

Biography dr. Ioan Hanes



Dr. Ioan Hanes is one of the pioneers in the field of lifestyle medicine in Europe. Since 2018, Dr. Hanes has been a board member and past-vice-chairman of the European Lifestyle Medicine Organization (ELMO). He is also the founder of the Belgian Lifestyle Medicine Organization (BELMO) which, together with ELMO, led to a joint action for the development of the first European Lifestyle Medicine Certificate: Health and Fitness Lifestyle Advisor. The certificate he developed and coordinated has trained more than 350 health professionals from Europe and around the world to acquire the practical skills to prevent and treat lifestyle-related chronic diseases (<https://www.eulm.org/elmo> certificate). Since 2019, Dr. Hanes has been the organizer and member of the Scientific Committee of the ELMO Congress. He is the coordinator and author of the first European e-book on lifestyle medicine, “Lifestyle Medicine and Chronic Diseases: Prevention and Treatment”. He coordinates the Sexual Health and Lifestyle Medicine module in the first European MSc Lifestyle Medicine, University of Thessaly, Greece.

He is trained in Lifestyle Medicine at Harvard University, Boston, USA, and in Motivational Interviewing at Massachusetts University Hospital, USA. In Belgium, he is certified as a clinical sexologist at the ULB and graduated with a Master’s degree in human sexuality and family studies at KU Leuven. He is also a member of the Société Belge des Médecins Nutritionnistes and graduated with a Master’s degree in food sciences and nutrition at Ghent University. He speaks five languages fluently: English, French, Dutch, Romanian and Hungarian.

He works as a nutritionist and coordinates the Obesity MeNuFit department at the Military Hospital in Brussels. He is also a medical expertise doctor for various governmental agencies.