

PROJECT DETAILS

Project Title:

The effect of healthy lifestyle score starting in childhood on prediction of cardiometabolic health in midlife in Australia.

Project Summary:

This project aims to assess the **healthy lifestyle score** measurements for multiple life periods including childhood with predicting cardiometabolic health outcomes in midlife. This project has a potential research impact and is important to decrease the burden of cardiovascular diseases (CVDs) by informing policymakers to develop appropriate and cost-effective interventions across the lifespan in community and clinical settings through healthy lifestyles; to foster healthy aging across the lifespan and reduce disability and premature death due to CVDs. This project has the expected outcomes of determining the incidence of CVDs across the lifespan, estimating the effect of sociodemographic variables in childhood on healthy lifestyle scores in mid-adulthood, testing the association between healthy lifestyle scores and cardiometabolic health outcomes.

Preferred Applicant Skillset:

The ideal PhD candidate should have a strong background in systematic review, and meta-analysis, with a master's in medicine, biomedical sciences, pharmacology, or public health, with experience in clinical research and data analysis. Proficiency in biostatistics and familiarity with statistical software. The candidate should demonstrate strong problem-solving, project management, and communication skills. The applicant should be highly self-motivated and capable of working both independently and collaboratively within a multidisciplinary research environment. International applicants with a background of global health in non-communicable diseases (NCD) study are also welcome to apply.

Internship Opportunity:

Yes - Telethon Kids Institute and Global Health Centre University of Edinburgh opportunities.

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