

2023

Parte A. DATOS PERSONALES

Nombre	Esther	
Apellidos*	Lopez García	
URL Web		
Dirección Email	esther.lopez@uam.es	
Identificador científico	Open Researcher and Contributor ID (ORCID)"	0000-0001-6202-4970
	Researcher ID	A-8894-2019
	Scopus Author ID	7003647181

* Obligatorio

A.1. Situación profesional actual

Puesto	Professor
Fecha inicio	2022
Organismo/ Institución	Universidad Autónoma de Madrid
Departamento / Centro	
País	Teléfono
Palabras clave	Medicina clínica y epidemiología

A.2. Situación profesional anterior

Periodo	Puesto/ Institución / País
2019 - 2022	Associate Professor / Universidad Autónoma de Madrid
2011- 2019	Assistant Professor / Universidad Autónoma de Madrid
2006 - 2011	Ramón y Cajal researcher / Facultad de Medicina
2005 - 2006	Juan de la Cierva Researcher / Facultad de Medicina
2003 - 2005	Fulbright research fellow / Harvard School of Public Health

A.3. Formación académica

Grado/Master/Tesis	Universidad / País	Año
PhD	Universidad Autónoma de Madrid	2001
MPH	Universidad Autónoma de Madrid	1999
MPharm	Universidad Complutense de Madrid	1998

A.4. Indicadores generales de calidad de la producción científica

Dr Lopez-García has worked in the development population studies in Spain, implementing the methodology to measure diet and lifestyles, physical and cognitive function, and the creation of a biorepository. In addition, she has published more than 200 scientific papers in the field of lifestyles in relation to cardiovascular disease and aging. In particular, she has characterized dietary exposures related to the development of physical and cognitive impairment, hearing loss, risk of recurrent falling, and risk of frailty and multimorbidity. She has also examined the biological mechanisms that explain these associations, with a focus on the metabolomic profiles. This work is done with cohort studies from the USA, United Kingdom, the Netherlands and Spain.

Committee of the Spanish Agency for Food Safety and Nutrition, in the Ministry of Consumer Affairs. She is also member of the Scientific Committee and the Steering Committee of the Health Research Institute of La Paz University Hospital, and the Nutrition Group from the Spanish Society of Epidemiology. Since March 2023, she is the chief of the "Observatorio para el estudio de la obesidad. Estrategia NAOS" in the Spanish Agency for Food Safety and Nutrition. Member of the American Society of Nutrition.

She has a formal training in Pharmacy, by the Universidad Complutense de Madrid, a MPH, by the UAM, and she has been a Fulbright Researcher at the Harvard T. Chan School of Public Health, and a Ramon y Cajal Researcher at the UAM.

<https://pubmed.ncbi.nlm.nih.gov/?term=Lopez+garcia+E+and+madrid&sort=date>

http://www.uam.es/ss/Satellite/Medicina/es/1242664986165/1242662070332/persona/detallePD1/Lopez_Garcia,_Esther.htm

General quality indicators of research quality:

-Total number of publications: 231, total citations: 9234. Average citations/year: 259.28, with 1 paper with 771 citations, 7 more with >300 citations, 39 more with >100 citations, and 46 more with >50 citations.

-Publications as first/senior author: 53.

-Publications in the first quartile of WOS: 79%; publications in the first decile: 60%.

-H index, WOS: 51 (26/01/2023).

-8 doctoral thesis as a mentor; 2 in progress. **3 six-year research period** recognized

Parte C. MÉRITOS MÁS RELEVANTES

C.1. Publicaciones

AC: Autor de correspondencia; (n° x / n° y): posición firma solicitante/ total autores. Si aplica, indique el número de citaciones

- 1 2023. Dietary micronutrient adequacy and risk of multimorbidity in community-dwelling older adults. *Am J Clin Nutr* (IF: 8.427; Q1). doi: 10.1016/j.ajcnut.2023.05.008. Epub ahead of print.
- 2 2023. Leucine intake and risk of impaired physical function and frailty in older adults. *J Gerontol A Biol Sci Med Sci*. (IF: 6.59; Q1). DOI: 10.1093/gerona/glac191.
- 3 2022. Association between a lifestyle-based healthy heart score and risk of frailty in older women: a cohort study. *Age and Ageing* (IF: 10.67; Q1).
- 4 2022. Association between the quality of plant-based diets and risk of frailty. *J Cachexia Sarcopenia Muscle* (IF: 12.5; Q1). doi: 10.1002/jcsm.13077.
- 5 2022. Association of prolonged nightly fasting with cardiovascular, renal, inflammation, and nutritional status biomarkers in community-dwelling older adults. *Am J Clin Nutr* (ID: 7.04, D1). 001: 10.1093/ajcn/nqac021.
- 6 2022. Dietary fat intake and risk of disabling hearing impairment: a prospective population-based cohort study. *Eur J Nutr* (IF: 4.44; Q1). 001: 10.1007/s00394-021-02644-7.
- 7 2022. Protein intake and risk of frailty among older women in the Nurses' Health Study. *Journal of Cachexia, Sarcopenia and Muscle* (IF: 12.5; Q1). 001: 10.1002/jcsm.12972.
- 8 2021. Association between hearing loss and impaired physical function, frailty and disability in older adults: a cross-sectional analysis. *JAMA Otolaryngol Head Neck Surg* (IF: 6.22, Q1).
- 9 2021. Red meat consumption and risks of frailty in older women. *J Cachexia Sarcopenia Muscle* (IF: 12.91, Q1).
- 10 2020. Changes in Dietary Intake of Animal and Vegetable Protein and Unhealthy Aging. *Am J Med*. (IF: 4.96; Q1). 001: 10.1016/j.amjmed.2019.06.051. ISSN 0002-9343.

- 11 2020. Changes in dietary intake of animal and vegetable protein and unhealthy aging. *Am J Med* (IF: Q1). DOI: 10.1016/j.amjmed.2019.06.051.
- 12 2020. Coffee consumption and risk of hearing impairment in men and women. *Clin Nutr* (IF: 6.36, D1). PMID: 33298331. 29.
- 13 2020. Fruit and vegetables intake and risk of frailty in women 60 years old or older. *Am J Clin Nutr* (IF: 7.04, D1).
- 14 2020. Longitudinal association between sodium and potassium intake and physical performance in older adults. *J Gerontol A Biol Sci Med Sci*. (IF: 5.2, D1). PMID: 32009144. ISSN 1079-5006.
- 15 2020. Mediterranean diet and risk of falling in community-dwelling older adults. *Clin Nutr* (IF: 6.36, D1). PMID: 30824269. 39-1, pp.276-281. ISSN 0261-5614.
- 16 2020. Sweetened beverages and risk of frailty among older women in the Nurses' Health Study. A cohort study. *PLoS Med* (IF: 11.07, D1).
- 17 2020. Sweetened beverages and risk of frailty among older women in the Nurses' Health Study: A cohort study. *PLoS Med* (IF: 10.5, D1). DOI: 10.1371/journal.pmed.1003453.
- 16 2020. The inflammatory potential of diet is related to incident frailty and slow walking in older adults. *Clin Nutr* (IF: 6.36, D1). PMID: 30737049. 39-1, pp.185-191. ISSN 1079-5006.
- 19 2019. Duration and Quality of Sleep and Risk of Physical Function Impairment and Disability in Older Adults: Results from the ENRICA and ELSA Cohorts. *Aging Dis*. 10-3, pp.557-569. ISSN 2152-5250.
- 20 2019. Habitual Meat Consumption and Changes in Sleep Duration and Quality in Older Adults. *Aging Dis*. 10-2, pp.267-277. ISSN 2152-5250.
- 21 2019. Habitual coffee consumption and risk of falls in 2 European cohorts of older adults. *Am J Clin Nutr* (IF: 6.77, D1). DOI: 10.1093/ajcn/nqy369.
- 22 2019. Influence of Changes in Diet Quality on Unhealthy Aging: The Seniors-ENRICA Cohort. *Am J Med*. 132-9, pp.1091-1102. ISSN 0002-9343.
- 23 2019. Prospective study between nut consumption and physical function in older men and women. *J Gerontol A Biol Sci Med Sci* (IF: 5.2, D1). PMID: 30052782. 74-7, pp.1091-1097. ISSN 1079-5006.

C.3. Proyectos y Contratos

- 1 **Proyecto.** The impact of lifestyles on the development of multimorbidity. A longitudinal approach. IP: Elopez-Garcia. Instituto de Salud Carlos 111 (PS20/1040).. (Instituto de Salud Carlos 111 (PS20/1040)). 01/01/2021-31/12/2024.
- 2 **Proyecto.** Metabolomic profiles of physical function impairment and disability. A case-control study with incident cases. IP: ElopezGarcia. (Instituto de Salud Carlos 111 (PS16/1512)). 01/01/2017-31/12/2020.
- 3 **Proyecto.** The impact of diet on wellbeing in the older population. IP: ElopezGarcia. (Instituto de Salud Carlos 111 (PS13/00288)). 01/01/2014-31/12/2016. IP. FIS PS13/00288
- 4 **Proyecto.** The effect of habitual coffee consumption on the circadian pattern and blood pressure control among hypertensive adults. IP: ElopezGarcia. (Instituto de Salud Carlos 111 (PS09/1043)). 01/01/2010-31/12/2013. IP. FIS PS09/00104

C.4. Actividades de transferencia y explotación de resultados

- 1 DOI : 10.5281/zenodo.7715009. Report of the Scientific Committee of the Spanish Agency for Food Safety and Nutrition (AESAN) on sustainable dietary and physical activity recommendations for the Spanish population. Coordinator. 2022. AESAN-2022-007.
- 2 ISSN 1885-6586. Report of the Scientific Committee of the Spanish Agency for Food Safety and Nutrition (AESAN) on the impact of visual disability on dietary habits and nutritional status 2021. Coordinator. AESAN-2021-013.