-Sectional study on the dietary pattern, physical activity and mental health status under COVID-19 pandemic in Hong Kong*” of Mak Wing Ling, DHs candidate
- PhD thesis “*The development and evaluation of the effect of dietary behaviour change intervention involving family support on managing sarcopenic obesity in community-dwelling older people: a pilot randomized controlled trial*” of Pui Ying Mak, PhD candidate
- Master thesis “*The role of neuromuscular electrical stimulation on intensive care unit-acquired weakness and selected clinical outcomes among critically ill adult patients*” of Kam San Tang, MSc candidate

G. Bulletins in international scientific conferences (selected)
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In English

1. Tyrovolas S, Panagiotakos DB, Lionis C, Anastasiou F, Zimpekis A, Vountziouka B, Mixeli M, Papoutsou S, Metallinos G, Gotsis E, Polychronopoulos E. Level of adherence to the traditional Mediterranean diet among elderly people living in Mediterranean islands: the MEDIS study. **6th International Conference of Nutrition and Fitness, Athens 2008.**
2. S. Tyrovolas, V. Bountziouka, A. Zeimbekis, A. Katsarou, G. Metallinos, C. Lionis, E. Polychronopoulos, D B. Panagiotakos. Long-term, moderate coffee consumption is associated with lower prevalence of diabetes mellitus among elderly non-tea drinkers from the Mediterranean Islands (MEDIS Study). **ESC Congress 2009**
3. Stefanos Tyrovolas, Evangelos Polychronopoulos, Yannis Tountas, Demosthenes Panagiotakos. Nutritional services are beneficially associated with the health status of older individuals living in Mediterranean Islands. **IANA Conference 2011**
4. Stefanos Tyrovolas, Evangelos Polychronopoulos, Yannis Tountas, Demosthenes Panagiotakos. The role of nutritional services within the health care system on health status of older individuals. **IANA Conference 2011**
5. Stefanos Tyrovolas, Evangelos Polychronopoulos, Natassa Papairakleous, Akis Zeimbekis, Efthimios Gotsis, Maria Antonopoulou, George Metallinos, Christos Lionis, Demosthenes B. Panagiotakos. Daily Walking Activities Are Positively Associated With lower Hypertriglyceridemia In Older Adults Living On Mediterranean Islands. **ACSM Conference 2011**
6. Stefanos Tyrovolas, Yannis Tountas, Evangelos Polychronopoulos, Demosthenes Panagiotakos. Evaluation of public health nutritional support and services on the health status of older adults. **World Nutrition Rio2012**
7. Stefanos Tyrovolas, Evangelos Polychronopoulos, Yannis Tountas, Demosthenes Panagiotakos. Dietetic support and services are beneficially associated with the prevalence of obesity and hypercholesterolemia in an elderly population. **World Nutrition Rio2012**

8. Foskolou A, Tyrovolas S, et al. Successful ageing - continental vs insular Mediterranean areas and Western vs Eastern Greek Mediterranean islands - of older adults: the multinational MEDIS study. **ESC Congress Barcelona 2017**
9. Foskolou A, Tyrovolas S, et al. Financial crisis and health of older Mediterranean adults: the multinational MEDIS Study (2005-2015). **ESC Congress Barcelona 2017**
10. Darío Moreno-Agostino, Francisco Félix Caballero, Natalia Martín-María, Ana Izquierdo, Stefanos Tyrovolas, Pilar López-García, Fernando Rodríguez-Artalejo, Josep Maria Haro, José Luis Ayuso-Mateos, Marta Miret. La adherencia a la dieta mediterránea está relacionada con un menor afecto negativo: evidencia del estudio Edad con Salud. **XXI Congreso Nacional de Psiquiatría, 2018**

Papers in international congresses: 10

H. Current Working Position

2024-Today: Associate Professor, Department of Nutrition and Food Studies, George Mason University, USA

2024-Today: Adjunct Associate Professor, School of Nursing, Hong Kong Polytechnic University, Hong Kong, SAR

I. Previous Working Positions

2007: Researcher in the epidemiological study for the assessment of the role of a diet in accession of the dysfunction of the left ventricle

Institution: A' Cardiologic clinic, Medical School EKPA.

2007-2012: Researcher in the epidemiological study MEDIS for the assessment of dietary habits, as well as other clinical and behavioural characteristics, of elderly of the insular Greece and Cyprus.

Institution: Department of the Science of Dietetics – Nutrition, Harokopio University, funded by: Greek Institution of Cardiology.

2011-2012: Lecturer in the winter semester of Nutrition department, at Higher National Diploma IEK DOMI (teaching subjects: sports nutrition, foods and safety)

2011-2013: Pathway Leader in Higher National Diploma of Dietetics program at OMIROS Mediterranean College (Teaching subject: Introduction in nutrition and dietetics, Professional practice and development, Biostatistics I and II, Public health Nutrition)

2012-2013: Lecturer in the topic of "Human Nutrition" in the University of Kalamata. Department of Food Technology.

July 2013-2016: Postdoctoral researcher at CiberSam at the position of Ageing, Nutrition and Mental Health, in collaboration with CIBERSAM and the University of Barcelona.

January 2016-2019: Postdoctoral researcher at Fundacio Sant Joan de Deu at the position of Ageing, Nutrition Epidemiology and Mental Health in collaboration with institute Carlos III and the University of Barcelona

February 2018 - ongoing: Coordinator and Professor of the on-line course Dieta Mediterranea/Mediterranean diet (In Spanish, English and Greek). In collaboration with Nutrilab.gr and Parc Sanitari Sant Joan de Deu. http://www.pssjd.org/ca-es/Master_Cursos/Masters/Paginas/Masters.aspx

October 2017-April 2018: Visiting research fellowship at the University of Washington and the Institute of Health Metrics and Evaluation

Scope: Global Burden of Disease data analysis under the topic of successful ageing, frailty and disability.

Funding: Spanish Ministry of Education and Institute Carlos III

2019-2023: Miguel Servet I Senior Researcher at Fundacion Sant Juan de Deu and Principal Investigator of the Research Line: Frailty, Sarcopenia and Nutrition in the older adults (managing/supervising 4 persons)

Research Line Scope: Estimation of a global frailty, its determinants and patterns, analyzing the GBD2017 study and the ATHLOS dataset

Funding: National Institute Carlos III (Spain)

2020-2022: Research Assistant Professor, School of Nursing, Hong Kong Polytechnic University, Hong Kong, SAR. Ageing and global epidemiology lab (managing 2 postdocs and 1 PhD student)

2022-2023: Assistant Professor, School of Nursing, Hong Kong Polytechnic University, Hong Kong, SAR

2021-2023: Deputy Director of the WHO community health services center with strategic priority on healthy ageing, The Hong Kong Polytechnic University

J. Clinical experience

2006-2007: On-the-job training in the frame of the Degree of Dietetics – Nutrition at the General hospitals of:

KAT, Tzanio, Gennimata, Ippokratio, Dafni, Sismanoglio (Athens, Greece).

2013-present: Nutrition consultant, Nutrilab, Athens, Greece
<https://nutrilab.gr/index.php/el/team>

2020-2021: Clinical and Sports Dietician, Head of Nutrition, Sports and Nutrition Unit, QuironSalud Hospital, Barcelona, Spain

K. Collaborative project involvement

Funded Projects as PI/ Co-PI or Co-Investigator are marked with bold

2012-2013: National Collaborator at the health promotion program in the Greek schools.

- Principal Investigator: Dr Demosthenes Panagiotakos
- Senior Researcher: Tyrovolas Stefanos
- Under the auspices of the Greek Ministry of Education and the Greek Institution of Cardiology.

2013-2016: Senior Researcher at the MARATONE project (Mental Health Training through Research Network in Europe – FP7).

- Principal Investigator: Dr Josep Maria Haro
- Supervising a PhD student in the topic of “Mental health and social networks”
- Budget: 254.676,800€

2014-2017: Researcher at the ComMent project (Community Mental Health Training in Europe – Erasmus+).

- **Principal Investigators: Dr. Tyrovolas Stefanos and Dr. Josep Maria Haro**
- **Budget: 43.034€**

2015-2020: Senior Researcher at the ATHLOS project (Ageing Trajectories Longitudinal Studies – HORIZON 2020)

- Principal Investigator: Dr Josep Maria Haro
- Senior Researcher: Dr. Stefanos Tyrovolas
- Budget: 6.146.147€

2016-2019: Postdoctoral research grant awarded by Sara Borell; Project's title: Aging, frailty and Mediterranean diet in Spain

- **Principal Investigator: Dr. Tyrovolas Stefanos**
- **Budget: 80.598€**
- **Funded by: Spanish Ministry of Education / Institute Carlos III**

October 2017 – April 2018: Visiting research fellowship at the University of Washington and the Institute of Health Metrics and Evaluation

- **Awarded: Dr. Tyrovolas Stefanos**
- **Budget: 12.000€**
- **Funding: Spanish Ministry of Education / Institute Carlos III / M-AES**

2017 – 2022: Shenzhen public health and hospital reformation project (Na-Shan Hospital, Shenzhen - Polytechnic University Hong Kong)

- **Principal Investigator: Prof. Alex Molassiotis**
- **Co-I: Dr. Stefanos Tyrovolas**
- **Funded by: The Chinese Government**

2018 – 2019: Frailty assessment in the Global Burden of Disease study: Research of global patterns and determinants

- **Co-Investigator: Dr. Stefanos Tyrovolas**
- **Budget: 73,477.02 \$**
- **Funded by: Centre of Health Trends and Forecasts, University of Washington / National Institute of Aging**

2018 – 2019 (1 year): Sarcopenia and Sarcopenic obesity assessment in the US older population (analyzing HRS study): Research of trends, patterns and determinants

- **Principal Investigator: Dr. William Pan – DUKE University**
- **Co-PI: Dr. Stefanos Tyrovolas**
- **Budget: 24,000 \$**
- **Funded by: Duke University Population Research Institute (DUPRI) / National Institute of Aging**

2019 – 2023: Frailty and ageing assessment: research of global patterns and determinants

- **Principal Investigator: Dr. Stefanos Tyrovolas**
- **Budget (in total): 242,500€**
- **Funded by: Spanish Ministry of Education / Institute Carlos III, Spain**

2020 – 2023: Assessment of sarcopenia and sarcopenic obesity in relation with Frailty: Research of trends, patterns and determinants

- **Principal Investigator: Stefanos Tyrovolas**
- **Budget: 101.000€**
- **Funded by: FIS / Institute Carlos III**

2023 – 2024: Epidemiology of Sarcopenia and sarcopenic obesity in Asia and Hong Kong: the role of Nutrition

- **Principal Investigator: Dr. Stefanos Tyrovolas**
- **Budget: 1,000,000 Hong Kong \$**
- **Submitted: HMRF Hong Kong National Grant (Awaiting decision in 2024)**

2022: GlobalSarco: A database to measure sarcopenia and functional limitation across global context

- Co-Principal Investigators: Dr. Stefanos Tyrovolas (PSSJD) & Dr William Pan (DUKE University)
- Budget: 1,500,000 US \$
- Submitted: R01 National Institute of Aging (will be submitted within 2024/25)

2022-2023: The secrets of healthy near-centenarians and centenarians in Hong Kong: how well are they ageing – one year follow up

- Principal Investigator: Dr. Justina Liu (SN)
- Co-Investigator: Dr. Stefanos Tyrovolas
- Budget: 58000 Hong Kong \$
- Submitted: Donation of Sik Sik Yuen

2022-2024: I'm a super-ager – what's your super power? The lived experience of the Hong Kong oldest-old

- Principal Investigator: Dr. Martin Christensen (SN)
- Co-Investigator: Dr. Stefanos Tyrovolas
- Budget: 200,000 Hong Kong \$
- Submitted: Start-up Fund for new recruits

2021-2024: An artificial intelligence based digital contact tracing platform for COVID19 outbreaks

- PI: Prof David Man; Co-PIs: Dr. Stefanos Tyrovolas & Dr. Lin Yang
- Budget: 3,000,000 HK\$
- HMRF urgent COVID-19 funding

2022 – 2024: Hong Kong Beyond 90+ study: A study to investigate healthy ageing patterns among Hong Kong long-livers

- Principal Investigator: Dr. Stefanos Tyrovolas (SN)
- Budget: 250,000 Hong Kong \$
- Submitted: Hong Kong Polytechnic University Internal Grant

2023 – 2025: ATHLOS 90+ study: A global study to analyse and compare healthy ageing patterns, and risk factors among 18,000 long-livers of 39 different countries.

- Principal Investigator: Dr. Stefanos Tyrovolas (SN)
- Budget: 400,000 Hong Kong \$
- Submitted: Hong Kong Polytechnic University Internal Grant

2022-2025: Feasibility of Telephone-based Acceptance and Commitment Therapy in Hong Kong Chinese Young Adults with Alcohol Use Disorder: A Pilot Study

- Principal Investigator: Dr. Ho Ka Yan (SN)
- Co-Investigator: Dr. Stefanos Tyrovolas
- Budget: 150,000 Hong Kong \$
- Submitted: General research fund

2023-2025: Holistic Healthy Life Education, 2HLE

Co-Principal Investigators: Dr. Stefanos Tyrovolas and Dr Karen Cheung Co-

- Budget: 500,000 Hong Kong \$, Submitted: YCHSS plus secured Donation of 1,000,000 Hong Kong \$

Member of Scientific Associations

Member of the Hellenic National Association of Dieticians – Nutritionists (since 2007)

Member of the Hellenic Atherosclerosis society (since 2007)

Member of the Spanish Association of Dieticians – Nutritionists (FEDN) (since 2015)