Credentialing Verification Authorities: The Hellenic Dietetic Association is the official association and represents dietitians who have completed a four-year university program in Greece or have a foreign degree that has been verified by Greek authorities as equivalent to the Greek University degree. However, they do not make decisions regarding credential verification.

Contact Information:
**Hellenic Dietetic Association**
8-10 Er. Stavrou Str., 11526, Athens, Greece
Tel. +30 210 6984400, Fax. +30 210 6984400
Email: info@hda.gr
Web Site: [www.hda.gr](http://www.hda.gr)

It is important to note the existence of a second dietetic association with a similar title: The Hellenic Dietetic and Nutrition Association which represents dietitians who have completed a two to three-year program in nutrition or dietetics.

Contact Information:
**The Hellenic Dietetic and Nutrition Association**
Mesologiou 51, Nea Ionia
Tel. +30 2102718542
Web Site: [www.dietologoi.gr](http://www.dietologoi.gr)

The credentialing institution that is responsible for verification of university degrees is the Hellenic National Academic Recognition and Information Center, also known as DOATAP. This center verifies the validity and equivalence of the acquired degree with those awarded by Greek institutions of higher education. The process is time consuming, taking 9 months to a year.

Contact Information:
Hellenic National Academic Recognition and Information Center (Hellenic NARIC)
Official Language(s): Greek

Ongoing Nutrition Activities in Greece

1. National Dietetic Association

<table>
<thead>
<tr>
<th>Hellenic Dietetic Association (HAD)</th>
<th><a href="http://www.hda.gr/">http://www.hda.gr/</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Established in 1968 it is the official association representing Dietitians/ Nutritionists, graduated with an accredited University Degree.</td>
<td></td>
</tr>
</tbody>
</table>

Related organizations

<table>
<thead>
<tr>
<th>Association of Greek Dietitians, Nutritionists (EDDE)</th>
<th><a href="https://www.edde.gr/">https://www.edde.gr/</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>Association for dietitians holding a degree from a national or international program.</td>
<td></td>
</tr>
</tbody>
</table>

2. National Nutrition Programmes/Projects


3. Organizations working on Health & Nutrition

a. National Organizations (Government)

<table>
<thead>
<tr>
<th>Hellenic Health Foundation. The Hellenic Health Foundation (HHF) is a non-profit organization based in Greece. It provides expertise in the area of health research. Its efforts are focused on informing the general public on important health issues.</th>
<th><a href="http://www.hhf-greece.gr/index.asp">http://www.hhf-greece.gr/index.asp</a></th>
</tr>
</thead>
</table>
b. International Organisations

|---|

c. Educational Institutes (Nutrition Education & Research)

<table>
<thead>
<tr>
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<th></th>
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</thead>
<tbody>
<tr>
<td>Agricultural University of Athens <a href="http://fst.aua.gr/en">http://fst.aua.gr/en</a></td>
<td>The Department of Food Science and Human Nutrition offers to the students the scientific background for the rational coping with scientific and technological issues in the food area. Furthermore, it promotes the existing knowledge in the Food Science and Human Nutrition through research and development programs.</td>
</tr>
</tbody>
</table>

d. Non-Govermenternal Organizations (NGOs)

<table>
<thead>
<tr>
<th>Greek Foundation of Gastroenterology &amp; Nutrition (ELIGAST) <a href="http://www.eligast.gr/">http://www.eligast.gr/</a></th>
<th>Main goal of the foundation is to educate the public, and support research projects related to gastroenterology and nutrition.</th>
</tr>
</thead>
<tbody>
<tr>
<td>DIATROFI Program <a href="http://diatrofi.prolepsis.gr/en/">http://diatrofi.prolepsis.gr/en/</a></td>
<td>The DIATROFI Program team consists of members of the Prolepsis Institute that specialize in a plethora of fields and who design, implement and control all aspects of the Program in order to ensure its sound implementation.</td>
</tr>
<tr>
<td>Hellenic Diabetes Association <a href="https://www.ede.gr/">https://www.ede.gr/</a></td>
<td></td>
</tr>
<tr>
<td>Hellenic Society for Gastroenterology <a href="https://www.hsg.gr/">https://www.hsg.gr/</a></td>
<td></td>
</tr>
<tr>
<td>Hellenic Atherosclerosis Society <a href="http://www.atherosclerosis.gr/">http://www.atherosclerosis.gr/</a></td>
<td></td>
</tr>
</tbody>
</table>
4. Assessment of Training Quality of National Dietitians, their Professional Role and Prestige

There is one public university in Greece that provides a 4-year degree of nutrition and dietetics. This is known as the Harokopio University, it also provides graduate degrees. This program has been in existence for about 10 years. Previously the Harokopio University offered two to three-year degrees in nutrition and home economics. In addition, there are several other public technological colleges / institutes that offer two to three year dietetics and nutrition degrees, they are not however considered university level. Finally, in recent years, numerous private colleges are offering nutrition degrees that are of questionable value and are not equivalent to a four-year university degree.

There is no official practice license for dietitians in Greece. Most dietitians hold a Greek degree from the Harokopio University or from a Greek Technological Institute, and many have post graduate degrees obtained from another country (usually the U.K.). However, many individuals who have not studied nutrition or dietetics use the term dietitian or nutritionist and open their own offices.

Contact Information:

**Harokopio University of Athens**
70, Eleytheriou Venizelou Str., 17671, Athens, Greece
Tel. +30 2109549100
Fax. +30 2109577050
Email: haruniv@hua.gr

5. Brief Description of National Healthcare System and Private Practice

The healthcare system is public. If you are an employee, it is mandatory that you are registered with the Social Insurance Institute (IKA) which covers health care and pensions.

Many individuals choose to be covered by a private insurance company as well. Greeks seek health services mainly at public medical centers, as well as private medical centers. In addition, they often visit their family doctors at their private
offices. Dietitians are usually visited at private offices, although there are dietitians present in hospitals.

Contact Information:

Ministry of Health
Aristotelous 19, Athens, Greece
Tel. +30 210 5232820-9

Social Insurance Institute (IKA)
Tel. IKA Open Line: +30 210 5205555-64 (10 lines) and 184
Web Site: www.ika.gr/en/home.cfm

6. Employment Opportunities Profile

A good number of Licentiates in Nutrition work in hospital settings- in clinical nutrition or in foodservice management, as well as in public health. Opportunities are also available in food and pharmaceutical industry, in education and communication, in sport nutrition and wellness, and in private practice.

7. Obtaining Work Permits

If you are an E.U. national you do not need a work permit. If you are a non E.U. national you can obtain a work permit if a vacant position matching your qualifications exists. The work permit is usually obtained by the employer prior to your arrival.

Contact Information:

Ministry of Labor, Dept. for Foreigners Working in Greece
Tel.: + 30 210-5295245
Fax: + 30 210-5242942

8. Local Food Customs and Culture

The current Greek diet is a combination of traditional Mediterranean cuisine, (vegetables cooked with olive oil, legumes, greens, chicken, potatoes, lamb, cheese, beef and fish mostly in the summer months), and western cuisine. Due to the change in lifestyle, particularly in larger cities, Greeks have been spending longer hours at work and as a result eat out more often. Choices include hamburgers, sandwiches, pizza, salads, souvlaki and cheese pies. Fast food establishments started opening 20 years ago and have been growing since. Not only are there Greek fast food restaurants, but many foreign chains exist here such as McDonalds, TGI, KFC, Dunkin Donuts, Pizza Hut and many others. Previously, most Greeks ate their main meal in the afternoon which was usually homemade and ate a light meal in the evening. Today, with more women in the
workplace and longer work hours, the afternoon meal is not as common and Greeks end up eating mostly in the evening and very often delivery or take out meals.

And although the Mediterranean diet has gained international recognition and great popularity in the US, one can't say the same of its birthplace. A recent report of the *Food and Agriculture Organization of the United Nations* shows that Greeks, Italians and other Mediterranean nations are consuming more and calories, more saturated fat. Sadly today, a massive 75% of the population in Greece is obese or overweight - an ironic first in the European Union.

Socially, it should be noted that Greeks enjoy their food and very often an outing is centered around going out to eat. In addition, Greeks have a great interest for foreign cuisines, particularly Italian, Asian and French.

9. CE Opportunities

CPE opportunities are provided through IAAND professional development activities such as IAAND conferences and webinars, through the Academy distance learning programs, the Journal of the Academy of Nutrition and Dietetics and the Academy Foundation resources.

10. IAAND Volunteer Opportunities

Opportunities to assist IAAND with your time are probably endless. Learn as much as you can about IAAND and where your skills and interest would be of most benefit both to you and to IAAND. You could:

- Assist IAAND in spreading awareness about nutrition and dietetics globally and advocating for nutrition issues in your local communities.
- Support IAAND’s growth by recruiting new members and assisting fundraising team.
- Be a member on the IAAND leadership team
- Assist in organizing conferences
- Submit articles to the IAAND newsletter
- Be a [Kids Eat Right International](https://www.kidseatright.org) volunteer.

For further information please contact the Country Rep for Greece:
[CR-greece@iaand.org](mailto:CR-greece@iaand.org)

Written by: Elena Paravantes (2019)