

Expression of Interest



Contact Person/Scientist in Charge

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University CEU Cardenal Herrera

Department / Institute / Centre

- **Name:** University CEU Cardenal Herrera
- **Address:** Avd. Seminario S/N 46113 Montcada
- **Province:** Valencia

Research Area

- Life Sciences (LIF)

Brief description of the institution:

CEU Cardenal Herrera University belongs to the CEU San Pablo University Foundation which is a non-profit charitable educational institution with over 75 years' worth of experience in the field of education. In the context of the European framework in which we find ourselves, the internationalisation of the Research in our University is one of our main objectives.

Brief description of the Centre/Research Group (including URL if applicable):

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Research group in: elderly, wellbeing, health related quality of life, physical activity health care, web/mobile intervention.

Project description:

Change in demographics, and specifically physical impairment associated with elderly, is a challenge for welfare society. By the other side, prevalence of obesity in elderly has significantly increased during the last decades. Sarcopenic obesity -a powerful predictor of functional disability and mortality in elderly population-, justifies that both diet restriction and exercise should be combined to decrease body fat. Healthy eating and regular exercise play an important role to maintain health while ageing. Nutritional education and exercise practice could be monitored by different means, such as Internet, face to face and/or through exercise diaries. Information and Communication Technologies (ICTs) could be a useful tool to promote health, and could be used to work on barriers, such as low motivation and difficulties to maintain exercise or diet. ICTs also have other important advantages, especially their good cost-benefit relationship and the possibility of increasing the efficiency of interventions, allowing them to reach a wider audience at a lower cost. The aim of this research project is to design a multidisciplinary, online, multimedia, interactive and self-administered intervention implemented during 6 months through Internet and the mobile phone, aimed at achieving healthy ageing through exercise and nutritional education in Spanish and Finish overweight/obese elderly population. Assessment will include physical activity level, dietary habits, physical function (measured with TUG, 6MWT, SPPB, BBS, OLS, Grip-Strength, etc.), body composition, bone mineral density, other biomedical variables usually measured in daily clinical practice (blood pressure, lipid and glucose metabolism and arterial stiffness), cognitive capacity, and health related quality of life

Applications

Please send CV and motivation letter.