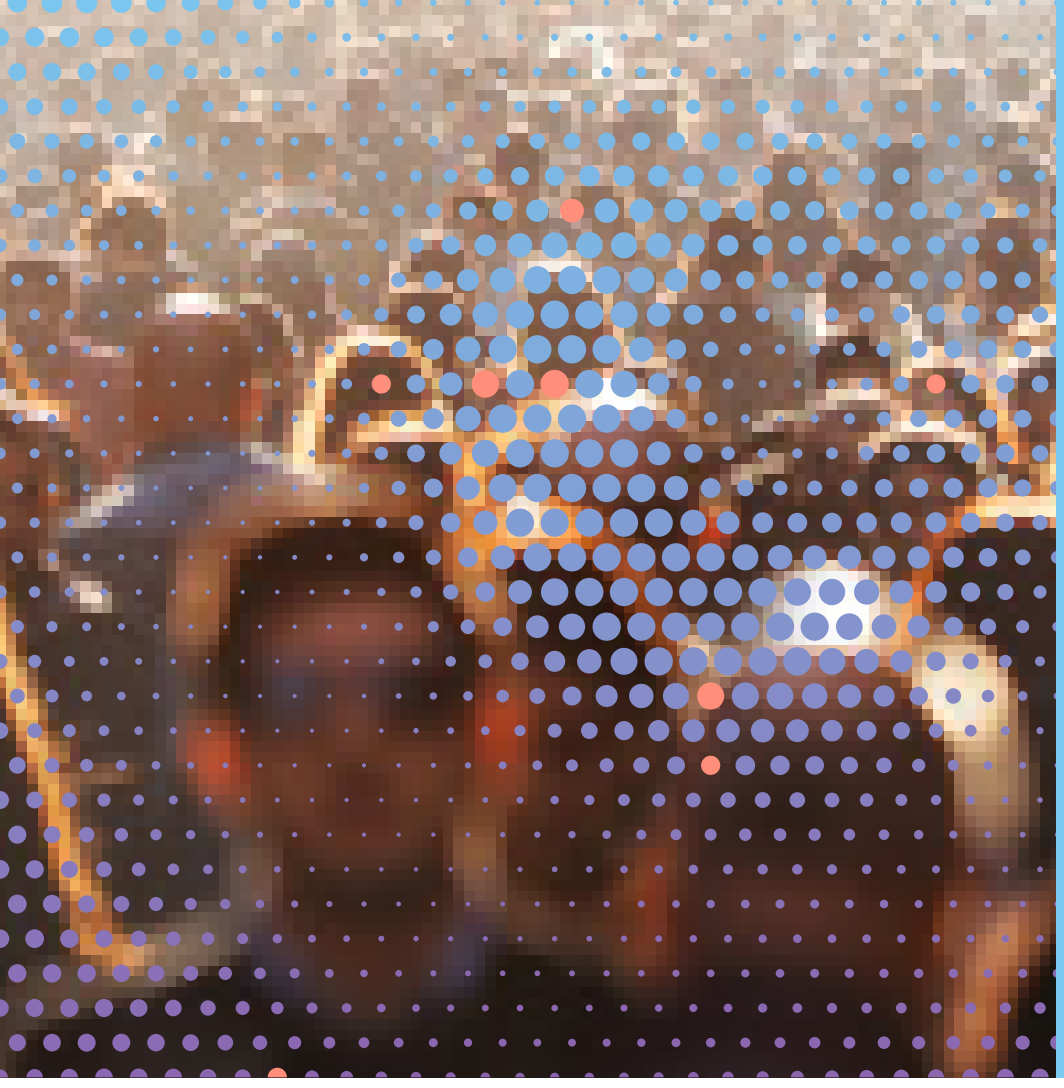


Epidemiology and Prevention Program

Annual Meeting RESEARCH FOR PREVENTION

16 NOVEMBER 2026
9.00 H

Josep Marull Room
UPF – Campus del Mar
C/ Doctor Aiguader, 80

REGISTRATION

9.00 h
Welcome
Judit Cubedo. Managing Director of the Hospital del Mar Research Institute.

9.05 h
Opening remarks: Epidemiology and Prevention Program Retreat Montse Fitó Colomer. Director of the Epidemiology and Prevention Program (HMRIB), CIBEROBN-ISCIII

SESSION 1

Opportunities, collaborations and alliances
Panel moderator: **Jordi Alonso Caballero**. HMRIB, UPF, CIBERESP-ISCIII

9.15 – 9.40 h
The Mentbest project: an example of mental health prevention in community settings
Benedikt L. Amann. Mental Health Group, Neuroscience Program (HMRIB), CIBERSAM-ISCIII

9.40 – 10.05 h
Epidemiology and Prevention in Childhood Cancer: insights from two Nordic registry-based studies
Javier Louro Aldamiz-Echevarría. ISGlobal; Department of Epidemiology and Evaluation, Hospital del Mar

10.05 – 10.20 h
Hospital-based prevention of cardiovascular risk and cardiovascular diseases
Miguel Cainzos Achirica. Heart Diseases Group, Epidemiology and Prevention Program – Translational Clinical Research Program (HMRIB), CIBERCV-ISCIII

10.20 – 10.35 h
Lifestyle Intervention Program for Type 2 Diabetes Remission in Primary Care
Alexandre Ternianov. CAP Vila Olímpica, Parc Sanitari Pere Virgili

10.35 – 10.45 h Questions

10.45 – 11.05 h Coffee break

SESSION 2

Epidemiological cohorts: insights for disease prevention
Panel moderator: **Álvaro Hernáez Camba**. HMRIB, Blanquerna-URL, CIBERCV-ISCIII

11.05 – 11.20 h
The impact of cardiovascular disease prevention in Catalonia: 40 years of progress
Jaume Marrugat de la Iglesia. REGICOR Research Group, Epidemiology and Prevention Program (HMRIB), CIBERCV-ISCIII

11.20 – 11.35 h
Unravelling cardiovascular protection through physical activity: proteomic insights
Roberto Elosua Llanos. Cardiovascular Epidemiology and Genetics Research Group, Epidemiology and Prevention Program (HMRIB), CIBERCV-ISCIII

11.35 – 11.50 h
Omega-3 biomarkers and dementia: de novo harmonized pooled analyses of 19 prospective cohort studies
Aleix Sala Vila. Cardiovascular Risk and Nutrition Research Group, Epidemiology and Prevention Program (HMRIB), CIBEROBN-ISCIII

11.50 – 12.05 h
Primary prevention of environmental causes of certain immune disorders: lessons learned from the COVID-19 pandemic
José A. Pumarega Rodríguez. Clinical and Molecular Epidemiology of Cancer Research Group, Epidemiology and Prevention Program (HMRIB), CIBERESP-ISCIII

12.05 – 12.20 h
Mammography screening participation and reduced breast cancer mortality: evidence from a population-based long-term cohort study
Guillem Bosch Duran. Epidemiology and Evaluation Research Group, Epidemiology and Prevention Program (HMRIB)

12.20 – 12.30 h Questions

SESSION 3

Challenges, achievements and future directions
Panel moderator: Azucena Justicia Díaz. **HMRIB, CIBERSAM-ISCIII**

12.30 – 12.45 h
Patient-Reported Outcome Measures (PROMs) and Patient-Reported Experience Measures (PREMs): Program of the Hospital del Mar
Clara Amat Fernández. Health Services Research Group, Epidemiology and Prevention Program (HMRIB), CIBERESP-ISCIII

12.45 – 13.00 h
Designing a cohort study on infertility in women with polyendocrine metabolic ovarian syndrome
Miguel Ángel Checa Vizcaíno. Barcelona Research Infertility Group, Epidemiology and Prevention Program (HMRIB)

13.00 – 13.15 h
Preventing falls in hospital settings
Consol Ivern Díaz. Research Group in Nursing Care, Epidemiology and Prevention Program (HMRIB)

13.15 – 13.30 h
Work disability in the hospital setting and prevention strategies
Mireia Utzet Sadurní. Social Epidemiology and Occupational Health Research Group, Epidemiology and Prevention Program (HMRIB), Occupational Health Service, Parc de Salut Mar, CIBERESP-ISCIII

13.30 – 13.45 h
Perinatal mental health: the impact of health and social determinants
Roser Palau Costafreda. Hospital del Mar Nursing School (ESIHMar), affiliated with UPF. Social Determinants and Health Education Research Group, Epidemiology and Prevention Program (HMRIB)

13.45 – 13.55 h Questions

13.55 – 15.00 h Lunch and group photo

15.00 – 16.30 h
Internal meeting of the Epidemiology and Prevention Program

Organizing Committee
Azucena Justicia Díaz, Ana Quindós Sendino, Montse Fitó Colomer (HMRIB, CIBERSAM, CIBEROBN)

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