

HEALTH PROMOTION AMONG OLDER ADULTS

NOVA Medical School Research Projects

16th January, 2025 | 9:00 to 11:15 am

NOVA Medical School, Auditório MMM and online at: <https://zoom.us/j/98098878906>

Program Schedule:

9:00 AM – Welcome session

Ana Maria Rodrigues, Auxiliar Professor at NOVA Medical School, Coordinator of EpiDoC Research Unit, with a focus on health promotion and ageing

09:10 AM – A Multicomponent Exercise Intervention that Reverses Frailty and Improves Cognition, Emotion, and Social Networking in the Community-Dwelling Frail Elderly: A Randomized Clinical Trial

Francisco Tarazona, former member of the executive board of European Geriatric Medicine Society (EUGMS), Geriatric Director of the University Hospital of La Ribera Alzira, Valencia and Associate Professor of the Catholic University of Valencia

09:40 AM - Internet use and quality of life among senior citizens

Ana Rita Henriques, Global Health PhD Student with a focus on health promotion, digital health and ageing

09:55 AM - Protein intake and physical activity among European seniors

Nuno Mendonça, Postdoc researcher in the field of epidemiology and lifecycle nutrition

10:05 AM – The HealthyBone digital platform

Daniela Costa, Postdoc researcher in the field of rheumatic and musculoskeletal diseases and implementation science

10:20 AM - Association between modifiable risk factors, health resources consumption and its costs in Portuguese community-dwelling middle-aged and older adults: longitudinal analysis of the EpiDoC cohort

Mafalda Almeida, Public Health MSc student with a focus on healthcare services utilization

10:35 AM – Radar Project

Mário Rui André, Director of the “Lisbon City of All Ages” Programme, at Santa Casa da Misericórdia de Lisboa and responsible for the Integrated Governance Forum's Longevity and Ageing Work Group.

10:50 AM – Discussion



Register in: