EUROPEAN
HEALTH FORUM
GASTEIN

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Ministry of Health, Cyprus



Eliza Markidou studied Biology at the American University of Beirut and then did postgraduate studies at New York University in Clinical Dietetics - Nutrition and obtained the title of Registered Dietitian. In 1997 she was elected president of the Dietitians of America Abroad worldwide and served the Dietitian profession internationally for 5 consecutive years. She works at the Ministry of Health as the Head of the Panera Nutrition sector. Since 2005 she has been actively active in the European area and is the representative of Cyprus in the High Level Group for Nutrition and Exercise in Europe at the level of states for the drawing up of the European nutrition policy. Since 2016, the Council of Ministers has assigned her the role of General Coordinator of Nutrition and Healthy Lifestyle for the Ministry of Health. She is also a member of the European Obesity Platform. Eliza is the point of reference in Cyprus for Nutrition and Exercise issues in the World Health Organization, as well as an active member of the writing committee of the European Policy on childhood obesity.

Eliza founded and chairs the non-profit organization Bone Vivo that deals with good nutrition and exercise for children and parents, which is an active member of the European Organization EPODE for Health and Nutrition educational programs. She is the head of the clinical dietetics postgraduate program at the college of Limassol, and has attended many conferences abroad and given many lectures in various countries of the world, such as America, Japan, Brussels, Thailand, etc. Eliza has specialized in the Mediterranean Diet and works non-stop for the Preservation of the Cypriot Mediterranean Diet as part of preserving cultural tradition and promoting the Mediterranean Diet and Olive Oil. Eliza is President of the American University of Beirut Alumni Association and a former board member of the women's organization A.I.P.F.E. and the Association of Dietitians of Cyprus.