

ProPASS ECR Award Presentation



image: <https://www.eufic.org/en/>

Li-Tang Tsai (PhD, PT)

Center of Active and Healthy Ageing

Department of Sports and Clinical Biomechanics

University of Southern Denmark

Maastricht, NL
29th June 2019

OUTLINE

A little bit about me

My vision for ProPASS

Potential contributions to ProPASS

Next steps



7 years in FI (exchange, MSc, PhD)

Postdoc in DK since 2017

1985 born in Taiwan

3.5 years of childhood in NZ



PROMISS (Prevention of Malnutrition in Senior Subjects)

Overall Objectives for WP2

To determine daily physical activity, sedentary behaviour and nap/sleep patterns of older adults

(Task 2.1)

- Nutritional status (Task 2.3)
- Sociodemographic characteristics (Task 2.4)

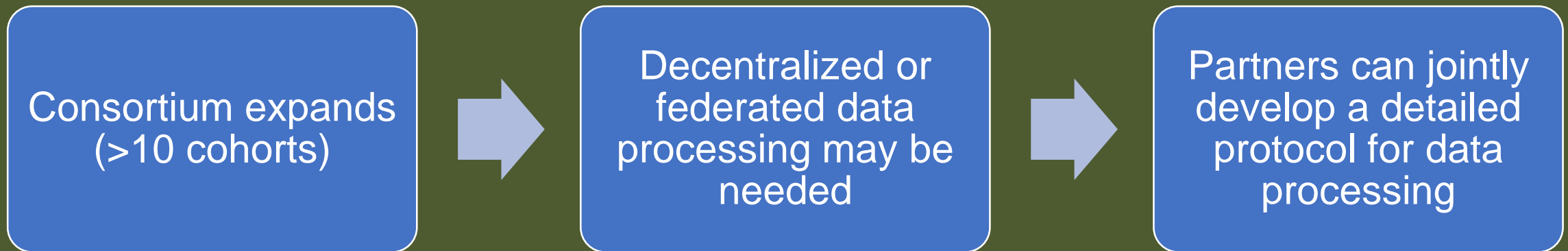
To ensure the validity of accelerometry for the assessment of physical activity and sedentary behaviour in malnourished older adult

(Task 2.2)

- The **ENGAGE** (**EN**er**G**etics in old **AGE**) study
- EE + multiple accelerometers in lab + 14 days free living
- Target n=100 (age 80+)

My vision for ProPASS

Data sharing and processing



My vision for ProPASS

Sleep analysis

- When applicable, use sleep diary to clean out or separate sleep time from waking time.
- 3% decrease in SB was observed when removing individualized sleep time compared to average sleep time (n=341, avg. age 82).



My vision for ProPASS

Strategies for consortium expansion

Disseminate results and promote ProPASS at relevant conference (e.g. ICAMPAM, HEPA, ACSM annual meeting)

Support new partners with limited experience in thigh accelerometry

Joint financing to support mobility between partner institutes

Potential contributions to ProPASS

1. Experience in accelerometry data processing among older adults

2. Potential access to thigh accelerometry data on old age

- **SITLESS** (exercise referral schemes enhanced by self-management strategies to battle sedentary behaviour in older adults) → 75+, 7 days (n=322)
- **PROMISS** (Prevention of Malnutrition in Senior Subjects) → lab + 14 days, 80+, (n=100); WP8 long-term cost-effectiveness study (n=264 x 3 measurements)

Next Steps



Continue with
PROMISS lab study
and cohort data
analysis



Potential funding
applications



Promote ProPASS and to
connect to potential Asian
cohorts (existing + future)

A scenic view of a European town square, likely in Denmark, featuring traditional buildings with red-tiled roofs and white walls. The foreground is filled with vibrant purple flowers, possibly lavender. The sky is a mix of blue and pink, suggesting a sunset or sunrise. The text "Thank you for your attention" is overlaid in white, centered in the lower half of the image.

Thank you for your attention

Li-Tang Tsai
ltsai@health.sdu.dk