

**Klaipėda University Strategic Research Direction
 „Towards Sustainable Health and Well-being“
 Application for Postdoctoral Internship topic (2024-2026)**

The title of the internship topic	Lifestyle and Movement Behaviors and Their Effects on Physical and Mental Well-being
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	<p>Lithuania’s life expectancy is currently the lowest in the European Union, trailing behind the EU average by 6 years. Notably, men's life expectancy lags more than 10 years behind that of women. A significant contributor to this disparity is cardiovascular diseases (CVD), which stand as the leading cause of mortality. While CVD typically manifests clinically in adulthood, its roots extend back to childhood and adolescence.</p> <p>Adolescence is a pivotal period that shapes an individual's trajectory, influencing lifestyle habits, metabolic processes, and psychological well-being. Unfortunately, there's been an alarming rise in the prevalence and severity of metabolic disorders, psychological issues, and risky behaviors like sedentary behavior, tobacco, and alcohol use among youth. Given the profound impact of diet, sleep, sedentary behavior, and physical activity on health outcomes throughout life, it's imperative to address these factors during adolescence.</p> <p>However, significant questions persist regarding the optimal combination of sleep, sedentary behavior, and physical activity to enhance both physical and mental health. Resolving these uncertainties is crucial for maximizing health benefits and preventing cardiometabolic diseases.</p>
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	Applicants should possess a Ph.D. in Health Sciences or a related field, along with demonstrated proficiency in English. Strong experience with epidemiological analysis methods, advanced proficiency in statistical software such as STATA or SPSS, and expertise in meta-analysis and systematic review development are essential. Candidates should also have prior research experience in projects focusing on lifestyle and health status, particularly in areas such as sedentary behavior, physical activity, sleep, and dietary patterns. A proven track record of scientific publications is highly desirable.

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	<ol style="list-style-type: none"> 1. Agostinis-Sobrinho, C., Kievišienė, J., Rauckienė-Michaelsson, A., Dubey, V. P., Norkiene, S., Moreira, C., ... & Santos, R. (2022). Cardiovascular health behavior and cardiorespiratory fitness in adolescents: a longitudinal study. <i>European Journal of Pediatrics</i>, 181(12), 4091-4099. 2. 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. <i>Pediatric Diabetes</i>, 20(1), 23-31. 3. Agostinis-Sobrinho, C., Kievisiene, J., Dubey, V., Rauckiene-Michealsson, A., Norkiene, S., Ramirez-Velez, R., ... & Santos, R. (2022). Cardiovascular health behavior and blood pressure in adolescents: A longitudinal analysis. <i>Nutrition, Metabolism and Cardiovascular Diseases</i>, 32(7), 1766-1773. 4. 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. <i>Revista Paulista de Pediatria</i>, 39. 4. 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. <i>Nutrients</i>, 10(7), 815.