Klaipėda University Strategic Research Direction
„Towards Sustainable Health and Well-being“
Application for Postdoctoral Internship topic (2022-2024)

The title of the internship topic	**Lifestyle and Movement Behavior Related to Cardiometabolic and Mental Health**
Field (s) of internship, starting unit, beginning, duration	**M 004 Public Health - Health Research And Innovation Science Center – Faculty of Health Sciences (2022-2024)**
Brief description of the topic	Lithuania's life expectancy is the lowest in the Europe union, 6 years below the EU average, in addition the life expectancy for men is more than 10 years lower than for women, being cardiovascular diseases (CVD) leading cause of dead . Although CVD does not become clinically apparent until adulthood, its underlying process, has its genesis during childhood and adolescence. The adolescence is critical in setting the trajectory of an individual's life which is characterized linked to key changes in lifestyle habits, as well as metabolic and psychological functioning. The increase in the prevalence and severity of metabolic disorders, psychologic problems, sedentary behavior, tobacco and alcohol users in youth, have become a high public health priority. Diet, sleep, sedentary behavior, and physical activity levels have many health implications over the life course, particular on prevention of cardiometabolic diseases risk and promotion of psychological wellbeing. However, many questions remain regarding on what is the best combination of, sleep, sedentary behavior and physical activity(PA), to maximized cardiovascular and mental health. Moreover, not much is known about how the 24h-movement paradigm (where sleep, sedentary behavior and PA interact, conflate, and influence each other, and consequently one's health) and diet, interact and influence one´s cardiovascular and mental health.
Compliance of the topic with the goals and priorities of the strategic research direction	This topic is under the umbrella of the University of Klaipeda strategic research directions: Towards sustainable health and well-being;
Planned interim and final results (scientific output: publications, reports, etc.)	4 scientific papers published in foreign periodic scientific publications having an impact factor in the Clarivate Analytics Web of Science database (Q1 or Q2)
Requirements for a candidate	PhD in the scientific area of Health Sciences, proficiency in English; experience of epidemiological analysis methods and advanced knowledge in the use of statistical software (STATA or SPSS), meta-analysis and systematic review development. Previous research experience in projects in the area of lifestyle and health status (particularly in the study of sedentary behavior, physical activity, sleep and eating patterns); and scientific publications
Existing research infrastructure and support	Work will be performed under support of the HEALTH RESEARCH AND INNOVATION SCIENCE CENTER – providing the necessary epidemiological databases for the research development.
Potential supervisor [contact person for the topic]	Dr. Cesar Agostinis-Sobrinho cesar.agostinis@ku.lt +370 69901140

Work that has been started and is to be continued in the suggested topic	1. Agostinis-Sobrinho, C., Gómez-Martínez, S., Nova, E., Hernandez, A., Labayen, I., Kafatos, A., ... & Marcos, A. (2019). Lifestyle patterns and endocrine, metabolic, and immunological biomarkers in European adolescents: The HELENA study. Pediatric Diabetes, 20(1), 23-31. 2. Ramírez-Vélez, R., ... & Agostinis-Sobrinho, C. (2021). Evidence-based exercise recommendations to improve mental wellbeing in women with breast cancer during active treatment: a systematic review and meta-analysis. Cancers, 13(2), 264. 3. Agostinis-Sobrinho, C., Werneck, A. D. O., Kievišienė, J., Moreira, C., Ramírez-Vélez, R., Rosário, R., ... & Santos, R. (2020). Ideal cardiovascular health status and health-related quality of life in adolescents: the LABMED physical activity study. Revista Paulista de Pediatria, 39. 4. Agostinis-Sobrinho, C., Ruiz, J. R., Moreira, C., Abreu, S., Lopes, L., Oliveira-Santos, J., ... & Santos, R. (2018). Cardiorespiratory fitness and blood pressure: a longitudinal analysis. The Journal of pediatrics, 192, 130-135. 5. Agostinis-Sobrinho, C., Santos, R., Rosário, R., Moreira, C., Lopes, L., Mota, J., ... & Ramírez-Vélez, R. (2018). Optimal adherence to a Mediterranean diet may not overcome the deleterious effects of low physical fitness on cardiovascular disease risk in adolescents: A cross-sectional pooled analysis. Nutrients, 10(7), 815. 6. Beltran-Valls, ... & Agostinis-Sobrinho, C. (2021). The mediating role of adiposity in the longitudinal association between cardiorespiratory fitness and blood pressure in adolescents: LabMed cohort study. European Journal of Clinical Investigation, 51(4), e13430.