

11th Annual Public Health Workshop

Building on Health-Promoting Schools and on Children's Healthier Future

The Cyprus International Institute for Environmental and Public Health (CII) and the Department of Rehabilitation Sciences within the Cyprus University of Technology together with the Center of Excellence in Biobanking and Biomedical Research and the Department of Chemistry both at the University of Cyprus cordially invite you to the 11th Annual Public Health Workshop, under the auspices of the President of the Republic of Cyprus, Mr. Nikos Christodoulides.

Workshop Overview

This is a landmark event for public health, as it has been annually organized for the past 11 years by the CII. The CII has been recently established by the Parliamentary House of the Republic of Cyprus as the first Research Unit of Public Health in Cyprus (174/2025). The workshop brings together educators, healthcare and public health providers, policymakers, and community leaders to explore and develop actionable solutions for improving children's health in schools and in their school communities. Participants will engage in dynamic discussions, practical sessions, and collaborative activities for children's health, focused on the following key topics: systemic school challenges, children's exposome, nutrition, playgrounds and parks, mental health, lifestyle and behavioral risk factors.

The workshop will be comprised of three major sections: i) High policy-science interface section with key policy makers and scientists, ii) scientific sessions with key presentations from different countries and their experiences with school health services and school programs or epidemiological studies on children's health, and iii) mapping exercise on key stakeholders of public health in Cyprus.

Who Should Attend

- Healthcare and public health practitioners (e.g., paediatricians, school nurses)
- Educators and school administrators
- Policymakers and government officials
- Anyone interested in children's health and education

October 07 - 08, 2025

At the premises of the University of Cyprus, Nicosia, Cyprus.

Amphitheatre B108, University House "Anastasios G. Leventis", 1 University Avenue, 2109 Aglantzia, Nicosia.

To secure your attendance, **please make sure you register early:**

<https://redcap.link/11thPublicHealthWorkshop>



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AGENDA

October 07, 2025

Chair: Prof. Dr. Constantinos Deltas, Director, Center of Excellence in Biobanking and Biomedical Research, Medical School, University of Cyprus

Introductory Remarks

- 09:00 – 09:05** Dr. Konstantinos C. Makris, Professor, Cyprus International Institute for Environmental and Public Health, School of Health Sciences, Cyprus University of Technology
- 09:05 – 09:10** Dr. Anastasios Merkouris, Dean and Professor, School of Health Sciences, Cyprus University of Technology
- 09:10 – 09:15** Dr. Tasos Christofides, Professor and Rector, University of Cyprus
- 09:15 – 09:25** Mr. Nikos Christodoulides, President of the Republic of Cyprus, represented by Dr. Elisavet Constantinou, Acting Permanent Secretary, Ministry of Health

Part A – Policy-Science Interface Panel (*in Greek*)

- 09:25 – 10:20** *Panel discussion with key policy makers and experts, moderated by Mr. Chrysanthos Tsouroullis, CEO, DIAS Media, Journalist*

This panel session aims to: i) raise awareness among policymakers about child health protection and disease prevention; ii) ensure child health prevention is a priority to be addressed by Cyprus, and iii) position child health prevention as a key EU-level topic during the Cyprus EU Presidency.

The session topics are based on the related policy brief produced last year by educators, healthcare providers, parents, policymakers and already circulated with the relevant Ministries in Cyprus. The session would highlight the needs, recommendations and policy actions warranted to ensure that Europe upgrades the requirements and infrastructure for a supportive and healthy everyday life and routine for children in schools and beyond.

The panel will be composed of policy makers and scientific experts, including, Dr. Rebecca Georgiou, Cyprus Ministry of Health representative on behalf of Mr. Michael Damianos, Cyprus Minister of Health, Dr. Christiana Fillippou Charidimou, Cyprus Ministry of Education, Sports and Youth representative on behalf of Dr. Athena Michaelidou, Minister of Education, Sports and Youth, Mr. Prodromos Alambritis, Member of the Cyprus Parliamentary Standing Committee on Education and Culture, Dr. Michael Anastasiadis, Paediatrician, President, Paediatric Society of Cyprus, Dr. Charalambos Hadjigeorgiou, Paediatrician, Research and Educational Institute of Child Health, and Konstantinos Makris, Professor of Environmental Health, Cyprus University of Technology.

- 10:20 – 10:40** **Break**



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Keynote Speech

Chair: Prof. Dr. Constantinos Deltas, Director, Center of Excellence in Biobanking and Biomedical Research, Medical School, University of Cyprus

10:40 – 11:00 *Creating healthy school environments: a global perspective, **Dr. Irshad A Shaikh, Special Representative & Head of Office, WHO Country Office, Cyprus***

Part B – Child Nutrition and Growth

Chair: Prof. Dr. Constantinos Deltas, Director, Center of Excellence in Biobanking and Biomedical Research, Medical School, University of Cyprus

11:15 – 11:30 *Promoting awareness of the 'Food for Action' toolboxes within Greece's National Action Against Childhood Obesity: the experience of Aristotle University of Thessaloniki, **Dr. Zoi Tsimtsiou, Associate Professor, Department of Medicine, Aristotle University of Thessaloniki, Greece***

11:30 – 11:45 *Childhood obesity in Cyprus: latest findings of the WHO COSI program, **Mrs. Eliza Markidou, Senior Clinical Dietician, Nutrition Unit Coordinator, Cyprus Ministry of Health***

11:45 – 12:00 *The Japanese school meal program, **Dr. Makiko Sekiyama, Head of Environmental Epidemiology Section, National Institute for Environmental Studies, Japan***

12:00 – 12:15 *Dietary habits and life attitudes in adolescence: Results from the 1st National Nutrition Study in Cyprus, **Dr. Stalo Papoutsou, Specialist in Child Nutrition, Research and Education Institute of Child Health, Frederick University, Cyprus***

12:15 – 12:30 *Dietary habits and growth profiles of primary school children in Cyprus: Preliminary findings from the CHILDREN_FIRST cohort study, **Mrs. Corina Konstantinou, PhD Candidate/Research Associate, Cyprus International Institute for Environmental and Public Health, School of Health Sciences, Cyprus University of Technology***

12:30 – 12:45 **Discussion & Questions**

Part C – School Environment

Chair: Dr. Christiana Fillippou Charidemou, Senior EME Officer, Ministry of Education, Sports and Youth, Cyprus



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- 12:45 – 13:00** *Playgrounds in Japan and health risks/benefits, **Dr. Mari Yoshinaga, Professor, Showa Pharmaceutical University, Tokyo, Japan***
- 13:00 – 13:15** *Greening schools as a holistic intervention for climate resilience in Cyprus, **Dr. Aravella Zachariou, Pedagogical Institute, Cyprus Ministry of Education, Sports and Youth***
- 13:15 – 13:30** *Advancing Urban Playgrounds for Planetary Health, **Dr. Marja Roslund and Dr. Aki Sinkkonen, Researchers, Natural Resources Institute Finland, Helsinki, Finland***
- 13:30 – 13:45** *Green and Blue Play Spaces – Cases from the Netherlands and Brazil, **Ms. Victoria Chavez, Senior Urban Advisor, Van Leer Foundation, the Netherlands***
- 13:45 – 14:00** **Discussion & Questions**
- 14:00 – 14:40** **Light lunch**

Keynote Speech

Chair: Dr. Andrie Panayiotou, Associate Professor, Cyprus International Institute for Environmental and Public Health, School of Health Sciences, Cyprus University of Technology, Cyprus

- 14:40 – 15:00** *Planetary Health and the Children's Exposome, **Dr. Chiho Watanabe, Professor, Interfaculty Initiative in Planetary Health, Nagasaki University, Japan***

Part D – Children's Exposome

Chair: Dr. Andrie Panayiotou, Associate Professor, Cyprus International Institute for Environmental and Public Health, School of Health Sciences, Cyprus University of Technology, Cyprus

- 15:15 – 15:30** *Outstanding health challenges in the school environment in Cyprus for children with asthma, **Dr. Panayiotis Yiallouras, Professor, Medical School, University of Cyprus***
- 15:30 – 15:45** *Children's exposome in Japan: the Hokkaido birth cohort study on environment and children's health, **Dr. Yu Ait Bamai, Associate Professor, Center for Environmental and Health Studies, Hokkaido University, Japan***
- 15:45 – 16:00** *First insights from the International Childhood Leukemia Microbiome/Metabolome Cohort (NICHE) project, **Dr. Zisis Kozlakidis, Head, Laboratory Services and Biobanking, World Health Organization/International Agency for Research on Cancer***
- 16:00 – 16:15** *Perinatal exposures, metabolomics and children's health, **Dr. Donghai Liang, Associate Professor, Gangarosa Department of Environmental Health, Rollins School of Public Health, Emory University, Atlanta, USA***
- 16:15 – 16:30** **Discussion & Questions**



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Part E – Lifestyle and Behaviors

Chair: Dr. Costas Christophi, Cyprus International Institute for Environmental and Public Health, School of Health Sciences, Cyprus University of Technology

- 09:00 – 09:15** *Children's biomonitoring actions within the EU PARC project, **Dr. Andromachi Katsonouri, State General Laboratory, Ministry of Health, Cyprus***
- 09:15 – 09:30** *The CHILDREN_FIRST observatory in Cyprus: applying the human exposome concept and its exposomics tools, **Dr. Konstantinos C. Makris, Professor, Cyprus International Institute for Environmental and Public Health, School of Health Sciences, Cyprus University of Technology***
- 09:30 – 09:45** *Digital risks for children's health, **Dr Stella Michailidou, Chair of the National Committee for Environment and Children's Health, Nicosia, Cyprus***
- 09:45 – 10:00** *Polio in Gaza, **Dr. Itamar Grotto, Professor, Ben Gurion University of the Negev, Israel***
- 10:00 – 10:15** *Adolescence as the key window for HPV vaccination: knowledge, perceptions, and public health perspectives in Cyprus, **Mrs. Katerina Kyprianou, PhD Candidate/Research Associate, Cyprus International Institute for Environmental and Public Health, School of Health Sciences, Cyprus University of Technology***
- 10:15 – 10:30** **Discussion & Questions**
- 10:30 – 11:00** **Coffee Break**

Part F

Chair: Dr. Agapios Agapiou, Assistant Professor, Department of Chemistry, University of Cyprus

- 11:00 – 11:15** *Infectious disease surveillance system for children in the Eastern Mediterranean, **Dr. Mohannad Nsour, Director, The Eastern Mediterranean Public Health Network (EMPHNET), Beirut, Lebanon***
- 11:15 – 11:30** *Desert dust storms and children's respiratory health: perceptions, practices, and challenges in Cyprus, **Dr. Paraskevi Kinni, School of Health Sciences, Cyprus University of Technology***
- 11:30 – 11:45** *Schoolyards as cool commons in hot modern cities, **Mrs. Penelope Vasquez-Hadjilyra, Project Coordinator, Frederick University, Cyprus***
- 11:45 – 12:00** *HEALTHY TEENS: Designing an evidence-informed lifestyle intervention in adolescents to reduce future cancer risk, **Dr. Constantina Constantinou, Professor, Department of Basic and Clinical Sciences, University of Nicosia Medical School, Cyprus***



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12:00 – 12:15

Metabolic Dysfunction-Associated Steatotic Liver Disease and children's health, Mrs. Elina Ioannou, Clinical Dietician, PhD Student, Cyprus International Institute for Environmental and Public Health, School of Health Sciences, Cyprus University of Technology

12:15 – 12:30**Discussion & Questions****12:30 – 14:00****Light lunch**

Part G – Stakeholders Mapping in Public Health (in Greek)

14:00 – 16:00

Structured mapping exercise of the wider Public Health system and priorities in Cyprus: closed meeting of stakeholders in collaboration with the Cyprus Society of Epidemiology and Public Health (CyEPHA)

This session aims to map out the wider Public Health system in Cyprus in terms of the involved agencies, and the main axes of protection, prevention, health promotion, including an open discussion about roles, responsibilities, etc. This session would also generate a set of priorities and themes of importance for public health in Cyprus.

Fun Part – Bike Ride with the theme “Biking for our Children’s Health”

17:30 – 18:30

“NextBike Cyprus” bike ride in the Nicosia city center

