

CV Date	30/01/2024
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Part A. PERSONAL INFORMATION

First Name *	Verónica		
Family Name *	Cabanas Sánchez		
Sex *	Female	Date of Birth *	
ID number Social Security, Passport *		Phone Number *	
URL Web			
Email Address	veronica.cabanas@imdea.org		
Researcher's identification number	Open Researcher and Contributor ID (ORCID) *	0000-0003-1235-3535	
	Researcher ID	L-2554-2013	
	Scopus Author ID	55366980900	

* Mandatory

A.1. Current position

Job Title	Assistant Professor/Lecturer (Ayudante Doctor)		
Starting date	2022		
Institution	Universidad Autónoma de Madrid		
Department / Centre	Preventive Medicine, Public Health and Microbiology / Faculty of Medicine		
Country		Phone Number	
Keywords			

A.3. Education

Degree/Master/PhD	University / Country	Year
RD 1393/2007: CIENCIAS DE LA ACTIVIDAD FÍSICA Y DEPORTE	Universidad Autónoma de Madrid	2016
MÁSTER EN INNOVACIÓN, EVALUACIÓN Y CALIDAD EN EDUCACIÓN FÍSICA	Universidad Autónoma de Madrid	2012
LICENCIADO EN CIENCIAS DE LA ACTIVIDAD FÍSICA Y DEL DEPORTE	Universidad Autónoma de Madrid	2010
MAESTRO: ESPECIALIDAD DE EDUCACIÓN FÍSICA	Universidad de Valladolid	2008

Part B. CV SUMMARY

Dra. Verónica Cabanas Sánchez has a Bachelor's degree in Teaching -Physical Education by the University of Valladolid (2008); and a Bachelor's degree in Physical Activity and Sports Sciences (2010), and an official Master's degree in Innovation, Evaluation and Quality in Physical Education (2012) by the Autonomous University of Madrid. She completed her **PhD International Thesis at the Autonomous University of Madrid in July, 2016**. Among others, she got a predoctoral-contract for the Training of Research Staff (**FPI-UAM**; 2011-2015) and she gained a "**J uan de la Cierva-Incorporación**" postdoctoral-contract (IJC2018-038008I), joining the IMDEA-Food from 2020-2022. She has participated in **10 R +D+i projects** subsidized with an amount exceeding €1,000,000, and she has completed three international research stays (12 months) in centers of high prestige. The applicant has carried out **more than 60 contributions to National and International Congresses**, and a total of **65 scientific articles** published in JCR journals. She reach a h-index=19 and 1154 citations (WOS), and a h-index=25 and 1539 citations (Google Scholar). Member of the Cardiovascular and Nutritional Epidemiology group (UAM), STYLIFE research group (UAM), and CIBERESP (Centro de investigación Biomédica en Red - Epidemiología y Salud Pública).

She has **one six-year research period** and **one five-year teaching period** merit -she will apply for the second research and teaching merits during 2024.

Her research has focused on the **epidemiology of physical activity and sedentary behaviors in youth, adult, and older population**. Thus, she **has developed and validated different self-report tools** for the evaluation of active and sedentary behaviors and has worked out **computer tools for accelerometry analysis**. Relating to epidemiology of physical activity and sedentarism, she has provided detailed **descriptive data on lifestyle behaviors** in youth and older people, based on self-reported data and data from a wide variety of accelerometers. On the other hand, she has analyzed the **associations between daily behaviors and individual aspects, characteristics of the physical environment, and characteristics of the social environment** (correlates/ determinants). Further, she has investigated the relationship of physical activity and sedentary lifestyle with (i) **mental and psychosocial health** indicators such as depression, anxiety, loneliness, well-being, cognitive performance, Dementia incidence, cognitive frailty or unhealthy aging, (ii) **physical health indicators**, including the relationships with obesity, physical fitness, physical frailty, and CVD risk factors; and (iii) **mortality**.

Currently, she is assistant professor (“profesora Ayudante Doctor”, AD) in the Department of Preventive Medicine and Public Health at the UAM and is **currently supervising 3 PhD students**. She has participated as a member of the research team in **4 teaching innovation projects**. She has **supervised more than 20 Master's Thesis** and 6 undergraduate dissertations, and she has been part of several Master's Tribunals. She has taught subjects in the Degree of Physical Activity and Sports Sciences (UAM), and in the Master's Degree in Teacher Training (UEM). Since joining the Department of Preventive Medicine and Public Health (UAM) in October 2022, he has taught the following subjects:- Public Health and Epidemiology (Nursing Degree; 1st year; 2022/2023 and 2023/2024; UAM)

- Epidemiological research (Degree in Medicine; 3rd year; 2023/2024; UAM)

- Biostatistics (Degree in Medicine; 1st year; 2023/2024; UAM)

- Analysis and information processing : quantitative and qualitative approaches (Master's Degree in Physical Activity and Sports Sciences; 2022/2023 and 2023/2024; UAM).

- Epidemiological Method (Master's Degree in Epidemiology; 2023/2024)

- Preparation of research projects and scientific publications in health Sciences (Master's Degree in Epidemiology; 2023/2024)

Part C. RELEVANT ACCOMPLISHMENTS

C.1. Publications

AC: corresponding author. (n° x / n° y): position / total authors. If applicable, indicate the number of citations

1 **Scientific paper**. Duarte-Junior, MA; Martínez-Gómez, D; Pintos-Carrillo, S; Sotos-Prieto, M; Ortolá, R; Rodríguez-Artalejo, F; Cabanas-Sánchez, V. 2024. Associations of physical activity type, volume, intensity, and changes over time with all-cause mortality in older adults: The Seniors-ENRICA cohorts. Scandinavian Journal of Medicine & Science in Sports. 34-1, pp.e14536. <https://doi.org/10.1111/sms.14536>

2 **Scientific paper**. Izquierdo-Gomez, R; Martínez-Gómez, D; Shields, N; Ortolá-Vidal, R; Rodríguez-Artalejo, F; Cabanas-Sánchez, V. 2024. The role of physical activity in the association between disability and mortality among US older adults: a nationwide prospective cohort study. Geroscience [online ahead of print]. <https://doi.org/10.1007/s11357-024-01072-9>

- 3 **Scientific paper.** Blanca Fabre Estremera; Antonio Buño Soto; Esther García Esquinas; (4/7) Verónica Cabanas Sánchez; David Martínez Gómez; Fernando Rodríguez Artalejo; Rosario Ortolá. 2023. Device-measured movement behaviors and cardiac biomarkers in older adults without major cardiovascular disease: the Seniors-ENRICA-2 study. *European Review of Aging and Physical Activity.* 20-1, pp.5. <https://doi.org/10.1186/s11556-023-00313-8>
- 4 **Scientific paper.** Boonpor, J; Parra-Soto, S; Petermann-Rocha, F; et al; Celis-Morales, C. 2023. Dose-response Relationship Between Device-Measured Physical Activity and Incident Type 2 Diabetes: Findings from the UK Biobank Prospective Cohort Study. *BMC Medicine.* 21-1, pp.191. <https://doi.org/10.1186/s12916-023-02851-5>
- 5 **Scientific paper.** Alberto Grao-Cruces; Alejandro Pérez-Bey; José Jiménez-Iglesias; Carolina Cruz-León; (5/7) Verónica Cabanas-Sánchez; Óscar L. Veiga; José Castro-Piñero. 2023. Influence of Volume and Bouts of Sedentary Time and Physical Activity on School-Aged Youth's Physical Fitness: The UP & DOWN Longitudinal Study. *Journal of Physical Activity & Health.* 20-2, pp.142-148. <https://doi.org/10.1123/jpah.2022-0406>
- 6 **Scientific paper.** Mier-Mota, J; Ponce-González, JG; Perez-Bey, A; Cabanas-Sánchez, V; Veiga-Núñez, O; Santiago-Dorrego, C; Gómez-Gallego, F; Castro-Piñero, J. 2023. Longitudinal effects of FTO gene polymorphism on body composition, cardiorespiratory fitness, physical activity, inflammatory markers, and cardiovascular risk in children and adolescents. "The UP & DOWN study". *SCANDINAVIAN JOURNAL OF MEDICINE & SCIENCE IN SPORTS.* 33-11, pp.2261-2272.
- 7 **Scientific paper.** Cabanas-Sánchez, V; Duarte Junior, MA; Lavie, CJ; Celis-Morales, C; Rodríguez-Artalejo, F; Martínez-Gómez, D. 2023. Physical Activity and Cause-Specific Cardiovascular Mortality Among People With and Without Cardiovascular Disease: A Cohort Study of 0.6 Million US Adults. *MAYO CLINIC PROCEEDINGS.* <https://doi.org/10.1016/j.mayocp.2023.05.028>
- 8 **Scientific paper.** David Sánchez-Oliva; Rebecca M. Leech; Irene Esteban-Cornejo; Carlos Cristi-Montero; Alejandro Pérez-Bey; Verónica Cabanas-Sánchez; Alberto Grao-Cruces; José Castro-Piñero. 2023. Sedentary behaviour profiles and longitudinal associations with academic performance in youth: The UP&DOWN study. *Journal of Sports Sciences.* 41-2, pp.181-189. <https://doi.org/10.1080/02640414.2023.22045>
- 9 **Scientific paper.** (1/4) Cabanas-Sánchez, V. (AC); Yu, T.; Rodríguez-Artalejo, F.; Martínez-Gómez, D.2023. Weight loss as a risk factor for suicide. A prospective cohort study in more than 200,000 adults. *Obes Res Clin Pract.* Online ahead of prin. <https://doi.org/10.1016/j.orcp.2023.04.002>
- 10 **Scientific paper.** Ortolá, R.; García-Esquinas, E.; Bruño, A.; et al; Rodríguez-Artalejo, F; (4/11) Cabanas-Sánchez, V. 2022. Associations of device-measured sleep, sedentariness and physical activity with growth differentiation factor 15 in older adults. *Journal of Cachexia, Sarcopenia and Muscle.* 13-2, pp.1003-1012. <https://doi.org/10.1002/jcsm.12924>
- 11 **Scientific paper.** Marta Rojo; Tatiana Lacruz; Santos Solano; et al; Ana Rosa Sepúlveda; (11/14) Verónica Cabanas-Sánchez. 2022. ENTREN-F family-system based intervention for managing childhood obesity: Study protocol for a randomized controlled trial at primary care. *Obesity research & clinical practice.* 16(4), pp.319-329. <https://doi.org/10.1016/j.orcp.2022.07.001>
- 12 **Scientific paper.** Esteban-Cornejo, I; Ho, F; Petermann-Rocha, F; et al; Celis, C; (6/13) Cabanas-Sánchez, V. 2022. Handgrip strength and all-cause dementia incidence and mortality: findings from the UK Biobank prospective cohort study. *Journal of Cachexia, Sarcopenia and Muscle.* 13-3, pp.1514-1525. <https://doi.org/10.1002/jcsm.12857>
- 13 **Scientific paper.** Martínez-Gómez, D; (2/7) Cabanas-Sánchez, V; Yu, T.; Rodríguez-Artalejo, F; Ding D.; Lee, I-M; Ulf, E.2022. Long-term leisure-time physical activity and risk of all-cause and cardiovascular mortality: dose-response associations in a prospective cohort study of 210 327 Taiwanese adults. *British Journal of Sports Medicine.* 56-16, pp.919-926. <https://doi.org/10.1136/bjsports-2021-104961>
- 14 **Scientific paper.** (1/10) Cabanas-Sánchez, V; Esteban-Cornejo, I; Parra-Soto, S.; et al; Celis, C. 2022. Muscle strength and incidence of depression and anxiety: findings from the UK Biobank prospective cohort study. *Journal of Cachexia, Sarcopenia and Muscle.* 13-4, pp.1983-1994. <https://doi.org/10.1002/jcsm.12963>

- 15 **Scientific paper.** María Reyes Beltrán-Valls; (2/6) Verónica Cabanas-Sánchez (AC); Kabir P. Sadarangani; Fernando Rodríguez-Artalejo; Diego Moliner-Urdinales; David Martínez-Gómez. 2022. Physical activity and diabetes mortality in people with type 2 diabetes: a prospective cohort study of 0.5 million US people. *Diabetes & Metabolism.* 49-1, pp.101410. <https://doi.org/10.1016/j.diabet.2022.101410>.
- 16 **Scientific paper.** Muntaner-Mas, A.; Mora-González, J.; Perales, J. C.; Salmon, J.; (5/6) Cabanas-Sánchez, V; Esteban-Cornejo, I.2022. Prospective associations between physical fitness and executive function in adolescents: the UP&DOWN study. *Psychology of Sport & Exercise.* 61, pp.102203. <https://doi.org/10.1016/j.psychsport.2022.102203>
- 17 **Scientific paper.** Parker, K; Timperio, A; Salmon, J; et al; Veiga, O L; (7/10) Cabanas-Sánchez, V. 2021. Activity-related typologies and longitudinal change in physical activity and sedentary time in children and adolescents: The UP & DOWN Study. *Journal of Sport and Health Science.* 10-4, pp.447-453. <https://doi.org/10.1016/j.jshs.2020.02.004>
- 18 **Scientific paper.** Ortolá, R; García-Esquinas, E; (3/6) Cabanas-Sánchez, V; Migueles, J.H.; Martínez-Gómez, D; Rodríguez-Artalejo, F. 2021. Association of physical activity, sedentary behavior and sleep with unhealthy aging: consistent results for device-measured and self-reported behaviors using isotemporal substitution models. *The Journals of Gerontology: Series A.* 76-1, pp.85-94. <https://doi.org/10.1093/gerona/glaa177>
- 19 **Scientific paper.** Izquierdo-Gómez, R; Esteban-Cornejo, I; (3/6) Cabanas-Sánchez, V; Villagra, A; Veiga, O L; Martínez-Gómez, D. 2021. Bidirectional longitudinal associations of fatness with physical fitness in adolescents with Down syndrome. The UP&DOWN Longitudinal study. *Journal of Applied Research in Intellectual Disabilities.* 34-1, pp.90-98. <https://doi.org/10.1111/jar.12788>
- 20 **Scientific paper.** Parker, K; Timperio, A; Salmon, J; et al; Veiga, OL; (7/10) Cabanas-Sánchez, V. 2021. Correlates of dual-trajectories of physical activity and sedentary time in youth: The UP & DOWN longitudinal Study. *Scandinavian Journal of Medicine and Science in Sports.* 31-5, pp.1126-1134. <https://doi.org/10.1111/sms.13927>
- 21 **Scientific paper.** (1/8) Cabanas-Sánchez, V. (AC); Esteban-Cornejo, I.; García-Esquinas, E.; Ortolá, R.; Ara, I.; Rodríguez-Gómez, I.; Rodríguez-Artalejo, F.; Martínez-Gómez, D.2021. Cross-sectional and prospective associations of sleep, sedentary and active behaviors with mental health in older people: A compositional data analysis from the Seniors-ENRICA-2 study. *International Journal of Behavioral Nutrition and Physical Activity.* 18-1, pp.124. <https://doi.org/10.1186/s12966-021-01194-9>
- 22 **Scientific paper.** Suarez-Villadat, B.; Villagra, A.; Veiga, O. L.; (4/5) Cabanas-Sánchez, V; Izquierdo-Gómez, R.2021. Prospective Associations of Physical Activity and Health-Related Physical Fitness in Adolescents with Down Syndrome: The UP&DOWN Longitudinal Study. *International Journal of Environmental Research and Public Health.* 18-11, pp.5521. <https://doi.org/10.3390/ijerph18115521>
- 23 **Scientific paper.** Martinez-Gomez, D; Hamer, M; Ortega, F B; (4/7) Cabanas-Sánchez, V; Sadarangani, K P; Lavie, C J; Rodriguez-Artalejo, F. 2020. Association of Changes in Physical Activity and the Incidence and Remission of Overall and Abdominal Obesity in 113,950 Adults. *Obesity (Silver Spring).* 28-3, pp.660-668. <https://doi.org/10.1002/oby.22709>
- 24 **Scientific paper.** Sánchez-Oliva, D; Esteban-Cornejo, I; Padilla-Moledo, C; Pérez-Bey, A; (5/7) Cabanas-Sánchez, V; Veiga, O L; Castro-Piñero, J. 2020. Associations between physical activity and sedentary time profiles transitions and changes in well-being in youth: The UP&DOWN longitudinal Study. *Psychology of Sport and Exercise.* 47, pp.101558. <https://doi.org/10.1016/j.psychsport.2019.101558>
- 25 **Scientific paper.** Higuera-Fresnillo, S.; de la Cámara, M. A.; (3/4) Cabanas-Sánchez, V.; Martínez-Gómez, D. 2020. Associations of Frailty and Physical Function with a Daily Activities Measured by a Pattern-Recognition Activity Monitor: An Isotemporal Substitution Analysis in the IMPACT65+ Study. *Journal of Nutrition Health & Aging.* 24-1, pp.55-62. <https://doi.org/10.1007/s12603-019-1296-5>

- 26 Scientific paper.** Camilleti-Moirón, D; Timperio, A; Jenny Veitch; et al; Castro-Piñero, J; (7/10) Cabanas-Sánchez, V. 2020. Changes in and the mediating role of physical activity in relation to active school transport, fitness and adiposity among Spanish youth: the UP&DOWN longitudinal study. *International Journal of Behavioral Nutrition and Physical Activity.* 17, pp.37. <https://doi.org/10.1186/s12966-020-00940-9>
- 27 Scientific paper.** Grado-Cruces, A.; Sánchez-Oliva, D.; Padilla-Moledo, C.; Izquierdo-Gomez, R.; (5/6) Cabanas-Sánchez, V.; Castro-Piñero, J. 2020. Changes in the school and non-school sedentary time in youth: The UP&DOWN longitudinal study. *Journal of Sports Sciences.* 38-7, pp.780-786. <https://doi.org/10.1080/02640414.2020.1734310>
- 28 Scientific paper.** De la Cámara, M; Higuera-Fresnillo, S; (3/6) Cabanas-Sánchez, V; Sadarangani, Kabir P; Martínez-Gomez, D; Veiga, OL. 2020. Criterion validity of the sedentary behavior question from the Global Physical Activity Questionnaire in Older Adults. *Journal of Physical Activity & Health.* 17-1, pp.2-12. <https://doi.org/10.1123/jpah.2019-0145>
- 29 Scientific paper.** Sánchez-Oliva, D; Leech, R; Grao-Cruces, A; Esteban-Cornejo, I; Padilla, C; Veiga, O L; (7/8) Cabanas-Sánchez, V; Castro-Piñero, J. 2020. Does modality matter? A latent profile and transition analysis of sedentary behaviors among school-aged youth: The UP&DOWN Study. *Journal Of Sports Sciences.* 38-9, pp.1062-1069. <https://doi.org/10.1080/02640414.2020.1741252>
- 30 Scientific paper.** (1/6) Cabanas-Sánchez, V (AC); Izquierdo-Gómez, R; Esteban-Cornejo, I; Padilla-Moledo, C; Castro-Piñero, J; Veiga, O L. 2020. How socio-demographic and familiar circumstances are associated with total and domain-specific sedentary behavior in youth? The UP&DOWN study. *European Journal of Sport Science.* 20-8, pp.1102-1112. <https://doi.org/10.1080/17461391.2019.1691271>
- 31 Scientific paper.** (1/9) Cabanas-Sánchez, V (AC); Artero, E; Lavie, C; et al; Martínez-Gómez, D. 2020. Prediction of Cardiovascular Health by Non-exercise Estimated Cardiorespiratory Fitness. *Heart.* 106, pp.1832-1838. <https://doi.org/10.1136/heartjnl-2020-316871>
- 32 Scientific paper.** (1/6) Cabanas-Sánchez, V (AC); García-Cervantes, L; Esteban-Gonzalo, L; Girela-Rejón, M J; Castro-Piñero, J; Veiga, O L. 2020. Social correlates of sedentary behavior in young people. The UP&DOWN study. *Journal of Sport and Health Science.* 9-2, pp.189-196. <https://doi.org/10.1016/j.jshs.2019.03.005>
- 33 Scientific paper.** (1/7) Cabanas-Sánchez, V (AC); Esteban-Cornejo, I; Migueles, Jairo H; Banegas-Banegas, J.R; Graciani, A; Rodríguez-Artalejo, F; Martínez-Gomez, D. 2020. Twenty Four-Hour Activity Cycle in Older Adults Using Wrist-Worn Accelerometers: The Seniors-ENRICA-2 Study. *Scandinavian Journal of Medicine & Science in Sports.* 30-4, pp.700-708. <https://doi.org/10.1111/sms.13612>
- 34 Scientific paper.** Martínez-Gómez, D; Lavie, CJ; Hamer, Mark; et al; Rodríguez-Artalejo, F; (4/10) Cabanas-Sánchez, V. 2019. Physical activity without weight loss reduces the development of cardiovascular disease risk factors - a prospective cohort study of more than one hundred thousand adults. *Progress in Cardiovascular Diseases.* 62-6, pp.522-530. <https://doi.org/10.1016/j.pcad.2019.11.010>
- 35 Scientific paper.** (1/5) Cabanas-Sánchez, V (AC); Higuera-Fresnillo S; Cámara MÁ; Esteban-Cornejo I; Martínez-Gómez, D. 2019. 24-Hour Movement and Nonmovement Behaviors in Older Adults. The IMPACT65+ Study. *Medicine & Science in Sports & Exercise.* 51-4, pp.671-680. <https://doi.org/10.1249/MSS.0000000000001838>
- 36 Scientific paper.** (1/5) Cabanas-Sánchez, V (AC); De la Cámara, MA; Sadarangani, Kabir P; Higuera-Fresnillo, Sara; Martínez-Gomez, D. 2019. Associations of Daily Activities Measured by a Pattern-recognition Activity Monitor with Overall and Abdominal Obesity in Older People: the IMPACT65+ Study. *International Journal of Obesity.* 43, pp.2545-2554. <https://doi.org/10.1038/s41366-019-0439-4>
- 37 Scientific paper.** (1/6) Cabanas-Sánchez, V (AC); Martínez-Gómez, D; Esteban-Cornejo, I; Pérez-Pérez, A; Castro-Piñero, J; Veiga, O L. 2019. Associations of total sedentary time, screen time and non-screen sedentary time with adiposity and physical fitness in youth: the mediating effect of physical activity. *Journal of Sports Sciences.* 37-8, pp.839-849. <https://doi.org/10.1080/02640414.2018.1530058>

- 38 Scientific paper.** Grao-Cruces, A; David Sánchez-Oliva; Víctor Segura? Jiménez; (4/8) Cabanas-Sánchez, V; Martínez-Gómez, D; Fernando Rodríguez? Rodríguez; Luis A. Moreno; Castro-Piñero, J. 2019. Changes in compliance with school-based physical activity recommendations in Spanish youth: The UP&DOWN longitudinal study. *Scandinavian Journal of Medicine & Science in Sports*. 24-1, pp.554-565. <https://doi.org/10.1111/sms.13355>
- 39 Scientific paper.** Esteban-Cornejo, I; (2/7) Cabanas-Sánchez, V; Higuera-Fresnillo, S; Ortega, FB; Kramer, AF; Rodríguez-Artalejo, F; Martínez-Gómez, D. 2019. Cognitive Frailty and Mortality in a National Cohort of Older Adults: the Role of Physical Activity. *Mayo Clinic Proceedings*. 94-7, pp.1180-1189. <https://doi.org/10.1016/j.mayocp.2018.10.027>
- 40 Scientific paper.** (1/6) Cabanas-Sánchez, V (AC); Izquierdo-Gómez, R; García-Cervantes, L; Castro-Piñero, J; Conde-Caveda, J; Veiga, O L. 2019. Environmental correlates of total and domain-specific sedentary behaviour in young people. The UP&DOWN study. *European Journal of Sport Science*. 19-5, pp.696-706. <https://doi.org/10.1080/17461391.2018.1551425>
- 41 Scientific paper.** Castro-Piñero, J; Pérez-Pérez, A; Cuenca-García, M; (4/8) Cabanas-Sánchez, V; Gómez-Martínez, S; Veiga, O L; Marcos, A; Ruíz, J. 2019. Muscle Fitness Cut Points for Early Assessment of Cardiovascular Risk in Children and Adolescents. *The Journal of Pediatrics*. 206, pp.134-141. <https://doi.org/10.1016/j.jpeds.2018.10.026>

C.2. Conferences and meetings

- 1** Pintos-Carrillo, S; Martínez-Gómez, D; Duarte Junior, MA; Ortola, R; Rodríguez-Artalejo, F; Cabanas-Sánchez, V. Characteristics and mortality risk of US adults unable to perform physical activity: data from 1998-2018 NHIS cohorts. III Simposio EXERNET: "Ejercicio físico para la salud a lo largo de la vida". EXERNET Red Española de Investigación en Ejercicio y Salud. 2023. Spain.
- 2** Duarte Junior, MA; Martínez-Gómez, D; Pintos-Carrillo, S; Sotos-Prieto, M; Rodríguez-Artalejo, F; Cabanas-Sánchez, V. Leisure-time physical activity and mortality in people with cardiometabolic disease: pooled data from UKB and NHIS cohorts. III Simposio EXERNET: "Ejercicio físico para la salud a lo largo de la vida". EXERNET Red Española de Investigación en Ejercicio y Salud. 2023. Spain.
- 3** Duarte-Junior, MA; Martínez-Gómez, D; Pintos-Carrillo, S; Sotos-Prieto, M; Ortolá, R; Rodríguez-Artalejo, F; Cabanas-Sánchez, V. Changes in different types of physical activity and all-cause mortality in older adults: The Seniors-ENRICA Cohorts. XLI Reunión Anual de la Sociedad Española de Epidemiología (SEE) y XVIII Congresso da Associação Portuguesa de Epidemiologia (APE). SEE y APE. 2023. Portugal.
- 4** Miguel A. dos Santos-Duarte Junior; Salud Pintos-Carrillo; Mercedes Sotos-Prieto; Verónica Cabanas-Sánchez; David Martínez-Gómez. Consumo de frutas y vegetales, nivel socioeconómico y riesgo de mortalidad en adultos de Estados Unidos. V Congreso de Alimentación, Nutrición y Dietética. Academia Española de Nutrición y Dietética; Consejo General de Colegios Oficiales de Dietistas-Nutricionistas; CODINULAR (Colegio Profesional de Dietistas-Nutricionistas de la Rioja). 2022. Spain. Participatory - oral communication.
- 5** Verónica Cabanas-Sánchez; Nathan Lynskey; Frederick K Ho; Jill Pell; Carlos Celis-Morales. Physical activity and risk of depression: does the type and number of activities matter? Findings from the UK Biobank Prospective Cohort Study. UK Public Health Science Conference. THE LANCET. 2022. United Kingdom. 'Participatory - poster.
- 6** Dario Bellon; María Rodríguez-Aylo; Patricio Solis-Urra; et al; Irene Esteban-Cornejo. Associations between muscular strength and mental health in cognitively normal older adults. A cross-sectional study from the AGUEDA trial.. 27th Annual Congress of the European College of Sport Science. European College of Sport Science (ECCS). 2022. Spain.

- 7 Veiga, O.L.; Martínez-del-Hoyo, E.; Cabanas-Sánchez, V.. Metodología coequipo aplicada al aula universitaria. Resultados de aprendizaje en el proyecto de innovación "ProyectaSport". XV INTERNATIONAL CONGRESS ON EDUCATION AND INNOVATION. Association for the Promotion of Education in the Digital Society (PromoEDUCA), the Department of Education, Languages, Interculturalism, Literature and Psychology of the University of Florence and th. 2021. Italy. Participatory - oral communication. Conference.
- 8 Olvera-Rojas, M.; Bellon, D.; Solis-Urra, P.; et al; Esteban-Cornejo, I.. Associations between cardiorespiratory fitness and health-related quality of life in cognitively healthy older adults. A cross-sectional study from the AGUEDA trial. 1st International Congress "Promoting Brain Health Through Exercise Across the Lifespan". Junta de Andalucía, Instituto Andaluz del Deporte, y Universidad de Granada. 2021. Spain.
- 9 Higuera-Fresnillo, S.; Esteban-Cornejo, I.; Izquierdo-Gómez, R.; Veiga, O.L.; Martínez-Gómez, D.; Cabanas-Sánchez, V.. Associations of physical activity and sitting time with long-term CVD mortality in adults with and without psychological distress: the NHIS cohort. 1st International Congress "Promoting Brain Health Through Exercise Across the Lifespan". Junta de Andalucía, Instituto Andaluz del Deporte, y Universidad de Granada. 2021. Spain.
- 10 Cabanas-Sánchez, V.; Esteban-Cornejo, I.; Banegas, J.R.; Ortolá, R.; Rodríguez-Artalejo, F.; Martínez-Gómez, D.. Bidirectional prospective associations between physical function and mental health in older people. The Seniors-ENRICA-2 study. 1st International Congress "Promoting Brain Health Through Exercise Across the Lifespan". Junta de Andalucía, Instituto Andaluz del Deporte, y Universidad de Granada. 2021. Spain.
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- 12 Ortolá, R.; García-Esquinas, E.; Buño-soto, A.; et al; Rodríguez-Artalejo, F.. Device-measured movement behaviors and growth differentiation factor-15 in older adults: The Seniors-ENRICA-2 study. XXXIX Reunión Anual de la Sociedad Española de Epidemiología (SEE), XVI Congresso da Associação Portuguesa de Epidemiologia (APE) y XIX Congreso de la Sociedad Española de Salud Pública y Administración Sanitaria (SESPAS). Sociedad Española de Epidemiología (SEE), Associação Portuguesa de Epidemiologia (APE), Sociedad Española de Salud Pública y Administración Sanitaria (SESPAS), y Universidad de León. 2021. Spain. 'Participatory - poster. Conference.
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- 15 Cabanas-Sánchez, V.; Esteban-Cornejo, I.; Migueles, JH; Banegas, JR; Graciani, A; Rodríguez-Artalejo, F; Martínez-Gómez, D. Assessing the 24-hour activity cycle using wrist-worn accelerometers: The Seniors-Enrica-2 Study. International Workshop: A focus on statistical methods to analyse accelerometer-measured physical activity. University of Granada. 2019. Spain.

- 16 Cabanas-Sánchez, V; Esteban-Cornejo, I; Migueles, JH; Banegas, JR; Graciani, A; Rodríguez-Artalejo, F; Martínez-Gómez, D. Bouted and unbouted sedentary behavior and physical activity in older adults: differences by BMI status. The Seniors-Enrica-2 Study. International Workshop: A focus on statistical methods to analyse accelerometer-measured physical activity. University of Granada. 2019. Spain.
- 17 Sánchez-Oliva, D; Perez-Bey, A; Fernández-Santos, J; Cabanas-Sánchez, V; Castro-Piñero, J. Sedentary Behaviors Profiles Transitions Among School-Aged Youth: Associations With Changes In Academic Performance. The UP&DOWN Study. ECSS CONGRESS PRAGUE 2019. European College of Sport Science (ECSS). 2019. Czech Republic. Conference.
- 18 K. Parker; A. Timperio; J. Salmon; et al; O.L. Veiga. Factors predicting trajectories of physical activity and sedentary time in children and adolescents: The UP & DOWN Study. ISBNPA 2019 Conference - Healthy people, healthy planet. International Society for Behavioral Nutrition and Physical Activity (ISBNPA). 2019. Czech Republic. 'Participatory - poster. Conference.

C.3. Research projects and contracts

- 1 **Project.** Estudio de la fiabilidad, VALIDez, sensibilidad e internacionalización de un nuevo cuestionario elaborado para evaluar la Actividad física y las conductas Sedentarias en la población española (estudio VALIDAS). Proyectos de I+D+I en salud (FIS) - Instituto de Salud Carlos III. Cabanas-Sánchez, V. (Universidad Autónoma de Madrid). 2023-2026.
- 2 **Project.** Implementación de la tecnología wearable en atención primaria para una medicina del ejercicio personalizada (WearablePerMed) [PMP22/00016]. Instituto de Salud Carlos III. (CIBER de Epidemiología y Salud Pública). 2023-2026. 619.850 €. Miembro del equipo de investigación [IP: David Martínez Gómez]
- 3 **Project.** MOVING SCHOOLS CHALLENGER (ERASMUS SPORT+; UAM-Spain group). Unión Europea (ERASMUS SPORT+). Cabanas-Sánchez, V. (Universidad Autónoma de Madrid). 2023-2026. 450.000 €. Group Leader [IP: Andreu Raya Demidoff]
- 4 **Project.** MECANISMOS CAUSALES DE LA RELACIÓN DEL CONSUMO DE ALCOHOL CON EL ENVEJECIMIENTO NO SALUDABLE Y LA MORTALIDAD EN ADULTOS MAYORES. Ministerio de Sanidad y Consumo (2020I017). Fernando Rodríguez-Artalejo. (Universidad Autónoma de Madrid). From 01/12/2022. 41.479,61 €. Miembro del equipo de investigación [IP: Fernando Rodríguez Artalejo]

C.5. Stays in public or private R&D centres

- 1 Centro de investigación Research Centre in Physical Activity, Health and Leisure (Centro de Investigação em Actividade Física, Saúde e Lazer; CIAFEL). Universidad de Oporto. Portugal. Oporto. 01/06/2018-01/09/2018. 3 months - 1 day. Post-doctoral.
- 2 Institute of Cardiovascular & Medical Sciences. University of Glasgow. United Kingdom. Glasgow. From 01/01/2022. 6 months. Post-doctoral.