

Curriculum Vitae

FRANCISCO B. ORTEGA

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1. QUALIFICATIONS

- **B.Sc. in Physical Activity and Sports Sciences**, University of Granada, Spain (1998-2002).
- Two independent Doctoral Theses:
 - Ph.D. in Sport Science at University of Granada**, Spain. (2002-2008). Public defense: 18-04-2008. (Opponent: Steven N Blair, University of South Carolina, USA)
 - Ph.D. in Medical Science at Karolinska Institutet**, Sweden. (2005-2008). Public defense: 11-03-2008. (Opponent: Bernard Gutin, University of North Carolina, USA)

2. PRESENT APPOINTMENT

PostDoc Fellow. PostDoc Grant from the Spanish Ministry of Education. Spanish Training Program for University Faculty. PostDoc receptor center: Karolinska Institutet. Period granted: From 01-04-2008 to date.

3. MAJOR RESEARCH PROJECTS

- **The AVENA study** (2000-). The AVENA study (Alimentación y Valoración del Estado Nutricional de los Adolescentes / Feeding and assessment of nutritional status of Spanish adolescents) was conducted in nearly 3000 Spanish adolescents aged 13–18.5 years. Many factors related with the adolescents' physiological and psychological health status were assessed. www.estudioavena.com
- **The EYHS** (1998-). The EYHS (European Youth Heart Study) is an international cross-sectional study aiming to establish the nature, strength, and interactions between personal, environmental, and lifestyle influences on cardiovascular disease risk factors in European children and adolescents. A minimum of 1000 boys and girls ages 9 and 15 y were recruited from each of the following five European countries: Denmark, Estonia, Norway, Portugal and Sweden.
- **The HELENA study** (2005-). The HELENA study (Healthy Lifestyle in Europe by Nutrition in Adolescence) is an EU-funded project conducted in 3000 adolescents from 10 different European cities. The HELENA study aims to provide a broad picture of the nutritional and lifestyle status of the European adolescents, including objectively measured PA and a range of health-related physical fitness tests. www.helenastudy.com
- **The ALPHA study** (2007-). The ALPHA study (Instruments for Assessing Levels of PHysical Activity and related health determinants) is EU-funded project, in the framework of the Public Health Programme. The ALPHA study aims, among others, to determine and test of a European test battery for the assessment of health-related fitness as a reliable key health indicator. www.thealphaproject.eu

4. SUPERVISOR OF PhD STUDENTS

- Nico S. Rizzo. Dept. of Biosciences and Nutrition. Karolinska Institutet. Sweden. Dissertation date: September 2008.
- Enrique G. Artero. Dept. of Physiology. University of Granada. Spain. Dissertation date: January 2010.
- Virginia A. Aparicio. Dept. of Physical Education and Sport. University of Granada. Spain. Dissertation planned for September 2011.
- Daniel N. Ardoy. Dept. of Physiology. University of Granada. Spain. Dissertation planned for October 2011.

5. SCIENTIFIC AWARDS

- The work titled “Low level of physical fitness in Spanish adolescents. Relevance for future cardiovascular health (AVENA study)” was awarded by the **Spanish Society of Cardiology** as “**One of the three best papers published in Rev Esp Cardiol in 2005**”. Authors: Ortega FB, et al. Date: October 18th 2006.
- The work titled: “Fuerza joven de Andalucía en España” got the first prize from the **Andalusian Institute of Sport** as “**The best scientific work in 2006**”. Authors: Ortega FB, et al. Date: February 9th, 2007.
- The work titled “Low level of physical fitness in Spanish adolescents. Relevance for future cardiovascular health (AVENA study)” was awarded by the **Spanish Society of Cardiology** as “**One of the three most internationally cited papers in 2006-2007**”. Authors: Ortega FB, et al. Date: October 9th 2008.

6. PUBLICATIONS

5 selected papers out of the **95 papers published** (ISI/Pubmed). To access to Pubmed Publications [CLICK HERE](#) (*Ctrl + Click to follow the link*)

- **Ortega FB**, Lee DC, Sui X, Ruiz JR, Cheng YJ, Church TJ, et al. Cardiorespiratory fitness, adiposity, and incident asthma in adults. *J Allergy Clin Immunol* 2010; 125: 271-273 e271-275.
- **Ortega FB**, Ruiz JR, Hurtig-Wennlof A, Vicente-Rodriguez G, Rizzo NS, Castillo MJ, et al. Cardiovascular fitness modifies the associations between physical activity and abdominal adiposity in children and adolescents: the European Youth Heart Study. *Br J Sports Med* 2010; 44: 256-262.
- **Ortega FB**, Lee DC, Sui X, Kubzansky LD, Ruiz JR, Baruth M, et al. Psychological well-being, cardiorespiratory fitness, and long-term survival. *Am J Prev Med* 2010; 39: 440-448.
- **Ortega FB**, Brown WJ, Lee DC, Baruth M, Sui X, Blair SN. In Fitness and Health? A Prospective Study of Changes in Marital Status and Fitness in Men and Women. *Am J Epidemiol* 2010.
- **Ortega FB**, Artero EG, Ruiz JR, Espana-Romero V, Jimenez-Pavon D, Vicente-Rodriguez G, et al. Physical fitness levels among European adolescents: The HELENA study. *Br J Sports Med* 2011; 45: 20-29