

1ST ANNOUNCEMENT

13th CYPRUS DIETETIC & NUTRITION ASSOCIATION CONFERENCE & EXPO



Transforming Global Nutrition and Dietetics:
Evidence-Based Practices for Innovation,
Sustainability, and Health Equity

7 - 9 NOVEMBER 2025 | HILTON NICOSIA, CYPRUS

ORGANIZED BY:



CyDNA is a member of



UNDER THE AUSPICES OF:



Cyprus Registration Board
for Food Technologists
Food Scientists and Dietitians



REPUBLIC OF CYPRUS
MINISTRY OF HEALTH

CyDNA Food and Nutrition Conference & Exhibition
The scientific programme is being reviewed for CPE/CME



Message from the Conference Chair, CyDNA President

Dear Colleagues, Students, Esteemed Guests, Great Supporters,

It is with great pleasure and immense pride that I welcome you to the 13th Cyprus Dietetic and Nutrition Association Conference, themed “**Transforming Global Nutrition and Dietetics: Evidence-Based Practices for Innovation, Sustainability, and Health Equity**”. This event marks a pivotal moment as we convene to share groundbreaking insights and foster collaborations that aim to reshape the future of our field. The Conference is under the auspices of the Cyprus Ministry of Health and CPEs will be applied to be granted by the Commission of Dietetic Registration (CDR).

Dates: 7-9 November 2025, Location: Hilton Nicosia Hotel, Nicosia Cyprus

This year’s conference is enriched with a variety of engaging highlights, including:

1. **Innovative Workshops:** Dive into hands-on sessions led by industry pioneers, designed to equip you with cutting-edge skills and knowledge.
2. **Global Collaboration:** Engage with leading international associations to broaden our horizons and forge significant partnerships.
3. **Expert Panels:** Gain from the wisdom of global experts discussing critical topics such as sustainable nutrition practices and health equity.
4. **Research Presentations:** Explore the latest research from bright minds that are setting the trends in nutrition and dietetics.
5. **Policy Discussions:** Participate in discussions that aim to influence health policies and advocate for nutritional advancements globally.
6. **Technology in Dietetics, Educational Competitions and Interactive TEDtalks:** Discover how technology can be harnessed to innovate and streamline our practices in dietetics.
7. **Cultural Nutrition Practices:** Learn about diverse dietary practices and how they contribute to health and sustainability.
8. **Nutritional Equity:** Address the disparities in nutritional health with a focus on solutions that promote equity.
9. **Sustainable Diet Initiatives:** Engage with initiatives that promote environmental sustainability in our dietary recommendations.
10. **Networking Opportunities:** Connect with peers, mentors, and industry leaders to enhance your professional network and collaborative opportunities.



Message from the Conference Chair, CyDNA President

The exhibition hall will also showcase the latest products, technologies, and services that are driving our profession forward, providing you with insights into the tools and resources available to enhance your practice.

As we gather here, let us be inspired by the shared commitment to improve health outcomes and make a lasting impact on our communities through innovative, evidence-based practices. Your participation is not just appreciated; it is essential for the success of this conference and the advancement of our collective goals.

As we explore the vast potential of our field, let us draw inspiration from the insightful words of Ann Wigmore: "The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison." Our commitment at this conference is to illuminate the path toward safe and powerful nutritional practices that support health, well-being, and longevity. We stand at the forefront of a global movement, determined to demonstrate that informed, strategic dietary choices are key to sustainable health improvements.

Thank you for joining us on this transformative journey. I look forward to the productive discussions, meaningful insights, and the forging of lasting collaborations over the next few days.

Together, let us make a positive impact on the lives of individuals and communities by harnessing the power of nutrition.

Should you have any questions or require further assistance, please do not hesitate to contact our dedicated conference secretariat TOPKINISIS.

Thank you for your attention, and we look forward to welcoming you to the Dietetic and Nutrition Conference - "Transforming Global Nutrition and Dietetics: Evidence-Based Practices for Innovation, Sustainability, and Health Equity".

Best regards,

Dr Eleni Andreou, RDN

Chair of the Organizing/Scientific Committee

President of CyDNA





Conference Committee

Chair of Organizing Committee

Andreou Eleni

Organizing Committee

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CyDNA Board

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Dr Ntorzi Nicoletta – Assistant Secretary
Ntaflos Nikolaos – Member
Savvas Andreas – Member



Tentative Programme

Tentative Programme

01. **Integrating Nutrigenomics into Clinical Practice:** Exploring how genetic variations influence dietary responses and how this can be applied to personalized nutrition strategies.
02. **The Role of Microbiome in Dietetics:** Evidence-based insights into how gut health affects overall health and the implications for dietary interventions.
03. **Sustainable Diets and Global Health:** Examining the impact of sustainable eating patterns on health and the environment, including plant-based diets and reduced food waste strategies.
04. **Nutritional Strategies Against Non-Communicable Diseases:** Discussing comprehensive, evidence-based approaches to preventing and managing diseases such as diabetes, obesity, and cardiovascular diseases through diet.
05. **Addressing Malnutrition in All Its Forms:** Strategies for tackling undernutrition, micronutrient deficiencies, and obesity to achieve global health equity.
06. **Innovative Educational Strategies in Nutrition:** Showcasing new methods and technologies for nutrition education that improve public health outcomes and foster long-term healthy eating behaviors.
07. **Food Security and Nutrition in Emergency Settings:** Best practices for ensuring access to nutritious food during humanitarian crises and the role of dietitians in emergency response teams.
08. **The Economic Impact of Dietary Interventions:** Analyzing cost-effectiveness and the broader economic implications of dietetic interventions in healthcare systems.
09. **Cultural Competency in Dietetic Practice:** Techniques for tailoring dietary advice to fit the cultural contexts and preferences of diverse populations.
10. **Advances in Telehealth for Dietetics:** Evaluating the effectiveness of remote dietetic services and digital health tools in expanding access to nutrition care.
11. **Optimizing Nutritional Support in the ICU**
12. **Oncology- Nutrition Essentials:** Oncology, The role of Nutrition in Cancer Journey
13. **Workshop on Eating Disorders:** Diagnosis, Management, and Recovery Paths
14. **Culinary Nutrition Workshop:** Creating Health-Promoting Meals
15. **Digital Health Tools in Nutrition:** A Practical Guide
16. **Nutrigenomics Workshop:** From Science to Plate Attendees will explore the exciting field of nutrigenomics and its applications in personalized nutrition. The workshop will cover how to interpret genetic data, integrate it into dietary planning, and communicate complex genetic information to clients in an understandable way.
17. **Sustainability in Dietetics:** Implementing Green Practices This workshop aims to educate on how dietitians can promote environmental sustainability through their practice. Topics will include sustainable food sourcing, minimizing food waste in clinical and consumer settings, and promoting sustainable dietary patterns among clients.
18. **The diagnostic approach of an obese patient:** Beyond BMI
19. **Sports nutrition and performance optimization:** Emerging evidence on adaptogens, probiotics for performance enhancement, new developments for hydration testing, biomarkers and products.
20. **Obesity-Emerging trends and innovations:** Sarcopenic obesity, use of AI and big data in obesity prediction and management, long-term weight loss/prevention of weight regain, virtual coaching and telehealth.

LLL in Collaboration with CySPEN

01. **Topic 41 Nutrition in Cancer:** Focus on Tumor Types
02. **Topic 42 Clinical Sports:** Nutrition in Sport-Related Health Problems



Important Dates

Dates of Conference: **07 – 09 November 2025**

Deadline for reduced registration fee: **15 October 2025**

Abstract Submission Deadline: **01 October 2025**

Notification of acceptance of abstracts: **24 October 2025**

General Information



Duration

The scientific program of the conference will commence on Friday morning, the 07th of November and will end on Sunday, the 09th of November.



Registration

An online registration form is available on the conference website: **www.cydnacommference.com** on the registration section. Please make sure to register by the 15th of October to be entitled to the reduced registration fee. If you need any further information, please contact the Conference Management Company.

Registration Fees

Early non member Standard Fee - €180

Late non member Standard Fee - €210

Early CyDNA/CySPEN/HDA Member Fee - €150

Late CyDNA/CySPEN/HDA Member Fee - €180

Early CyDNA Student/Retired Fee - €80

Late CyDNA Student/Retired Fee - €110

Early Student Fee - €90

Late Student Fee - €130



Call for abstracts

The abstract guidelines and the online abstract submission form will be available on the conference website: **www.cydnacommference.com** on the abstracts section.



Language

The official language of the conference is English. Simultaneous translation to Greek will be provided.



Venue

Hilton Nicosia Hotel 5*



Accommodation

Special rates have been granted by the Conference Hotel for the participants of the conference. Rooms will be reserved on a 'first come first served' basis.



Exhibition

The exhibition will be running throughout the duration of the conference. The exhibition is open to the pharmaceutical, dietetic and nutrition industries. For opportunities of attendance and further inquiries please contact the Conference Management Company.

Conference Management Company