



UNIVERSITY: University of Navarra (UNAV)

WIT PROGRAMME'S RESEARCH LINE NAME: Health, diet and lifestyles in adults

DOCTORAL PROGRAMME Doctoral program of applied medicine and biomedicine <https://en.unav.edu/web/doctoral-program-of-applied-medicine-and-biomedicine>

COMPLETE DESCRIPTION OF THE LINE

It is well known that chronic diseases are the leading cause of death worldwide. These diseases are largely determined by the lifestyles of citizens that make up modifiable risk factors. Of these, dietary and nutritional factors are key in the prevention of chronic diseases. For all these reasons, in 1999 the **SUN project** began, a multipurpose dynamic cohort of Spanish university graduates to assess how diet and lifestyles influence the incidence of chronic diseases. Currently, it consists of more than 23,000 participants with a median follow-up of 12 years and a retention of 90%, it is being studied whether the empowerment of the individual through increasing their psychological well-being, measured through the Ryff scale previously validated, is associated with better health. On the other hand, work is also being done on alcohol consumption patterns and their relationship with individuals' quality of life. The cohort has produced >280 peer-review papers during the last 15 years.

RESEARCH GROUP NAME: Epidemiology and Public Health



COORDINATOR: Miguel Angel Martinez Gonzalez

- Last and first name; link to the “Portal of scientific production”:
Martínez-González, Miguel Ángel
<https://pubmed.ncbi.nlm.nih.gov/?term=martinez-gonzalez+ma&sort=date>
- Department: Preventive Medicine and Public Health
- Email: mamartinez@unav.es
- Telephone number: +34-948425600 Ext. 80-6463

MEMBERS OF THE LINE RESEARCH:

- Prof. Maira Bes-Rastrollo
- Prof. Miguel Ruiz-Canela
- Prof. Estefanía Toledo
- Dr. Alfredo Gea
- Dr. Nerea Martin-Calvo
- Dr. Alejandro Fernández Montero
- Dra. Cristina Razquin
- Dra. Leticia Goñi

ANOTHER RESEARCH LINES OF THE GROUP

-Cardiovascular prevention with a Mediterranean diet: The group is a leading center in the **PREDIMED** and **PREDIMED-PLUS** (funded by an hoc ERC Advanced Research Grant) projects, multicenter randomized trials with more than 6,800 people in each trial. They assess whether following a Mediterranean diet and a hypocaloric Mediterranean diet together with an increased physical activity is associated with a decrease in cardiovascular disease.



-**Metabolomics** nested in the **PREDIMED** and **PREDIMED-PLUS** trials, for assessing metabolomic profiles in association with cardiovascular disease, type 2 diabetes and other chronic disease outcomes (4 NIH-funded grants).

-PREDIMAR trial: Secondary prevention of atrial fibrillation through remote intervention to increase adherence to the Mediterranean diet with the aim of reducing the percentage of relapses that occur after ablation.

-Life-Breast Trial: Secondary prevention of breast cancer through a Mediterranean diet enriched with extra virgin olive oil with the aim of reducing the number of recurrences of breast cancer.

-NAMETI-Alcohol Trial: Pilot study of a randomized trial in which the best recommendation on alcohol consumption is evaluated in patients who drink at least 3 drinks per week through a telematic intervention.

-VEGANScreener Project: Development of a simple questionnaire to identify possible nutritional deficiencies in people who consume a vegan diet.

-SENDO Project: Cohort study of children between 4 and 6 years of age who are followed-up until they reach the age of majority.

- Entities involved in research lines and contact person:
 - ✓ Academic entities: Facultad de Medicina, Universidad de Navarra-Prof. Marta Ferrer; CIBERobn-Prof. Carlos Diéguez
 - ✓ Industrial entities: N/A
- Joint supervision of doctoral thesis with international universities or non academic institutions:

-Prof. Frank Hu: Harvard School of Public Health, Boston, USA.



- Prof. Oscar Franco: Institute of Social and Preventive Medicine (ISPM)- University of Bern.
- Prof. Simona Bertoli: Università Degli Studi de Milano, Milán, Italia.
- Prof. Aline Cristine Souza Lopes: Federal University of Minas Gerais, Belo Horizonte, Brasil.
- Prof. Josefina Bressan: Universidade Federal de Viçosa, Minas Gerais, Brasil.

The coordinator of the group has directed 38 doctoral theses throughout his academic career. In the last 5 years, 24 doctoral theses have been defended in the Department of Preventive Medicine and Public Health, all of them with the highest qualification: Outstanding Cum Laude unanimously.

- Group review

The group is made up of a multidisciplinary team with broad complementarity (medical doctors, pharmacists, nutritionists, biochemists) who are dedicated to both the academic and clinical fields. It is one of the most productive groups in nutritional epidemiology at the Spanish level. It is part of the CIBERObn network research center, as well as the Navarra Health Research Institute (IdiSNA). The person in charge of the group has extensive teaching and research experience. He is one of the most cited researchers worldwide and has received several awards for his scientific career. Over the years, it has formed an excellent group made up of a young and dynamic team of scientists with great enthusiasm for carrying out cutting-edge epidemiological research, as evidenced by the bibliographical citations obtained by all its members in numerous national and international publications of the research team.

- Link of the group to the “Portal of scientific production”

<https://www.unav.edu/web/departamento-de-medicina-preventiva-y-salud-publica>

<https://www.ciberobn.es/grupos/grupo-de-investigacion?id=14891>



<https://pubmed.ncbi.nlm.nih.gov/?term=MARTINEZ-GONZALEZ+MA&sort=date>

<https://pubmed.ncbi.nlm.nih.gov/?term=BES-RASTROLLO+M&sort=date>

<https://pubmed.ncbi.nlm.nih.gov/?term=RUIZ-CANELA+M&sort=date>

<https://pubmed.ncbi.nlm.nih.gov/?term=TOLEDO+E+NOT+%22TOLEDO+EM%22+NOT+%22TOLEDO+EC%22+NOT+%22TOLEDO+EG%22+AND+%22NAVARRA%22&sort=date>

- Pictures, links... to academic or industrial partners

<https://www.unav.edu/>

