

# GROUP NAME: NUTRI-GENUD: GROWTH, EXERCISE, NUTRITION AND DEVELOPMENT

CODE: B34\_23R



A group specialized in nutrition, physical exercise, diet, growth, and development. Ever since the 1980s, we have been researching patterns of diet and physical activity, along with the frequency of obesity in childhood and adolescence. Our multidisciplinary team is made up of researchers with different specialties: pediatrics, public health, sports medicine, nutrition/dietetics, nursing, and physical education. The knowledge we have gained from Spanish and European projects can aid in preventing certain frequently occurring diseases that have a considerable impact on our population's quality of life, such as obesity, type-2 diabetes, and cardiovascular ailments.

## LINES OF RESEARCH

- Describing the nutritional state of the child and adolescent population: their physical condition, their body composition, the intake of food and nutrients, the frequency of physical activity, and the prevalence of sedentary behaviors.
- Evaluating the incidence of obesity in childhood and adolescence, along with the main risk elements involved (genetic and lifestyle factors).
- Evaluating the association between the nutritional situation in infancy and the posterior appearance of chronic diseases.
- Developing intervention programs to improve the diet of children and adolescents, and increase their physical activity, with the aim of reducing the risk of chronic diseases.
- Evaluating the effect of different types of foods, some of which contain functional components, on the nutritional state of children and adolescents.

## NOTABLE PROJECTS

- “DigiCare4You / An intersectoral innovative solution involving DIGItal tools, empowering families and integrating community CARE services for the prevention and management of type 2 diabetes and hypertension” H2020. (2021-2025).
- “GrowH! / Growing up healthy: Obesity prevention tailored to critical transition periods in the early life-course”. Unión Europea NextGenerationEU/PRTR. (2021-2024).
- “MEDKIDS: Research and development of new food products designed to compose a healthy food basket for child nutrition”. Programa Estratégico de Consorcios de Investigación Empresarial Nacional (CIEN). (2019-2023).
- Mediterranean Lifestyle in Pediatric Obesity Prevention (MELI-POP). (2020).
- Nutrition, Physical Activity, Health, and Sustainability (Programa ALASS). Alcampo. (2023-2024).

## MEMBERS

**Luis Alberto Moreno Aznar** ([lmoreno@unizar.es](mailto:lmoreno@unizar.es))

**Gerardo Rodríguez Martínez** ([gerard@unizar.es](mailto:gerard@unizar.es))

María Gloria Bueno Lozano

María Marta Fajó Pascual

Alba María Santaliestra Pasías

María Isabel Iguacel Azorín

Natalia Giménez Legarre

Iris Iglesia Altaba

Miguel Seral Cortés

María Del Pilar De Miguel Etayo\*

María Luisa Miguel Berges\*

Alicia Larruy García\*

Ivie Reis Maneschy\*

Isabel Rueda De la Torre\*

Lorena Fuentes Broto\*

\* Not a member of IA2

<https://ia2.unizar.es/>



Instituto Universitario de Investigación Mixto  
Agroalimentario de Aragón

