

SCIENTIFIC ACHIEVEMENTS

Olga Malisova is an Assistant Professor at the University of Patras in the Department of Food Science and Technology. Her expertise lies in Nutrition, particularly in the link between diet and health. She earned her PhD in Agricultural Sciences from the Agricultural University of Athens, Department of Food Science and Human Nutrition. She also holds a Master's degree and a Bachelor's degree in Food Science and Technology from the same institution. Her research interests focus on the Assessment of hydration and dietary behavior in the general population and in vulnerable population groups, the Bioavailability of food components, the Mediterranean Diet, Food insecurity and Food and nutrition policies. She has worked as a postdoctoral researcher and researcher on at least 13 research projects. To date, she has numerous publications with an h-index of 12 (>610 citations) and has presented at various international and national scientific conferences.

1. Up to ten (10) representative publications, from the last ten (10) years, as main author

- Investigating Water Balance as a Nutritional Determinant in Breastfeeding: A Comparative Study of Water Consumption Patterns and Influencing Factors. *Nutrients*. Malisova O.; Apergi K.; Niaos E.; Xenaki F.; Kapsokafalou, 2024, 16, 2157. <https://doi.org/10.3390/nu16132157>
- Investigating the Sociodemographic and Health Characteristics of Non-Sugar Sweeteners Consumption in Greek School-Aged Children: A Cross-Sectional Study. *Children*. Apergi K.; Malisova O.; Vlassopoulos A.; Fidanoglou P.; Kandyliari A.; Kapsokafalou M. 2024, 11, 813. <https://doi.org/10.3390/children11070813>
- Dietary Intake and Lifestyle Habits of Children Aged 10-12 Years Enrolled in the School Lunch Program in Greece: A Cross Sectional Analysis. Malisova O., Vlassopoulos A, Kandyliari A, Panagodimou E, Kapsokafalou M. *Nutrients* 2021 Feb 3;13(2):493.
- Healthy Diet Assistance for the Most Deprived in Post-Crisis Greece: An Evaluation of the State Food Provision Program. Vlassopoulos A, Filippou K, Pepa A, Malisova O. Xenaki D, Kapsokafalou M. *Sustainability*. 2021; 13(1):99.
- Impact of COVID-19 outbreak confinement on eating behaviours across 16 European countries: the COVIDiet cross-national study. Molina-Montes E, Uzhova I, Verardo V, Artacho V, García-Villanova B, Guerra-Hernández EJ, Kapsokafalou M, Malisova O. Vlassopoulos A, Katidi A, Koroušić Seljak B, Modic R, Eftimov T, Hren I, Valenčič E, Šatalić Z, Panjkota Krbavčič I, Vranešić Bender D, Giacalone D, Bom Frøst M, Konic Ristic A, Milesevic J, Nikolic M, Güney M, Kolay E, Kriaucioniene W, Czlapka-Matyasik M, Bykowska-Derda A, Kujundzic E, Taljić I, Brka M, Spiroski I, Cunha Velho S, Sousa Pinto SP, Nascimento Monteiro I, Pereira A, Ruiz-López MD, Rodríguez-Pérez C. *Food Quality & Preference* 93 (2021) 104231.
- Differing Water Intake and Hydration Status in Three European Countries-A Day-to-Day Analysis. Braun H, von Andrian-Werburg J, Malisova O. Athanasatou A, Kapsokafalou M, Ortega JF, Mora-Rodriguez R, Thevis M, *Nutrients*. 2019 Apr 3;11(4).
- Evaluation of water balance in a population of older adults. A case control study. Malisova O. Poulika KA, Kolyzoi K, Lysandropoulos A, Sfindouraki K, Kapsokafalou M. *Clinical Nutrition ESPEN*. 2018 Apr;24:95-99.
- Water Intake and Hydration Indices in Healthy European Adults: The European Hydration Research Study (EHRS). Malisova O. Athanasatou A, Pepa A, Husemann M, Domnik K, Braun H, Mora-Rodriguez R, Ortega JF, Fernandez-Elias VE, Kapsokafalou M. *Nutrients*. 2016;8(4):204-216.
- Water Intake in a Sample of Greek Adults Evaluated with the Water Balance Questionnaire (WBQ) and a Seven-Day Diary. Athanasatou A, Malisova O. Kandyliari A, Kapsokafalou M. *Nutrients*. 2016; 8(4): 559-572.
- Influence of Physical Activity and Ambient Temperature on Hydration: The European Hydration Research Study (EHRS). Mora-Rodriguez R, Ortega JF, Fernandez-Elias VE, Kapsokafalou M, Malisova O. Athanasatou A, Husemann M, Domnik K, Braun H. *Nutrients*. 2016; 8(4): 252-265.

2. Invited/oral representative presentations to international conferences:

- Dimou, V., Apergi, K., Styliaras, G. & Malisova, O. HydrationApp: Educating Young People on Hydration through AR. In T. Bastiaens (Ed.), *Proceedings of EdMedia + Innovate Learning* (pp. 558-566). (Paper & Oral Presentation) Brussels, Belgium: Association for the Advancement of Computing

in Education (AACE) (2024).

- Influence of drinking knowledge and behaviour on hydration status; The European Hydration Research Study (EHRS). Braun, H., Domnik, K., Husemann, M., Kapsokefalou M, Malisova O, Pepa, A, Mora-Rodriguez R, Ortega J, Fernandez-Elias V, Schaefer W. (Invited oral presentation) Federation of European Nutrition Societies, Berlin, Germany (2015).
- Evaluation of drinks contribution to energy intake in summer and winter. Malisova O, Bountziouka V, Zampelas A, Kapsokefalou M (Invited oral presentation) FENS, Berlin, Germany (2015).
- Employing the Water Balance Questionnaire for the evaluation of water balance in adults, pregnant women and elderly. Kapsokefalou M. Malisova O, Bountziouka V, Panagiotakos D, Zampelas A. (Invited oral presentation) Experimental Biology Meeting, Boston, USA (2013).
- Study to assess water balance in summer and in winter in a representative sample of the greek population. Malisova O, Panagiotakos D, Zampelas A, Kapsokefalou M. (Invited oral presentation) FENS (Federation of European Nutrition Societies, Madrid, Spain (2011).
- Iron intake and obesity in greek children. Malisova O, Pounis G, Farajian P, Risvas G, Zampelas A, Kapsokefalou M. (Invited oral presentation) 10th Corfu International Obesity Congress, Corfu, Greece (2010).
- Research approaches for the estimation of water intake from solid and fluid foods and for the evaluation of hydration status in the greek population. Malisova O, Pounis G, Zampelas A, Kapsokefalou M, (Invited oral presentation) 10th Corfu International Obesity Congress, Corfu, Greece (2010).
- Reported intake of heme and nonheme iron or intake of dietary factors that can affect iron absorption in normal, overweight or obese children 11-12 years old, in Greece. Malisova O, Pounis G, Farajian P, Risvas G, Zampelas A, Kapsokefalou M. (Oral Presentation) Trace Elements and Electrolytes (ISTERH), Athens, Greece (2009).

3. Contributions to the early careers of excellent researchers

Olga Malisova is currently mentoring one PostDoctoral Researcher and two PhD students, in the field of hydration.

4. Research Interests

Hydration in the general population
Hydration in vulnerable population groups
Social Factors on nutrition and health
Dietary habits of children
Bioability of food ingredients
Functional foods
Nutritional behavior in vulnerable population groups
Food insecurity
Mediterranean diet
Food and nutrition Policies
Nutrition communication
Iron bioavailability and milk fortification

5. Research skills

Biostatistics
Dietary assessment methodology (24 hour recall methods, food diary methods, food frequency questionnaires)
Food databases and analysis of nutrient intake in large population groups
Analysis of biochemical indices in blood and in urine
Instrumental chemical analysis (atomic absorption, spectrophotometry, fluorimetry, gel filtration)
In vitro simulated digestion for the prediction of iron bioavailability