ProPASS ECR Award Presentation

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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 (ENerGetics in old AGE) study
- EE + multiple accelerometers in lab + 14 days free living
- Target n=100 (age 80+)

SDU

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)

Thank you for your attention

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