

**Klaipėda University Strategic Research Direction
„Towards Sustainable Health and Well-being“
Application for Postdoctoral Internship topic (2024-2026)**

The title of the internship topic	Community-based interventions and surveillance for promoting health and preventing noncommunicable diseases
Field (s) of internship, starting unit, beginning, duration	M 004 Public Health - Health Research And Innovation Science Center – Faculty of Health Sciences (2024-2026)
Brief description of the topic	<p>Community-based interventions and surveillance are essential components of public health strategies aimed at promoting health and preventing noncommunicable diseases (NCDs). These initiatives focus on empowering communities to adopt healthier lifestyles, improving access to healthcare services, and implementing policies that support disease prevention efforts.</p> <p>At the core of community-based interventions is the recognition that health is influenced by a complex interplay of social, economic, environmental, and behavioral factors. By targeting these determinants of health at the community level, interventions can effectively address the root causes of NCDs and create sustainable changes in health outcomes.</p> <p>One key aspect of community-based interventions is the promotion of healthy behaviors. This includes initiatives to encourage regular physical activity, promote balanced nutrition, reduce tobacco and alcohol use, and improve mental well-being. In addition to promoting healthy behaviors, community-based interventions also focus on improving access to healthcare services. This may involve increasing the availability of primary care providers, expanding access to preventive screenings and diagnostic tests, and ensuring that essential medications are affordable and accessible to all community members. By strengthening healthcare infrastructure and addressing barriers to care, these interventions aim to reduce the burden of NCDs and improve health outcomes.</p> <p>Surveillance plays a critical role in community-based interventions by providing data and insights that inform decision-making and program planning. Surveillance systems track trends in NCDs, monitor risk factors, and assess the effectiveness of intervention strategies. By collecting and analyzing data on health behaviors, disease prevalence, and healthcare utilization, surveillance efforts help identify priority areas for intervention and evaluate the impact of existing programs.</p>
Compliance of the topic with the goals and priorities of the strategic research direction	This topic is under the umbrella of the University of Klaipeda strategic research directions: Towards sustainable health and well-being;
Planned interim and final results (scientific output: publications, reports, etc.)	4 scientific papers published in foreign periodic scientific publications having an impact factor in the Clarivate Analytics Web of Science database (Q1 or Q2) and

Requirements for a candidate	PhD in the scientific area of Health Sciences (Biomedicine, Public Health, Physical Education, Nursing, kinesiology, psychology) proficiency in English; experience of epidemiological analysis methods and advanced knowledge in the use of statistical software (STATA or SPSS), meta-analysis and systematic review development. Previous research experience in projects in the area of Community-based interventions and surveillance for promoting health and preventing noncommunicable diseases.
Existing research infrastructure and support	Work will be performed under support of the HEALTH RESEARCH AND INNOVATION SCIENCE CENTER – providing the necessary epidemiological databases for the research development.
Potential supervisor [contact person for the topic]	Dr. Cesar Agostinis-Sobrinho cesar.agostinis@ku.lt +370 69901140
Work that has been started and is to be continued in the suggested topic	<ol style="list-style-type: none"> 1. Chykhantsova, O., Kievišienė, J., Baranauskienė, I., & Agostinis-Sobrinho, C. (2022). Quality of Life and Life Satisfaction of People with Disabilities during Forced Social Distancing and Home Confinement Derived from the COVID-19 Pandemic. <i>Special Education, 1</i>(44), 103-126. (2021). 2. Ramirez-Velez, R., Zambom-Ferraresi, F., Garcia-Hermoso, A., Kievisiene, J., Rauckiene-Michealsson, A., & Agostinis-Sobrinho, C. (2021). Evidence-based exercise recommendations to improve mental wellbeing in women with breast cancer during active treatment: a systematic review and meta-analysis. <i>Cancers, 13</i>(2), 264. 3. Agostinis-Sobrinho, C., Werneck, A. D. O., Kievišienė, J., Moreira, C., Ramírez-Vélez, R., Rosário, R., ... & Santos, R. (2020). Ideal cardiovascular health status and health-related quality of life in adolescents: the LABMED physical activity study. <i>Revista Paulista de Pediatria, 39</i>. 4. Fatkulina, N., Hendrixson, V., Rauckiene-Michealsson, A., Kievisiene, J., Razbadauskas, A., & Agostinis Sobrinho, C. (2021). Dance/movement therapy as an intervention in breast cancer patients: a systematic review. <i>Evidence-based complementary and alternative medicine, 2021</i>. 5. Dubey, V. P., Kievišienė, J., Rauckiene-Michealsson, A., Norkiene, S., Razbadauskas, A., & Agostinis-Sobrinho, C. (2022). Bullying and Health Related Quality of Life among Adolescents—A Systematic Review. <i>Children, 9</i>(6), 766.. 6. Agostinis-Sobrinho, C., Kievišienė, J., Rauckienė-Michaelsson, A., Dubey, V. P., Norkiene, S., Moreira, C., ... & Santos, R. (2022). Cardiovascular health behavior and cardiorespiratory fitness in adolescents: a longitudinal study. <i>European Journal of Pediatrics, 181</i>(12), 4091-4099.