

## WHO WE ARE

The GRIMEX (Multidisciplinary Research Group of Extremadura) brings together health workers, such as doctors or nurses from different fields (primary care, cardiology, nephrology...) whose objective is the study of cardiovascular risk factors and diseases from a primarily clinical, but also population-based perspective. It belongs to INUBE which integrates the high-quality research groups dedicated to health in the region of Extremadura (Spain).

Our main lines of research focus on the study of individuals with vascular risk factors (HERMEX study), the study of the characteristics and prognosis of people with heart failure (INCA study), and currently, the role of frailty in these settings.

## OUR TOPIC OF INTEREST IN Horizon Europe:

**HORIZON-HLTH-2026-01-DISEASE-11:** *Understanding of sex and/or gender-specific mechanisms of cardiovascular diseases: determinants, risk factors and pathways*

## OUR priority interest in research collaboration in the selected topic:

GRIMEX meaningfully contributes to the scope of HORIZON-HLTH-2026-01-DISEASE-11 by addressing the sex- and gender-specific determinants, risk factors, and pathways of cardiovascular diseases (CVD) through an integrated, people-centred, and socially informed research approach.

The group's expertise in cardiovascular diseases, chronic conditions, and vulnerable populations enables GRIMEX to examine how biological sex and gender-related factors interact with social, behavioural, and environmental determinants across the life course. This directly aligns with the topic's objective to move beyond one-size-fits-all models and improve understanding of heterogeneity in CVD mechanisms, risks, and outcomes.

GRIMEX contributes particularly to those parts of the scope focusing on:

- The interaction between sex, gender, and social determinants of health (e.g. socioeconomic status, education, caregiving roles, access to care)
- Differences in risk exposure, disease trajectories, and lived experience of cardiovascular conditions, we have especially worked in heart failure: Conde-Martel A, Méndez-Bailón M, Montero-Pérez-Barquero M, González-Franco Á, Cerqueiro JM, Pérez-Silvestre J, Fernández-Rodríguez JM, Llàcer P, Casado J, Formiga F, Salamanca-Bautista P, **Arévalo-Lorido JC**, Manzano L. Are There Gender Differences in the Benefits

of Multidisciplinary Care in Patients with Heart Failure? Results from the UMIPIC Program. J Clin Med. 2025 Aug 17;14(16):5818. doi: 10.3390/jcm14165818.

- Under-represented and vulnerable populations, where sex- and gender-specific mechanisms are often insufficiently studied.
- Translation of mechanistic and epidemiological insights into person-centred and equitable prevention and care strategies. We are especially interested in how gut microbiota can differently-by-gender affects atherosclerosis and arterial stiffness.

By integrating clinical perspectives with social and community-based research, GRIMEX strengthens the topic's interdisciplinary ambition and supports a holistic understanding of cardiovascular disease pathways.

### **Contribution of GRIMEX to the Expected Results**

Improving Knowledge on Sex- and Gender-Specific Determinants and Pathways GRIMEX contributes to improved understanding of sex- and gender-specific determinants and risk factors of cardiovascular diseases by generating high-quality qualitative and quantitative evidence. This includes:

- Analysis of gender-related behaviours, roles, and norms influencing cardiovascular risk and disease management.
- Exploration of psychosocial, mental health, and lifestyle factors that may differentially affect women and men.
- Identification of barriers to timely diagnosis, prevention, and care linked to gender and social context.

This evidence complements biomedical research by providing contextualised insights into how sex and gender shape cardiovascular disease development and outcomes.

### **Supporting More Equitable and Person-Centred Prevention and Care**

Through its focus on person-centred and integrated care models, GRIMEX supports expected results related to the development of more tailored prevention and care approaches. The group contributes by:

- Co-designing interventions that account for sex- and gender-specific needs, preferences, and constraints
- Ensuring that patient-reported outcomes and lived experiences inform prevention strategies and care pathways

- Addressing gaps in current models that disproportionately affect women or other under-represented groups
- This directly supports the topic's aim to reduce inequities and improve cardiovascular outcomes across populations.

### Enhancing Stakeholder and Citizen Engagement

GRIMEX strengthens expected results related to uptake, relevance, and societal impact by facilitating active engagement of patients, healthcare professionals, educators, and community actors. Participatory approaches help to:

- Validate research findings against real-world experiences.
- Increase awareness of sex- and gender-specific cardiovascular risks.
- Foster trust and acceptance of resulting recommendations and tools.

GRIMEX adds value to this topic by bridging biomedical research with social, behavioural, and community perspectives, ensuring that sex- and gender-specific knowledge on cardiovascular diseases is:

- Scientifically robust
- Socially grounded
- Relevant for policy, practice, and citizens

### OUR priority interest in research collaboration

- Our collaboration can be adapted to participation as members of a consortium, but we can also act as consortium coordinators.

### WHAT WE OFFER

GRIMEX offers multidisciplinary expertise in cardiovascular and chronic disease research, with a strong focus on sex- and gender-specific determinants, vulnerable populations, and person-centred care. The group has a solid publication record in clinical, public health, and social science journals. GRIMEX provides access to qualitative and quantitative research infrastructures, including cohort and community-based studies, mixed-methods analysis, and participatory research tools. The team contributes strong skills in stakeholder engagement, implementation research, evaluation, and translation of evidence into policy and practice.

## CONTACT DETAILS

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