

CV Date	15/04/2023
---------	------------

## Part A. PERSONAL INFORMATION

First Name *	David		
Family Name *	Martinez Gomez		
Sex *	Male	Date of Birth *	
ID number Social Security, Passport *		Phone Number *	
URL Web			
Email Address	d.martinez@uam.es		
Researcher's identification number	Open Researcher and Contributor ID (ORCID) *	0000-0002-9598-019X	
	Researcher ID	B-3911-2015	
	Scopus Author ID		

\* Mandatory

### A.1. Current position

Job Title	Associate Professor		
Starting date	2023		
Institution	Universidad Autónoma de Madrid		
Department / Centre	Medicina Preventiva y Salud Pública / Facultad de Medicina		
Country		Phone Number	
Keywords			

### A.2. Previous positions

Period	Job Title / Name of Employer / Country
2014 - 2023	Associate Professor / Universidad Autónoma de Madrid
2019 - 2023	Ramon y Cajal Research Fellow / Universidad Autónoma de Madrid
2018 - 2019	Ramon y Cajal Research Fellow / IMDEA Food
2013 - 2014	Assistant professor / Universidad Autónoma de Madrid
2012 - 2013	Juan de la Cierva-MICINN contract / Universidad Autónoma de Madrid
2011 - 2011	Research contract / Universidad Autónoma de Madrid
2011 - 2011	Research contract / Universidad Autónoma de Madrid
2007 - 2011	Formación del Profesorado Universitario(FPU)-MEC grant / Consejo Superior de Investigaciones Científicas
2006 - 2007	PhD-UAM grant / Universidad Autónoma de Madrid
2007 - 2007	I3P-CSIC contract / Consejo Superior de Investigaciones Científicas
2005 - 2006	Colaboración-MEC grant / Universidad Autónoma de Madrid
2004 - 2005	Formación-UAM grant / Universidad Autónoma de Madrid

### A.3. Education

Degree/Master/PhD	University / Country	Year
MSc Epidemiology	Universidad Autónoma de Madrid	2012
PhD Physical Activity and Sports	Universidad Autónoma de Madrid	2011
BSc Physical Activity and Sports	Universidad Autónoma de Madrid	2006
BSc Physical Education	Universidad Autónoma de Madrid	2004

### A.4. General quality indicators of scientific production

In brief:

More than 180 scientific JCR articles. First, last or corresponding author (three positions of greater responsibility of an article) in 75% of articles published. More than 70% of the published articles are high impact factor journals (25th) in the ranking of journals in its area, and 50% in 10th journals. Quality indicators in Academic Google: number of citations= 8476; h-index= 50. Highly cited papers: 21 articles with 100 or more citations. Publications with researchers from more than 15 countries. Recognized **3 six-year research period**.

The most relevant 5 articles published are:

1. Martínez-Gomez D, et al. 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. *Br J Sports Med.* 2022.Apr 6.
2. Martinez-Gomez D, et al. Physical activity less than the recommended amount may prevent the onset of major biological risk factors for cardiovascular disease: a cohort study of 198 919 adults. *Br J Sports Med.* 2020 Feb;54(4):238-244.
3. Martinez-Gomez D, et al. Physical Activity and Risk of Metabolic Phenotypes of Obesity: A Prospective Taiwanese Cohort Study in More Than 200,000 Adults. *Mayo Clin Proc.* 2019 Nov;94(11):2209-2219.
4. Martinez-Gomez D, et al. Physical Activity and the Effect of Multimorbidity on All-Cause Mortality in Older Adults. *Mayo Clin Proc.* 2017 Mar;92(3):376-382.
5. Martinez-Gomez D, et al. Physical activity without weight loss reduces the development of cardiovascular disease risk factors - a prospective cohort study of more than one hundred thousand adults. *Prog Cardiovasc Dis.* 2019 Nov-Dec;62(6):522-530.

## 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 Sotos-Prieto, Mercedes; Maroto-Rodriguez, Javier; Ortola, Rosario; Martinez-Gomez, David; Garcia-Esquinas, Esther; Buno-Soto, Antonio; Rodriguez-Artalejo, Fernando. 2023. Association between a Mediterranean lifestyle and growth differentiation factor 15: The seniors ENRICA-2 cohort. *Free radical biology and medicine.* 195. ISSN 0891-5849. <https://doi.org/10.1016/j.freeradbiomed.2022.12.090>
- 2 Fabre-Estremera, Blanca; Buno-Soto, Antonio; Garcia-Esquinas, Esther; Cabanas-Sanchez, Veronica; Martinez-Gomez, David; Rodriguez-Artalejo, Fernando; Ortola, Rosario. 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. ISSN 1813-7253. <https://doi.org/10.1186/s11556-023-00313-8>
- 3 Reyes Beltran-Valls, Maria; Cabanas-Sanchez, Veronica; Sadarangani, Kabir P.; Rodriguez-Artalejo, Fernando; Moliner-Urdiales, Diego; Martinez-Gomez, David. 2023. Physical activity and diabetes mortality in people with type 2 diabetes: a prospective cohort study of 0.5 million US people. *Diabetes & Metabolism.* 49. ISSN 1262-3636. <https://doi.org/10.1016/j.diabet.2022.101410>
- 4 Ortola, Rosario; Garcia-Esquinas, Esther; Buno-Soto, Antonio; et al; Rodriguez-Artalejo, Fernando. 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. ISSN 2190-5991. <https://doi.org/10.1002/jcsm.12924>

- 5 Esteban-Cornejo, Irene; Ho, Frederick K.; Petermann-Rocha, Fanny; et al; Celis-Morales, Carlos. 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. ISSN 2190-5991. WOS (1) <https://doi.org/10.1002/jcsm.12857>
- 6 Martinez Gomez, David; Coenen, Pieter; Celis-Morales, Carlos; Mota, Jorge; Rodriguez-Artalejo, Fernando; Matthews, Charles; Saint-Maurice, Pedro F.2022. Lifetime high occupational physical activity and total and cause-specific mortality among 320 000 adults in the NIH-AARP study: a cohort study. *Occupational and environmental medicine*. 79. ISSN 1351-0711. WOS (1) <https://doi.org/10.1136/oemed-2021-107393>
- 7 Martinez-Gomez, David; Cabanas-Sanchez, Veronica; Yu, Tsung; Rodriguez-Artalejo, Fernando; Ding, Ding; Lee, I-Min; Ekelund, Ulf. 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*. ISSN 0306-3674. <https://doi.org/10.1136/bjsports-2021-104961>
- 8 Cabanas-Sanchez, Veronica; Esteban-Cornejo, Irene; Parra-Soto, Solange; et al; Celis-Morales, Carlos. 2022. Muscle strength and incidence of depression and anxiety: findings from the UK Biobank prospective cohort study. *Journal Of Cachexia Sarcopenia And Muscle*. ISSN 2190-5991. <https://doi.org/10.1002/jcsm.12963>
- 9 Maroto-Rodriguez, Javier; Delgado-Velandia, Mario; Ortola, Rosario; et al; Sotos-Prieto, Mercedes. 2021. A Mediterranean Lifestyle and Frailty Incidence in Older Adults: The Seniors-ENRICA-1 Cohort. *The journals of gerontology. Series A, Biological sciences and medical sciences*. ISSN 1079-5006. WOS (1) <https://doi.org/10.1093/gerona/glab292>
- 10 Sotos-Prieto M; Ortolá R; Ruiz-Canela M; Garcia-Esquinas E; Martínez-Gómez D; Lopez-Garcia E; Martínez-González MÁ; Rodríguez-Artalejo F. 2021. Association between the Mediterranean lifestyle, metabolic syndrome and mortality: a whole-country cohort in Spain. *Cardiovascular diabetology*. 20, pp.5. <https://doi.org/10.1186/s12933-020-01195-1>
- 11 Sadarangani, KP.; De Roia, GF.; Lobo, P.; et al; Smith, L.2021. Changes in Sitting Time, Screen Exposure and Physical Activity during COVID-19 Lockdown in South American Adults: A Cross-Sectional Study. *International journal of environmental research and public health*. 18-10. ISSN 1660-4601. <https://doi.org/10.3390/ijerph18105239>
- 12 Cabanas-Sanchez, Veronica; Esteban-Cornejo, Irene; Garcia-Esquinas, Esther; et al; Martinez-Gomez, David. 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. <https://doi.org/10.1186/s12966-021-01194-9>
- 13 Perez-Bey A; Delgado-Alfonso A; Aadland E; Resaland GK; Martinez-Gomez D; Veiga OL; Ponce-Gonzalez JG; Castro-Piñero J. 2021. Fitness, waist circumference and their association with future blood pressure in youth: The UP&DOWN Longitudinal Study. *Journal of science and medicine in sport*. ISSN 1440-2440. <https://doi.org/10.1016/j.jsams.2021.02.002>
- 14 Rodríguez Sánchez, I.; Ortolá, R.; Graciani, A.; Martínez Gómez, D.; Banegas, JR.; Rodríguez Artalejo, F.; García Esquinas, E.2021. Pain Characteristics, Cardiovascular Risk Factors, and Cardiovascular Disease. *The journals of gerontology. Series A, Biological sciences and medical sciences*. ISSN 1758-535X. <https://doi.org/10.1093/gerona/glab079>
- 15 Martinez-Gomez D; Hamer M; Ortega FB; Cabanas-Sanchez V; Sadarangani KP; Lavie CJ; Rodríguez-Artalejo F. 2020. Association of Changes in Physical Activity and Incidence and Remission of Overall and Abdominal Obesity in 113,950 Adults. *Obesity (Silver Spring, Md.)*. 28, pp.660-668. ISSN 1930-7381. Otros (1) <https://doi.org/10.1002/oby.22709>
- 16 Ortolá R; García-Esquinas E; Cabanas-Sánchez V; Migueles JH; Martínez-Gómez D; Rodríguez-Artalejo F. 2020. 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, Biological sciences and medical sciences*. 76, pp.85-94. ISSN 1079-5006. <https://doi.org/10.1093/gerona/glaa177>

- 17 Perez-Bey A; Ruiz JR; Ortega FB; Martínez-Gomez D; Mota J; Veiga OL; Lavie CJ; Castro-Piñero J. 2020. Bidirectional associations between fitness and fatness in youth: A longitudinal study. *Scandinavian journal of medicine & science in sports*. 30, pp.1483-1496. ISSN 0905-7188. <https://doi.org/10.1111/sms.13684>
- 18 García-Esquinas E; Ortolá R; Martínez-Gómez D; Damián J; Prina M; Rodríguez-Artalejo F; Pastor-Barriuso R. 2020. Causal effects of physical activity and sedentary behaviour on health deficits accumulation in older adults. *International journal of epidemiology*. ISSN 0300-5771. <https://doi.org/10.1093/ije/dyaa228>
- 19 De la Cámara MÁ; Higuera-Fresnillo S; Sadarangani KP; Esteban-Cornejo I; Martínez-Gomez D; Veiga ÓL. 2020. Clinical and Ambulatory Gait Speed in Older Adults: Associations With Several Physical, Mental, and Cognitive Health Outcomes. *Physical therapy*. 100, pp.718-727. ISSN 0031-9023. <https://doi.org/10.1093/ptj/pzz186>
- 20 Martínez-Gomez D; Esteban-Cornejo I; Lopez-García E; García-Esquinas E; Sadarangani KP; Veiga OL; Rodríguez-Artalejo F. 2020. Physical activity less than the recommended amount may prevent the onset of major biological risk factors for cardiovascular disease: a cohort study of 198 919 adults. *British journal of sports medicine*. 54, pp.238-244. ISSN 0306-3674. <https://doi.org/10.1136/bjsports-2018-099740>
- 21 Cabanas-Sánchez V; Artero EG; Lavie CJ; et al; Martínez-Gómez D. 2020. Prediction of cardiovascular health by non-exercise estimated cardiorespiratory fitness. *Heart (British Cardiac Society)*. 106, pp.1832-1838. ISSN 1355-6037. <https://doi.org/10.1136/heartjnl-2020-316871>
- 22 Cabanas-Sánchez V; Higuera-Fresnillo S; DE LA Cámara MÁ; Esteban-Cornejo I; Martínez-Gómez D. 2019. 24-h Movement and Nonmovement Behaviors in Older Adults. The IMPACT65+ Study. *Medicine and science in sports and exercise*. 51, pp.671-680. ISSN 0195-9131. <https://doi.org/10.1249/MSS.0000000000001838>
- 23 Higuera-Fresnillo S; de la Cámara MÁ; Cabanas-Sánchez V; Martínez-Gómez D. 2019. 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. *The journal of nutrition, health & aging*. 24, pp.55-62. ISSN 1279-7707. <https://doi.org/10.1007/s12603-019-1296-5>
- 24 Cabanas-Sánchez V; De la Cámara MA; Sadarangani KP; Higuera-Fresnillo S; 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 (2005)*. 43, pp.2545-2554. ISSN 0307-0565. Otros (1) <https://doi.org/10.1038/s41366-019-0439-4>
- 25 Esteban-Cornejo I; Cabanas-Sánchez V; Higuera-Fresnillo S; Ortega FB; Kramer AF; Rodríguez-Artalejo F; Martínez-Gomez D. 2019. Cognitive Frailty and Mortality in a National Cohort of Older Adults: the Role of Physical Activity. *Mayo Clinic proceedings*. 94, pp.1180-1189. ISSN 0025-6196. Otros (7) <https://doi.org/10.1016/j.mayocp.2018.10.027>
- 26 de la Cámara MA; Higuera-Fresnillo S; Cabanas-Sánchez V; Sadarangani KP; Martínez-Gomez D; Veiga ÓL. 2019. Criterion Validity of the Sedentary Behavior Question From the Global Physical Activity Questionnaire in Older Adults. *Journal of physical activity & health*. 17, pp.2-12. ISSN 1543-3080. Otros (3) <https://doi.org/10.1123/jpah.2019-0145>
- 27 Angel de la Cámara, Miguel; Higuera-Fresnillo, Sara; Martínez-Gomez, David; Veiga, Oscar L. 2019. Interday Reliability of the IDEEA Activity Monitor for Measuring Movement and Nonmovement Behaviors in Older Adults. *Journal of Aging and Physical Activity*. 27. ISSN 1063-8652. WOS (1) <https://doi.org/10.1123/japa.2017-0365>
- 28 Sadarangani KP; Von Oetinger A; Soto Isla N; Martínez-Gómez D. 2019. Leisure time physical activity is associated with better metabolic control in adults with type 1 and type 2 diabetes mellitus: A cross-sectional study from two public hospitals in Chile. *Primary care diabetes*. 13, pp.360-369. ISSN 1751-9918. <https://doi.org/10.1016/j.pcd.2019.01.009>
- 29 Martínez-Gomez D; Ortega FB; Hamer M; Lopez-García E; Struijk E; Sadarangani KP; Lavie CJ; Rodríguez-Artalejo F. 2019. Physical Activity and Risk of Metabolic Phenotypes of Obesity: A Prospective Taiwanese Cohort Study in More Than 200,000 Adults. *Mayo Clinic proceedings*. 94, pp.2209-2219. ISSN 0025-6196. Otros (5) <https://doi.org/10.1016/j.mayocp.2019.04.042>

- 30 Martínez-Gomez D; Lavie CJ; Hamer M; et al; Rodríguez-Artalejo F. 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, pp.522-530. ISSN 0033-0620. Otros (4) <https://doi.org/10.1016/j.pcad.2019.11.010>
- 31 Cabanas-Sánchez V; Esteban-Cornejo I; Migueles JH; Banegas JR; Graciani A; Rodríguez-Artalejo F; Martínez-Gómez D. 2019. 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, pp.700-708. ISSN 0905-7188. Otros (1) <https://doi.org/10.1111/sms.13612>
- 32 Martínez-Gomez, David; Guallar-Castillon, Pilar; Higuera-Fresnillo, Sara; Banegas, Jose R.; Sadarangani, Kabir P.; Rodríguez-Artalejo, Fernando. 2018. A healthy lifestyle attenuates the effect of polypharmacy on total and cardiovascular mortality: a national prospective cohort study. *Scientific Reports*. 8. ISSN 2045-2322. WOS (1) <https://doi.org/10.1038/s41598-018-30840-9>
- 33 Cabanas-Sánchez V.; Martínez-Gómez D.; Esteban-Cornejo I.; Pérez-Bey A.; Castro Piñero J.; Veiga O. 2018. 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*. ISSN 02640414. <https://doi.org/10.1080/02640414.2018.1530058>
- 34 Cabanas-Sanchez, Veronica; Higuera-Fresnillo, Sara; de la Camara, Miguel Angel; Veiga, Oscar L.; Martínez-Gomez, David. 2018. Automated algorithms for detecting sleep period time using a multi-sensor pattern-recognition activity monitor from 24 h free-living data in older adults. *Physiological Measurement*. 39. ISSN 0967-3334. <https://doi.org/10.1088/1361-6579/aabf26>
- 35 Sadarangani, KP.; Von Oetinger, A.; Cristi Montero, C.; Cortínez O'Ryan, A.; Aguilar Farías, N.; Martínez Gómez, D. 2018. Beneficial association between active travel and metabolic syndrome in Latin-America: A cross-sectional analysis from the Chilean National Health Survey 2009-2010. *Preventive medicine*. 107, pp.8-13. <https://doi.org/10.1016/j.ypmed.2017.12.005>
- 36 Cabanas-Sánchez V; Guallar-Castillón P; Higuera-Fresnillo S; Rodríguez-Artalejo F; Martínez-Gómez D. 2018. Changes in Sitting Time and Cardiovascular Mortality in Older Adults. *American journal of preventive medicine*. 54, pp.419-422. ISSN 0749-3797. Otros (3) <https://doi.org/10.1016/j.amepre.2017.10.010>
- 37 Higuera-Fresnillo, S.; de la Camara, M. A.; Esteban-Cornejo, I.; Rodríguez-Artalejo, F.; Martínez-Gomez, D. 2018. Concurrent Criterion Validity of a Test of Usual Gait Speed in Older Adults. *Perceptual and motor skills*. 125. ISSN 0031-5125. <https://doi.org/10.1177/0031512518780594>
- 38 De La Cámara MÁ; Higuera-Fresnillo S; Cabanas-Sánchez V; Martínez-Gomez D; Veiga OL. 2018. Criterion-related validity of self-report walking time from the EPIC questionnaire in older adults. *Journal of sports sciences*. pp.1-8. ISSN 0264-0414. <https://doi.org/10.1080/02640414.2018.1544185>
- 39 Higuera-Fresnillo, Sara; Esteban-Cornejo, Irene; Gasque, Pablo; Veiga, Oscar L.; Martínez-Gomez, David. 2018. Criterion-related validity of self-reported stair climbing in older adults. *Aging Clinical And Experimental Research*. 30. ISSN 1594-0667. <https://doi.org/10.1007/s40520-017-0761-4>
- 40 de la Cámara MÁ; Higuera-Fresnillo S; Martínez-Gomez D; Veiga ÓL. 2018. Gait Speed Assessment in Older Adults: A Comparison Among Walk Tests, a Portable Gait Analysis Device and Self-Report. *Journal of the American Medical Directors Association*. 19, pp.806-807.e3. ISSN 1525-8610. <https://doi.org/10.1016/j.jamda.2018.05.019>
- 41 de la Cámara MÁ; Higuera-Fresnillo S; Martínez-Gomez D; Veiga ÓL. 2018. Interday Reliability of the IDEEA Activity Monitor for Measuring Movement and Nonmovement Behaviors in Older Adults. *Journal of aging and physical activity*. 27, pp.141-154. ISSN 1063-8652. <https://doi.org/10.1123/japa.2017-0365>

- 42** Martínez-Gomez, David; Guallar-Castillon, Pilar; Higuera-Fresnillo, Sara; García-Esquinas, Esther; López-García, Esther; Bandinelli, Stefania; Rodríguez-Artalejo, Fernando. 2018. Physical Activity Attenuates Total and Cardiovascular Mortality Associated With Physical Disability: A National Cohort of Older Adults. *Journals Of Gerontology Series A-Biological Sciences And Medical Sciences*. 73. ISSN 1079-5006. WOS (2) <https://doi.org/10.1093/gerona/glx117>
- 43** Higuera-Fresnillo, Sara; Cabanas-Sánchez, Verónica; López-García, Esther; Esteban-Cornejo, Irene; Banegas, José R.; Sadarangani, Kabir P.; Rodríguez-Artalejo, Fernando; Martínez-Gomez, David. 2018. Physical Activity and Association Between Frailty and All-Cause and Cardiovascular Mortality in Older Adults: Population-Based Prospective Cohort Study. *Journal of the American Geriatrics*. 66. ISSN 0002-8614. <https://doi.org/10.1111/jgs.15542>
- 44** Higuera-Fresnillo S; Cabanas-Sánchez V; López-García E; Esteban-Cornejo I; Banegas JR; Sadarangani KP; Rodríguez-Artalejo F; Martínez-Gomez D. 2018. Physical Activity and Association Between Frailty and All-Cause and Cardiovascular Mortality in Older Adults: Population-Based Prospective Cohort Study. *Journal of the American Geriatrics Society*. 66, pp.2097-2103. ISSN 0002-8614. Otros (6) <https://doi.org/10.1111/jgs.15542>
- 45** Cabanas-Sánchez V; Guallar-Castillón P; Higuera-Fresnillo S; García-Esquinas E; Rodríguez-Artalejo F; Martínez-Gomez D. 2018. Physical Activity, Sitting Time, and Mortality From Inflammatory Diseases in Older Adults. *Frontiers in physiology*. 9, pp.898. Otros (2) <https://doi.org/10.3389/fphys.2018.00898>
- 46** Higuera-Fresnillo, Sara; Cabanas-Sánchez, Verónica; García-Esquinas, Esther; Rodríguez-Artalejo, Fernando; Martínez-Gomez, David. 2018. Physical activity attenuates the impact of poor physical, mental, and social health on total and cardiovascular mortality in older adults: a population-based prospective cohort study. *Quality of life research*. 27. ISSN 0962-9343. <https://doi.org/10.1007/s11136-018-1974-5>
- 47** Bayán-Bravo A; Pérez-Tasigchana RF; López-García E; Martínez-Gómez D; Rodríguez-Artalejo F; Guallar-Castillón P. 2018. The association of major patterns of physical activity, sedentary behavior and sleeping with mortality in older adults. *Journal of sports sciences*. 37, pp.424-433. ISSN 0264-0414. Otros (2) <https://doi.org/10.1080/02640414.2018.1504617>
- 48** Martínez-Gomez D; Bandinelli S; Del-Panta V; Talluri E; Guralnik JM; Ferrucci L. 2018. Three-Year Changes in Physical Activity and Subsequent Loss of Ability to Walk 400 m in Older Adults: The InCHIANTI Study. *American journal of physical medicine & rehabilitation*. 97, pp.212-215. ISSN 0894-9115. <https://doi.org/10.1097/PHM.0000000000000841>
- 49** Higuera Fresnillo, S.; Guallar Castillón, P.; Cabanas Sanchez, V.; Banegas, JR.; Rodríguez Artalejo, F.; Martínez Gomez, D. 2017. Changes in physical activity and cardiovascular mortality in older adults. *Journal of geriatric cardiology : JGC*. 14-4, pp.280-281. <https://doi.org/10.11909/j.issn.1671-5411.2017.04.009>
- 50** Bayan-Bravo A; Sayon-Orea C; Martínez-Gomez D; López-García E; Rodríguez-Artalejo F; Guallar-Castillon P. 2017. Combined impact of traditional and non-traditional healthy behaviors on health-related quality of life: a prospective study in older adults. *Plos One*. 12-1, pp.e0170513. <https://doi.org/10.1371/journal.pone.0170513>
- 51** Martínez-Gomez D; Guallar-Castillon P; García-Esquinas E; Bandinelli S; Rodríguez-Artalejo F. 2017. Physical Activity and the Effect of Multimorbidity on All-cause Mortality in Older Adults. *Mayo Clinic Proceedings*. 92-3, pp.376-382. <https://doi.org/10.1016/j.mayocp.2016.12.004>
- 52** Martínez-Gomez, D; Guallar-Castillon, P; Rodríguez-Artalejo, F. 2017. Sitting Time and Mortality in Older Adults With Disability: A National Cohort Study. *Journal of the American Medical Directors Association*. 17-10, pp.960.e15-20. <https://doi.org/10.1016/j.jamda.2016.07.016>
- 53** García-Esquinas E; Andrade E; Martínez-Gómez D; Caballero FF; López-García E; Rodríguez-Artalejo F. 2017. Television viewing time as a risk factor for frailty and functional limitations in older adults: results from 2 European prospective cohorts. *International Journal of Behavioral Nutrition and Physical Activity*. 14(1), pp.54. <https://doi.org/10.1186/s12966-017-0511-1>

- 54 Martinez-Gomez D; Bandinelli S; Del-Panta V; Patel KV; Guralnik JM; Ferrucci L. 2017. Three-year changes in physical activity and physical performance decline over 9 years of follow-up in older adults: The InCHIANTI study. *Journal of the American Geriatrics*. 65-(6), pp.1176-1182. <https://doi.org/10.1111/jgs.14788>
- 55 Martinez-Gomez, D; Guallar-Castillon, P; Rodriguez-Artalejo, F; Bandinelli, S. 2016. Attenuation of the Effect of Multimorbidity on Cardiovascular Mortality by Physical Activity in Older Adults. *Journal of the American Medical Directors Association*. 17-12, pp.1161-1162. <https://doi.org/10.1016/j.jamda.2016.09.007>
- 56 Martinez-Gomez, D; Guallar-Castillon, P; Higuera-Fresnillo, S; Rodriguez-Artalejo, F. 2016. Concurrent Validity of the Historical Leisure-time Physical Activity Question of the Spanish National Health Survey in Older Adults. *Revista española de cardiología (English ed.)*. In press. <https://doi.org/10.1016/j.rec.2016.09.019>
- 57 Martinez Gomez, D.; Guallar Castillón, P.; Hallal, PC.; Lopez Garcia, E.; Rodríguez Artalejo, F. 2015. Nonexercise cardiorespiratory fitness and mortality in older adults. *Medicine and science in sports and exercise*. 47-3, pp.568-642. <https://doi.org/10.1249/MSS.0000000000000435>

### C.3. Research projects and contracts

- 1 **Project.** Implementación de la tecnología wearable en atención primaria para una medicina del ejercicio personalizada (WearablePerMed). Instituto de Salud Carlos III. From 2023. 869.000 €.
- 2 **Project.** Aumento de la actividad física multicomponente en adultos mayores a través de kits deportivos y apoyo virtual por especialistas en ejercicio: ensayo controlado aleatorizado activeKITS. Instituto de Salud Carlos III. From 2021. 98.000 €.
- 3 **Project.** Dietary patterns and chronic low back pain in older adults: the role of chronic inflammation, physical morbidity and mental health. Instituto de Salud Carlos III. From 2020. 153.000 €.
- 4 **Project.** Levels of blood pressure and parameters of the pulse wave during 24-h and their temporal variation. Frequency-associated factors and morbimortality. Instituto de Salud Carlos III. From 2020. 180.000 €.
- 5 **Project.** Red Española de Estudios Prospectivos en Actividad Física, Sedentarismo y Sueño. CONSEJO SUPERIOR DE DEPORTES. From 2020. 8.000 €.
- 6 **Project.** Impacto de los patrones dietéticos y las conductas sedentarias sobre la acumulación de déficits de salud y resiliencia en adultos mayores. Instituto de Salud Carlos III. From 2017. 160.000 €.
- 7 **Project.** Identification of the main patterns of physical activity and sedentariness for the prevention of age-related functional disability. Catedra Real Madrid (Ref. P2016/RM09). From 2016. 6.000 €.
- 8 **Project.** Validity and reference values for the criteria of low physical activity and slowness in the characterizing the frailty in the elderly (FRAILTY-Spain/Chile). CENTRO DE ACUSTICA APLICADA Y EVALUACION NO DESTRUCTIVA; Banco Santander (Ref. CEAL-AL/2015-20). Proyectos de Cooperación con América Latina. From 2015. 12.000 €.
- 9 **Project.** Effects of the Mediterranean Diet, Physical Activity and Weight Loss in Primary Prevention of Cardiovascular Disease; Pilot Study of Predimed -Plus. Junta de Andalucía (Ref. PI-0458-2013). From 2014. 45.300 €.
- 10 **Project.** Objective assessment of physical activity and its impact on frailty, quality of life and health outcomes in people 65 and older (IMPACT65+). Ministerio de Competitividad (Ref. DEP2013-47786-R). From 2014. 96.000 €.
- 11 **Project.** Physical activity and mitochondrial biogenesis in children and adolescents with Down syndrome. Role of genetic polymorphisms in NRF1 and NRF2. Catedra Real Madrid. From 2013. 6.000 €.
- 12 **Project.** Development of a Pilot Monitoring System Activity/Healthy Condition and Sedentary Behaviors in Schoolchildren. Consejo Superior de Deportes (Ref. 009/UPB10/12). From 2012. 11.000 €.

- 13 Project.** Follow-up in healthy schoolchildren and in adolescents with Down syndrome: psycho-environmental and genetic determinants of physical activity and its impact on fitness, cardiovascular diseases, inflammatory biomarkers and mental health (UP&DOWN). Ministerio de Educación y Ciencia. (Ref. DEP2010-21662-C04). From 2011. 522.000 €.
- 14 Project.** Pelotas 1993 Birth Cohort (2010 update). Wellcome Trust (Young Investigation Award). From 2010. 1.500.000 €.
- 15 Project.** Dietary determinants of obesity and weight change: prospective follow-up of a national cohort of persons aged 60 or more years in Spain. Instituto de Salud Carlos III (PI09/1626). From 2009. 368.000 €.
- 16 Project.** Study of Nutrition and Cardiovascular Risk in Spain (ENRICA). Instituto de Salud Carlos III (FIS PI08-0166 y PI09-1626); Plan Nacional de Drogas PND 2010/006; Sanofi-aventis. From 2008. 500.000 €.
- 17 Project.** Development, implementation and evaluation of the efficacy of a therapeutic programme for adolescents with overweight and obesity: integral education on nutrition and physical activity (EVASYON). Fondo de Investigaciones Sanitarias. Ministerio de Sanidad (Ref. PI051574). From 2006. 320.000 €.
- 18 Project.** Physical Activity as a Preventive Agent of the Development of Overweight, Obesity, Allergies, Infections, and Cardiovascular Risk Factors in Adolescents (AFINOS). Ministerio de Educación y Ciencia. (Ref. DEP2006-56184-C03-02/PREV). From 2006. 140.000 €.
- 19 Project.** University of Nebraska Kids (UNKids). American Heart Association (#0665500Z). From 2006. 40.780 €.
- 20 Project.** Healthy Lifestyle in Europe by Nutrition in Adolescence (HELENA). European Community. 6th Framework Programme (Ref. FP6-2003-Food-2-A; FOOD-CT-2005-007034). From 2005. 7.000.000 €.
- 21 Project.** Feeding and assessment of nutritional status of spanish adolescents (AVENA). Fondo de Investigaciones Sanitarias. Ministerio de Sanidad. (Ref. 00/0015-3). From 2000. 300.000 €.
- 22 Project.** Progetto Invecchiare nel Chianti Follow-ups I-V (InCHIANTI). Italian Health Ministry; US National Institute on Aging. From 2000. 2.250.000 €.
- 23 Contract.** Study of promoting physical activity and healthy eating in the Marathon Foundation Fundación Marathon. From 2015. 4.500 €.
- 24 Contract.** Development of information and educational materials to promote physical activity in schools for using in the PERSEO programme Agencia Española de Seguridad Alimentaria (AESAs)- Ministerio de Sanidad. From 2007. 12.000 €.
- 25 Contract.** Developing guidelines for promoting physical activity for using in the PERSEO programme Agencia Española de Seguridad Alimentaria (AESAs)- Ministerio de Sanidad. From 2007. 12.000 €.

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

- 1** Geriatric Epidemiology Unit, Piero Palagi Hospital, Health Tuscany Center. Italy. Florencia. From 2016. 6 months. Post-doctoral.
- 2** Research Center in Physical Activity, Health and Leisure. Portugal. Oporto. From 2014. 2 months. Post-doctoral.
- 3** WHO Center for Epidemiological Research. Brazil. Pelotas. From 2013. 2 months. Post-doctoral.
- 4** Michigan State University. United States of America. East Lansing. From 2010. 2 months. Doctorate.
- 5** Karolinska Institutet. Sweden. Huddinge. From 2009. 4 months. Doctorate.
- 6** Iowa State University. United States of America. Ames. From 2008. 4 months. Doctorate.