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|  | <p>ENDORSED BY</p>  | <p>HEALTH in BUILDINGS</p> <h1 style="margin: 0;">HYGEIA 2026</h1> <p style="font-style: italic; margin: 0;">where the medical & engineering professions collaborate & innovate</p> |  <p style="font-size: 24px; font-weight: bold; margin: 0;">TEE</p> <p style="font-weight: bold; margin: 0;">Hellenic Chapter</p> |
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May 27-29, 2026 - Island of KOS, Greece

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| # | <p style="font-weight: bold; color: blue;">Vera Giannakitsa,</p> <p style="color: blue;">Dietitian-Nutritionist, Hellenic Mediterranean University of Crete MSc Medical School of Athens</p> |  |
| Title: | Owner of Nutriology Dietetics Office | |
| email: | info@nutriology.gr | • |
| Presentation title: | The impact of Nutrition on Cognitive Performance in Indoor Work Environments. | |
| <p style="color: blue;">Cognitive performance is a key determinant of productivity, decision-making, and overall wellbeing in indoor work environments.</p> <p style="color: blue;">Contemporary research on healthy buildings highlights the importance of indoor environmental quality, including air quality, thermal comfort, and lighting, as critical factors influencing cognitive function and mental performance.</p> <p style="color: blue;">At the same time, nutritional factors such as meal composition, hydration status, and eating patterns are well established as key contributors to brain function, attention, and energy regulation. However, the interaction between indoor environmental conditions and nutrition-related behaviors remains relatively underexplored.</p> <p style="color: blue;">This presentation examines how indoor environments may influence cognitive performance both directly, through environmental parameters, and indirectly, by shaping nutritional behaviors and physiological responses. Evidence suggests that factors such as air quality, temperature, and spatial design can affect concentration, response time, and mental clarity, while nutrition plays a complementary role in sustaining cognitive function and reducing fatigue.</p> <p style="color: blue;">By integrating perspectives from nutrition science and indoor environmental research, this work proposes a human-centered approach to workplace wellbeing, where cognitive performance is supported through both environmental design and daily behavioral factors. The aim is to contribute to a more holistic understanding of health and performance in indoor environments, highlighting opportunities for interdisciplinary collaboration in the design of healthier workspaces.</p> | | |
| Short CV: | <p style="color: blue;">Vera Giannakitsa is a Dietitian–Nutritionist, based in Athens. She is the owner of the multiple times awarded Nutriology Dietetics Office, established in 2020. She holds a degree from the Hellenic Mediterranean University of Crete and a Master’s degree from the Medical School of the National and Kapodistrian University of Athens. She is currently training in psychology and systemic art psychotherapy, with an interest in nutrition-related behavior.</p> | |

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CV:

Vera Giannakitsa is a Dietitian–Nutritionist based in Athens. She is the owner of the multiple times awarded Nutriology Dietetics Office, established in 2020. She has extensive professional experience in clinical and applied nutrition, with a focus on weight management, nutritional assessment and dietary intervention in everyday practice.

She has worked across multiple settings, including private practice, healthcare environments, and fitness facilities, gaining practical experience in individualized nutrition planning, patient evaluation, and long-term dietary support.

She holds a degree in Nutrition and Dietetics from the Hellenic Mediterranean University of Crete and a Masters degree in Environment and Health from the Medical School of the National and Kapodistrian University of Athens, with a focus on environmental factors affecting health.

In parallel, she is currently training in psychology and systemic art psychotherapy, with a particular interest in the behavioral aspects of nutrition and lifestyle modification.

Her work emphasizes evidence-based practice and a structured, individualized approach to nutritional care, aiming to support sustainable health outcomes through both physiological and behavioral pathways.