



The Cypriot Children's Health and Environment Observatory

Selected **results, events and webinars** from April 2025 onwards – all with one goal: healthier schools and healthier children.

Insights from the CHILDREN_FIRST Observatory

EDITORIAL

This year, 2025, has been an exciting and busy year for the **CHILDREN_FIRST Observatory** and its network of **22 participating schools** throughout the Republic of Cyprus, covering all districts and all degrees of urbanization. Thanks to the participating children and their parents, CHILDREN_FIRST researchers and collaborators were able to successfully finalise data and sample collection for the first follow-up of the children's exposome (multiple environmental exposures) and health in the first quarter of 2025. In this last quarter of 2025, we are getting ready for the second follow-up (early 2026). We observe how children play, learn and spend their daily routines and we integrate these insights using the human exposome concept.

Prevention is key to the child's growth and we are happy to share each child's personalized health and environment results with their parents. **We warmly thank all parents and children for their continuous engagement and trust in the Observatory**; their participation makes this effort meaningful and helps us better understand and protect children's health in Cyprus.

Whenever health results are above normal or clinical cutoffs, our paediatrician promptly contacts parents, provides guidance and re-directs them to their own personal doctor for follow-up. Our Observatory also provides feedback to participating schools on their indoor/outdoor air and the drinking water quality, including metrics of sanitation and hygiene practices.

Aggregate results of the CHILDREN_FIRST Observatory are also shared with the Ministry of Education, Sports and Youth and the Ministry of Health. The individual level data and samples are stored securely in the cloud of the Cyprus University of Technology and in the biobank.cy at the University of Cyprus, respectively, to support ongoing research on epidemiological patterns and children's population health trends.

Our CHILDREN_FIRST Observatory is gaining momentum internationally, both at the European level, where it was presented as a featured exposome case study at a **European Parliament** event and also globally, by being featured as a case study in the **Planetary Health Alliance** website. Our network will continue to systematically bring together researchers, policymakers, and health professionals to strengthen health-promoting activities in every school community, supporting children's well-being, growth and development.

We hope you will find this newsletter informative. If you have any questions or comments, please get in touch with us!

Konstantinos C. Makris, PhD
CHILDREN_FIRST Coordinator

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Transforming schools to health-promoting schools

03 December 2025
News

HEALTH-PROMOTING SCHOOLS

As part of the EUthyroid2 project, Prof. Dr. Konstantinos Makris gave an overview of the importance of raising health awareness in Cyprus schools and the efforts to transform schools into health-promoting schools at a high-level meeting of the WHO Regional Office for Europe and Iodine Global Network in Brussels.

[Read more](#)

Real-World Data (RWD) and AI The OHDSI-GR initiative

 26 NOV 2025 (WED)



Webinar: Real-World Data (RWD) and AI - The OHDSI-GR initiative

26 November 2025
Webinar Series

WEBINAR

As part of the 2025 webinar series, CHILDREN_FIRST hosted **Dr. Pantelis Natsiavas** from the Centre for Research & Technology Hellas (INAB|CERTH) to discuss challenges of the use of RWD and its combination with Causal ML.

[Read more](#)

Δασικές Πυρκαγιές και Υγεία Παιδιών

Πράσινη εβδομάδα 2025:
Εξοικονόμηση – Καινοτομία – Βιωσιμότητα



Green Week 2025: Forest fires and Children's Health

20 October 2025
News

GREEN WEEK 2025

The Cypriot Children's Health and Environment Observatory (CHILDREN_FIRST) participated as a **co-organiser** in **Green Week 2025** (13–19 October 2025), held under the auspices of the Municipalities of Limassol, Kourion, Polemidia and Amathus and the Limassol District Self-Government Organization (EOA). Moderated by **Ms Stella Alexandri** (Cypronetwork), the event featured talks and discussions focusing on forest fires and children's health, with contributions from community leaders, the Fire Service and CHILDREN_FIRST researchers.

[Read more](#)



Findings of the 11th annual Public Health Workshop

8 October 2025
News

KEY FINDINGS

The 11th Annual Public Health Workshop (7–8 October 2025) focused on **Children's Health and Healthy Schools** in Cyprus and highlighted the need for sustained investment in school environments that promote health. Organised for eleven consecutive years by the Cyprus International Institute for Environmental and Public Health, and held under the auspices of the President of the Republic, the workshop brought together ministries, experts and stakeholders to discuss key challenges and findings for children and schools.

[Read more](#)



Environmental measurements: Extent of wildfire's impact on Public Health

30 July
2025
News

WILDFIRES

In statements by Prof. Dr. Konstantinos Makris, it was underlined that **wildfire response** must include **spatially repeated environmental measurements and human biomonitoring**. This approach is essential to track pollutants and understand how long-lasting the health effects of wildfire-related exposures can be for affected populations.

[Read more](#)



Results: Air and water quality of the 22 primary schools

5 June 2025
Results

RESULTS

The Cyprus Children's Health and Environment Observatory carried out annual preventive examinations in **22 primary schools**, combining children's health indicators with measurements of classroom air and drinking water quality (February–June 2024). These data help schools and families understand the conditions children are exposed to and inform practical recommendations for safer school environments.

[Read more](#)



From the Oldest to the Youngest: What the Global Supercentenarian Cohort Network Study Can Offer Regarding Healthy Beginnings

3 June
2025
Webinar
Series

WEBINAR

As part of the 2025 webinar series, CHILDREN_FIRST hosted **Prof. Sungsoo Chun** (American University in Cairo) to discuss findings from the study of supercentenarians (people aged 105+). The talk highlighted how long-lived individuals often share features such as low-toxin environments, physical activity from early life and strong social networks, offering valuable lessons for healthy beginnings in childhood.

[Read more](#)



CHILDREN FIRST at Reflect Festival

27 May 2025
News

FESTIVAL

Reflect Festival proved to be an enriching experience for CHILDREN_FIRST, full of new connections and meaningful discussions on child health and prevention. The Observatory's presence highlighted that cooperation between all stakeholders is essential to safeguarding children's health.

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Προσωπικές εμπειρίες

Testimonials



Parents Testimonials for CHILDREN_FIRST

26 May 2025
Testimonials

PARENTS' VOICES

Parents describe how joining the Observatory allowed them to look at multiple health and environmental factors affecting their children for the first time. They emphasise how preventive screening results support early detection of possible issues and help families and doctors better protect children's health over time.

[Read more](#)



CHILDREN FIRST at Cyprus Diaspora Forum

14 May 2025
News

EVENT

CHILDREN_FIRST participated in the **Cyprus Diaspora Forum** (7–10 May, Amara Hotel, Limassol), using the opportunity to create new connections and exchange ideas. The Observatory joined the panel “*The Future of Healthcare: Changes that are transforming Cyprus Healthcare Industry*” to present its vision and discuss the future of health and prevention in Cyprus.

[Read more](#)



Children’s Health: Everyone’s responsibility

17 April 2025
News

OBSERVATORY PARTNERS

An update meeting with **members of the Advisory Board** and partners **AbleBook, SHOEBBOX, Paradox Museum Limassol** and **Green Energy Group** reviewed the progress of CHILDREN_FIRST. The session focused on exchanging ideas for the best operation of the Observatory and recognising partners’ important contributions, including a commemorative plaque of appreciation for 2024 activities. The role of the Observatory’s Advisory Board (OAB) is to provide strategic advice and support to the Observatory. The OAB members are external experts who help the Observatory achieve its goals by offering advice, expertise, and guidance: **Dr. Marianna Prokopi-Demetriades, Maria Kyriakou and Eliza Markidou**.

[Read more](#)



New Research Program for Adults! Join our study on Metabolic Associated Steatotic Liver Disease (MASLD)

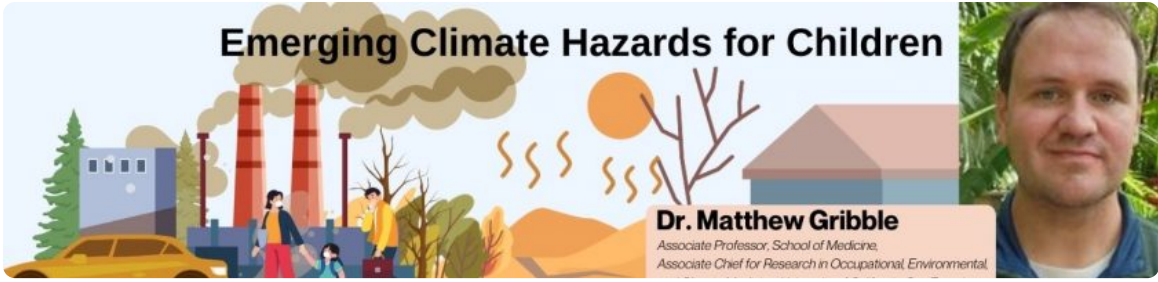
News

NEWS

🌟 Have you been diagnosed with Non-Alcoholic Fatty Liver Disease (NAFLD)? If you are: 18–65 years old A permanent resident of Cyprus (for at least the past year) Registered with the Cyprus General Healthcare System (GeSY) 📍 We invite you to take part in an innovative chrono-nutrition study aiming to improve liver health by working with your body’s biological clock.

More info: Ms. Elina Ioannou (99-688943, elii.ioannou@edu.cut.ac.cy)

Emerging Climate Hazards for Children



Dr. Matthew Gribble

Associate Professor, School of Medicine,
Associate Chief for Research in Occupational, Environmental,

WEBINAR: Emerging Climate Hazards for Children

17 April 2025
Webinar Series

WEBINAR

CHILDREN_FIRST and the Cyprus International Institute for Environmental and Public Health hosted **Dr Matthew Gribble** (UCSF) to explore how climate change is reshaping environmental exposures – from floods and wildfires to changes in drinking water, seafood, air pollution and pollen – and what this means for children’s health now and in the future.

[Read more](#)

Become part of the Observatory

If you, your school or organisation is interested in collaborating with the Cypriot Children’s Health and Environment Observatory, contact us at children.first.cyprus@gmail.com.



With the support of the Ministry of Education, Sports and Youth and the Cyprus Pediatric Society



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