



EXPERIENCIA DE PARTICIPACIÓN EXITOSA

Tailored Exercise Interventions for Dementia prevention: bridging research evidence and primary care practice. **TEIDe Consortium**

Irene Esteban-Cornejo (PI)– IBS - UGR - Spain

Presented by: **Angel Toval**

December 10th 2025



NutriBrain 2024

**Modulation of brain ageing through nutrition
and healthy lifestyle – “NutriBrain”**



#NutriBrain_E4H



**Co-funded by
the European Union**

Consortium

ACADEMIC PARTNERS



Irene Esteban-Cornejo
Spain- Coordinator



Dorthe Stensvold
Norway



Teresa Liu-Ambrose*
Canada



Barbara Ukropcova
Slovakia



Elisabeth Wenger
Germany

ENTERPRISE PARTNER



Oliviu Matei
Romania

STAKEHOLDER PARTNER



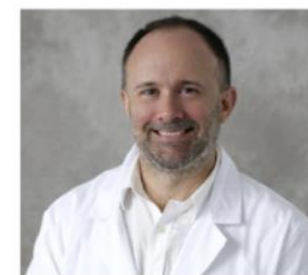
Mario Possenti
Italy



CLINIC PARTNERS



Juan A. Bellón Saameño
Spain



Kirk I. Erickson*
USA

Consortium

CAN/UBC/RVCI-FACT

Teresa Liu-Ambrose (F)

Key academic collaborator in the field of exercise in older with cognitive impairment. Provide data from 2 RCTs with 91 and 226 with MCI due to vascular or AD pathology. The **unique** exercise-based RCT **comparing 4 types of exercise** and **including vascular cognitive impairment individuals**. Partner in **WP 2** and **7**.

NOR/NTNU/G100

Dorthe Stensvold (F)

Key partner in the field of exercise intervention and blood biomarkers. Provide data from a 5-years RCT in 1567 cognitive normal older adults; the **longest exercise-based RCT worldwide**. Leader in **WP 4** and partner in **WP 5**.

GER/HMU/AKTIV

Elisabeth Wenger (F)

Key academic partner in the field of brain imaging and plasticity. Provide data from a two-arm RCT with 142 cognitively normal older adults. Leader in **WP 2** and partner in **WP 3**.

SLVK/SAV/EMBRACE-AMETHYST

Barbara Ukropcova (F)

Key academic partner in the field of exercise and translational research to cognitive performance. Provide data from 2 two-arm RCTs with 64 and 50 cognitively normal older adults/SCD/MCI patients. Leader in **WP 3** and partner in **WP 4**.

USA/AH/IGNITE

Kirk I Erickson (M)

Key hospital collaborator in the field of exercise and brain health in aging. Provide data from a three-arm RCT with 648 cognitive normal older adults. The **largest exercise-based RCT including neuroimaging outcomes**. Partner in **WP 4** and **6**.

SPAIN/IBS/AGUEDA

Irene Esteban-Cornejo (F)

IBS: Academic coordinator and key expert in the field of exercise and brain health. Provide data from a two-arm RCT with 90 cognitive normal older adults. The only **resistance exercise-based RCT including brain Aβ**. Leader in **WP 1** and partner in **WP 6**.

SPAIN/PHC/-

Juan Ángel Bellón Saamaño (M)

PHC: Key partner in the **primary healthcare center** with huge expertise in personalised medicine. Leader in **WP 5** and partner in **WP 2** and **3**.

IT/ADI/-

Federazione Alzheimer Italy : Mario Possenti (M)

Key **stakeholder** partner for the involvement of patients and outreaching activities. Leader in **WP 7** and **8** and partner in **WP 5**.

ROM/HS/-

Holisun Company: Oliviu Matei (M)

Key **company** partner in the field of artificial intelligence and data management. Leader in **WP 6** and partner in **WP 1** and **7**.

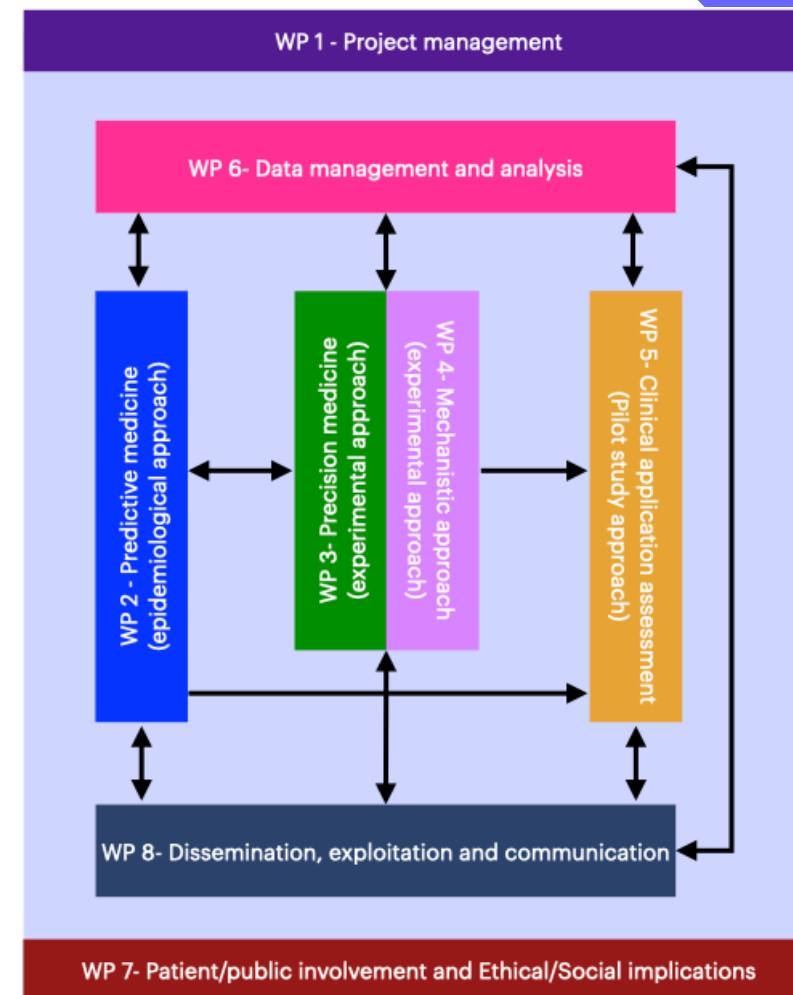
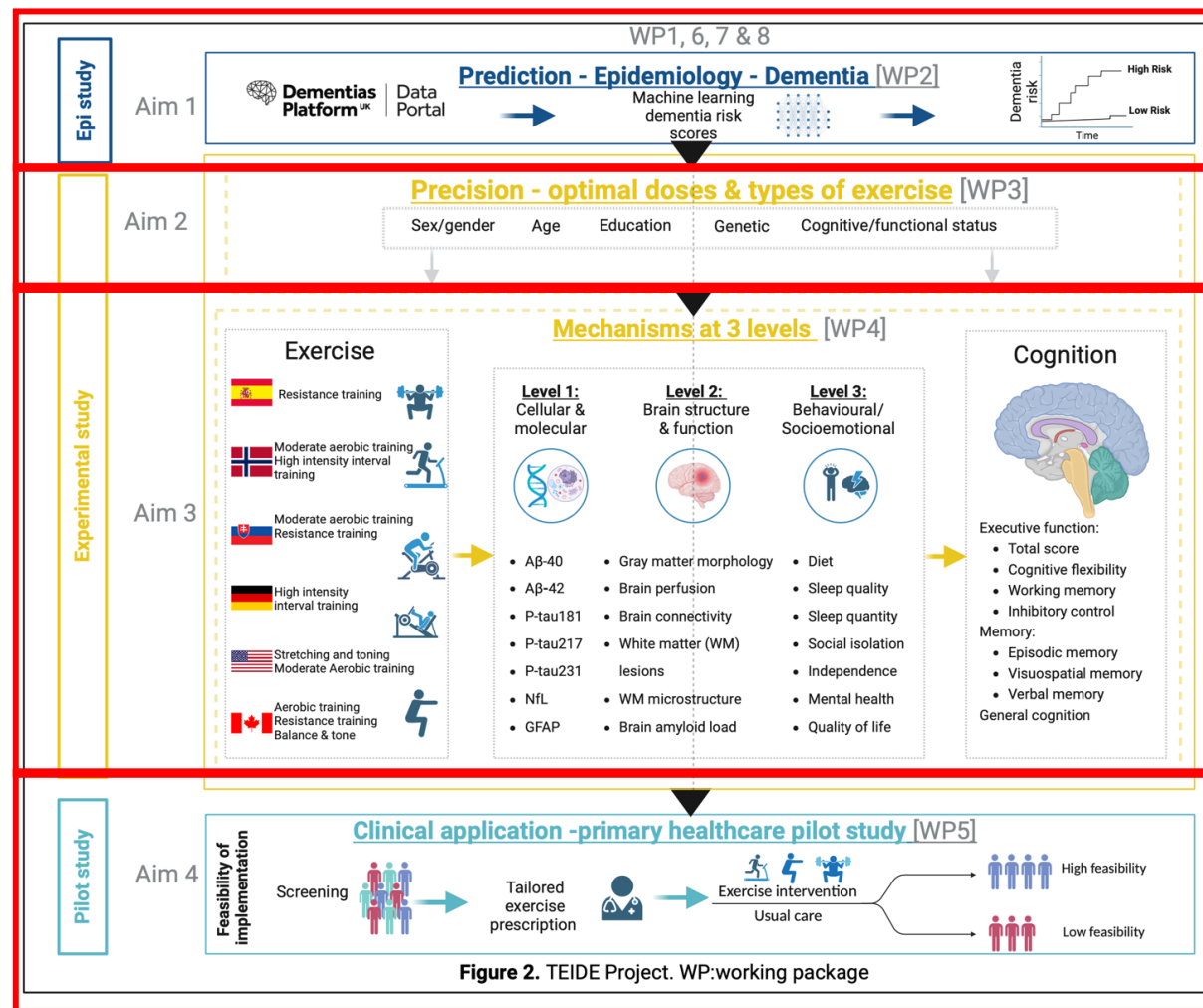
Project description: research questions

1. How can **predictive scores** be developed to identify dementia risk in primary healthcare?
2. What are the best **exercise doses and types** based on **individual** characteristics?
3. Do **different types** of exercise benefit cognition through unique **mechanisms**?
4. Is it **feasible** to integrate screening, personalized exercise prescriptions, and interventions in **primary healthcare**?



CO-CREATION

Project description: aims & methodology



Specific RRI approaches activities in TEIDe project

ClinicalTrials.gov



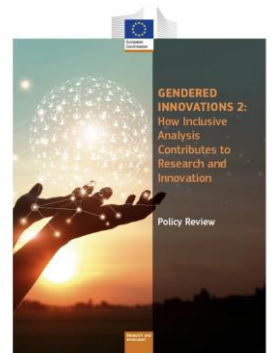
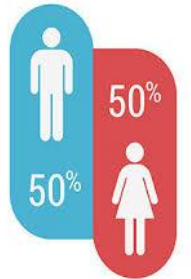
Example 1: Ethics & Research Integrity

- Ethics boards approval (**Declaration of Helsinki**), and informed consent obtained.
- Studies **pre-registered** at *clinicaltrials.gov*.
- **Transparent reporting** of hypotheses and methods → reduces bias and selective reporting.
- Internal **TEIDe Ethics Committee** .
- Exercise interventions designed with **patient input**, supervised by **CPR/first aid-trained staff**, and safety protocols.

Specific RRI approaches activities in TEIDe project

Example 2: Gender Equality & Diversity

- Gender-balanced leadership (5 women, 4 men).
- Research questions developed using EU gendered innovation guidelines and SAGER.
- Analyses stratified by sex/gender, age, education, and cognitive status.
- Pilot study: Stanford Gender-Related Variables tool + 50% female/male recruitment balance.
- Diverse participant samples from high- and middle-income countries, with representation of Hispanic and non-white populations.
- Inclusive recruitment (language, visuals) and diverse team members → enhance innovation.



Specific RRI approaches activities in your project

Example 3: Open Science & Societal Impact

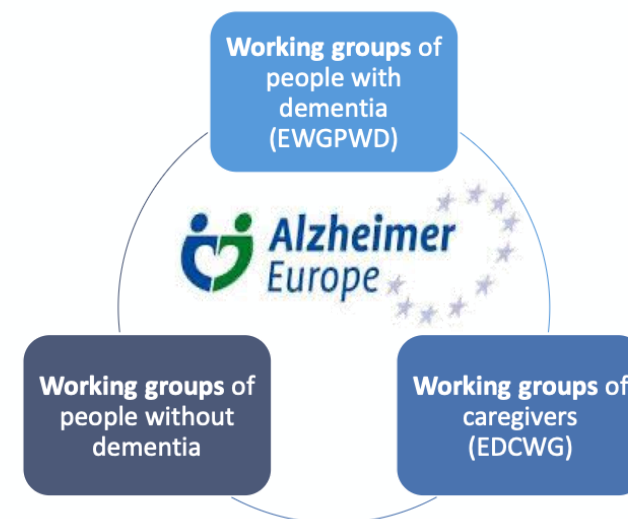


- PPI and dissemination plans → relevance and applicability to society.
- Open Access commitment: **free online access** to publications, outreach materials, exercise manuals, audiovisual resources.
- Use of UGR Digibug, Zenodo, and Open Research Europe repositories.
- Comprehensive documentation (study design, data collection, codebooks) to allow replication.
- Early and open exchange of results → **maximizes knowledge circulation and innovation across healthcare and industry.**



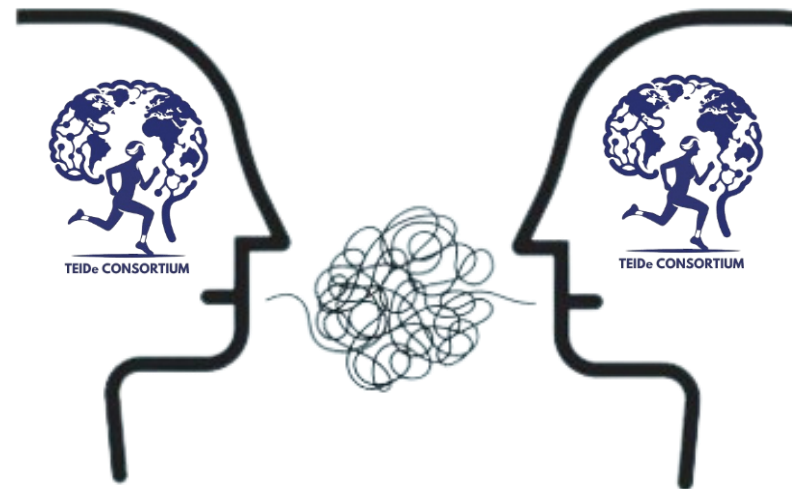
Involvement of the Stakeholders

- Patients & caregivers.
- Healthcare professionals (GPs, nurses, exercise specialists).
- Associations & NGOs.
- Scientific & clinical societies.
- Industry & IT partners.



Communication & Implementation Strategy

- **Co-production:** Stakeholders integrated at every stage (planning → execution → evaluation).
- Advisory boards & focus groups.
- Dissemination.
- Public engagement.
- Policy impact.



Open science, data management and data sharing

“As open as possible, as closed as necessary”

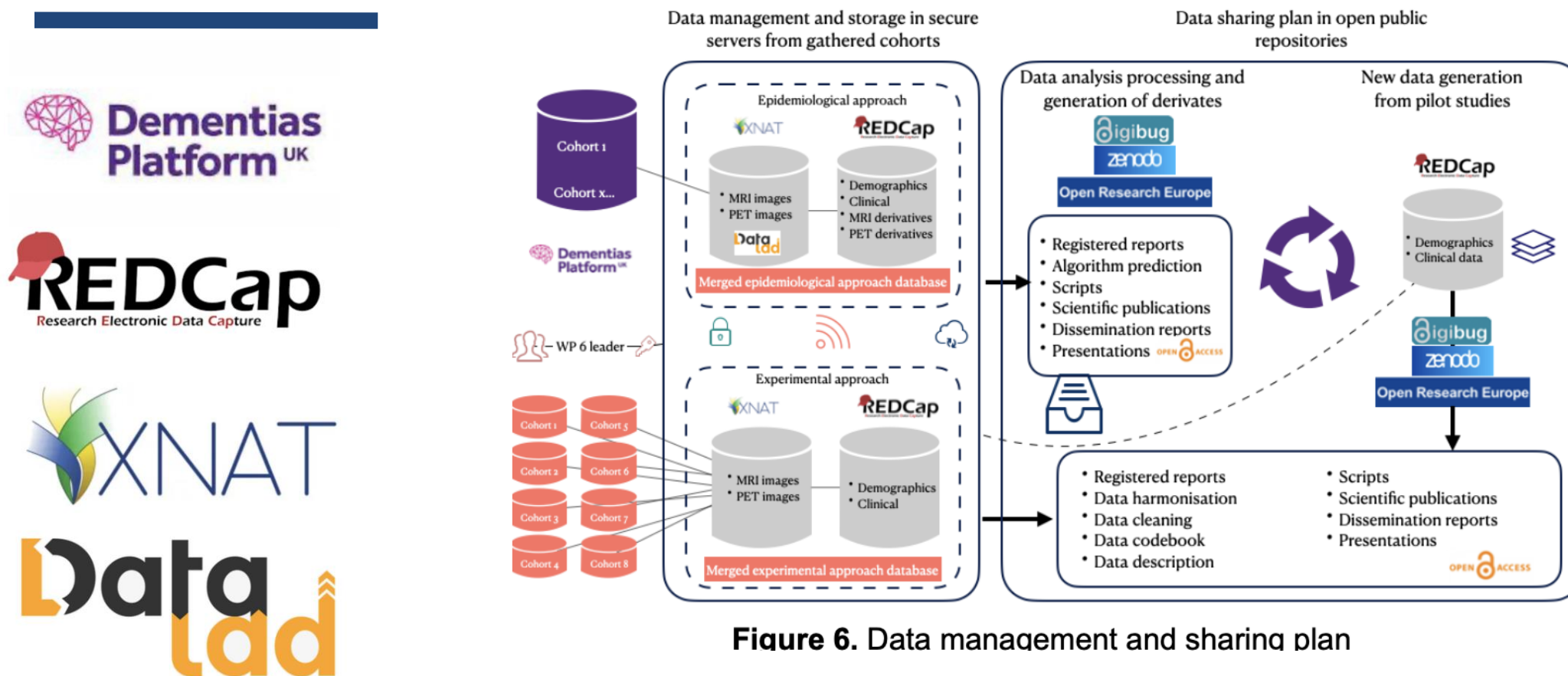
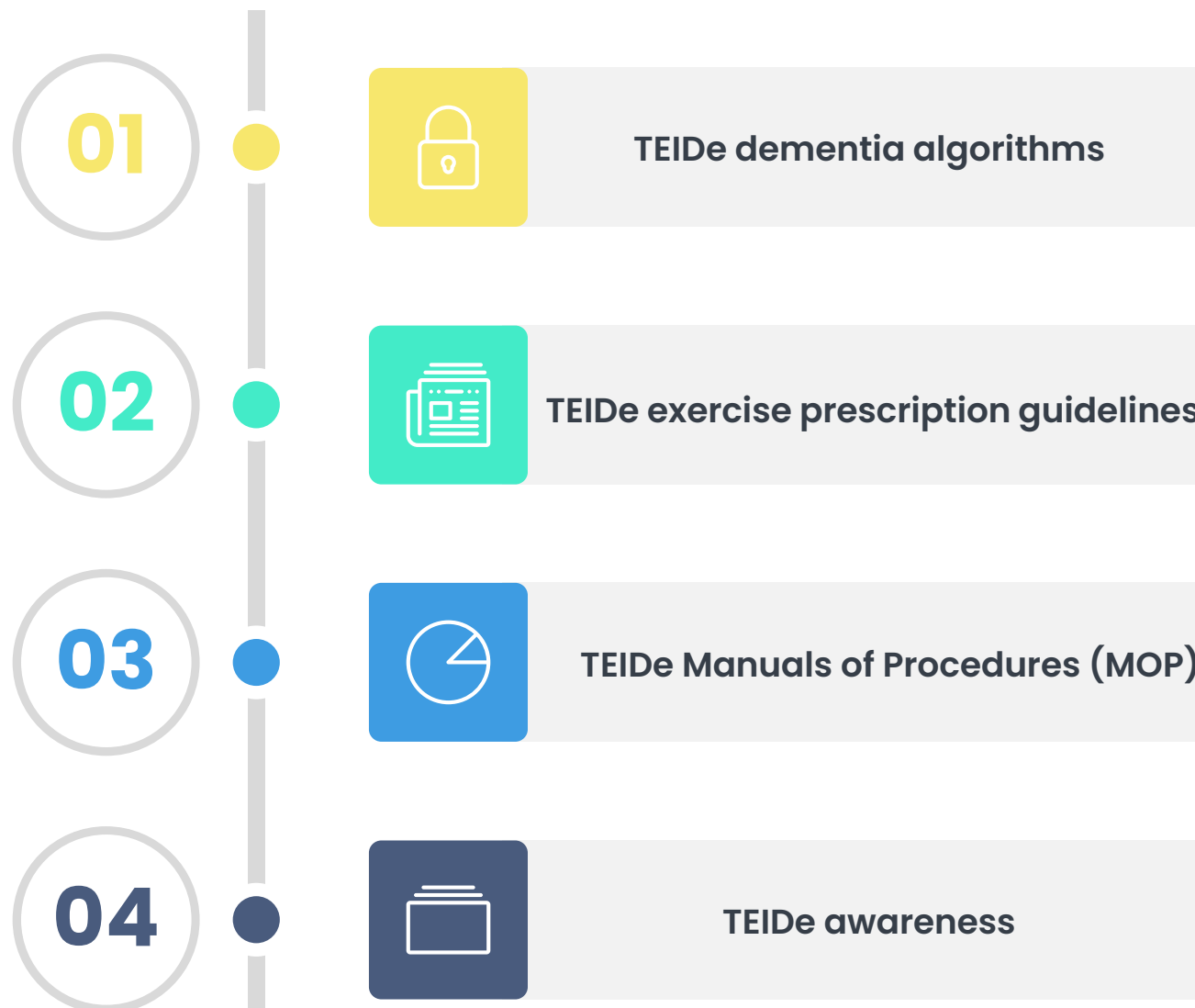
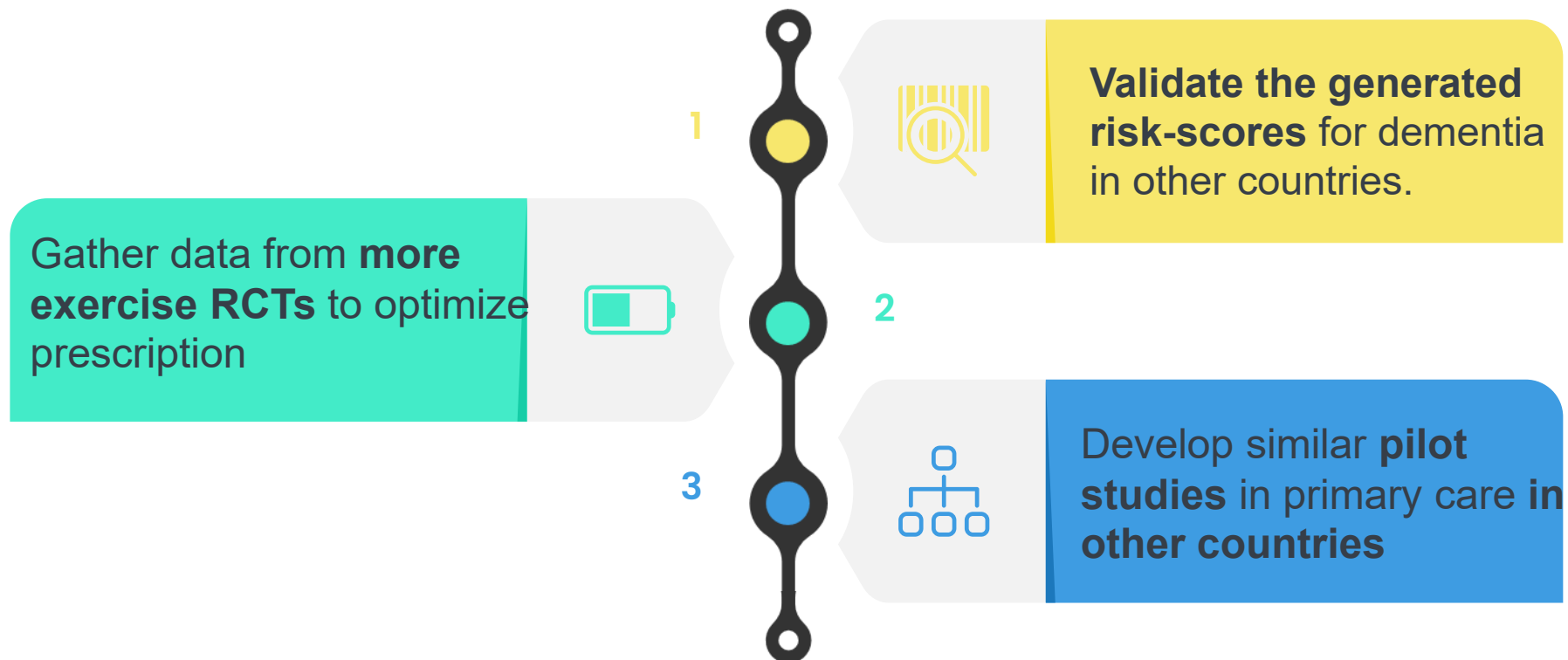


Figure 6. Data management and sharing plan

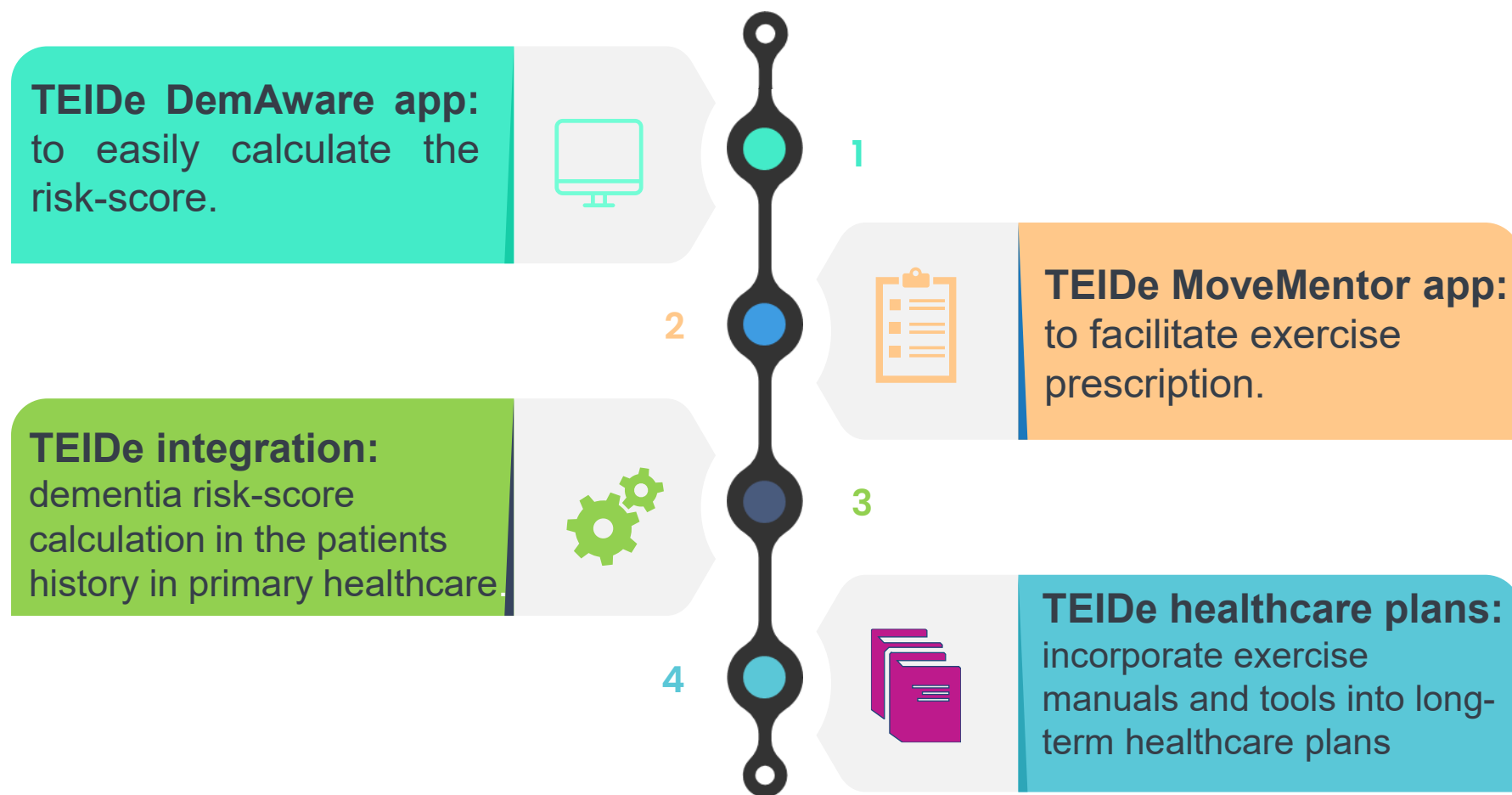
Expected impact: Short term



Expected impact: Medium Term



Expected impact –Long Term



Expected impact –Long Term

Worldwide TEIDe network



Future partners, future work &
future policies

Reflections on a Successful Proposal

- Coordination implies major role in the proposal
- Check country and institution specific requirements.
- Maximize eligible partners and cover all required institution types.
- Address every Call criterion with tangible, context-specific
- Co-creation with patient groups was essential
- Coordination shifts time toward management but adds valuable multidisciplinary perspective.

- **Nutribrain – Era4Health Kick-off meeting**
- **Workshop on “The future direction for RRI”**
- **ECN ERA4Health**



iMUDS

Instituto Mixto Universitario Deporte y Salud





Thank you

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