PROMOTIONAL PROFILE

IN Health

RESEARCH GROUP

Health assessment and physical activity for health promotion across the life course

INSTITUTION (COUNTRY):

University of Extremadura - UEx (Spain)

RESEARCH GROUP:

Social Impact and Innovation in Health

HEAD OF THE RESEARCH GROUP:

Sabina Barrios Fernández
Associate Professor

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University of Extremadura - UEx (Spain)

The only public university in Extremadura, with four campuses (Cáceres, Badajoz, Mérida and Plasencia).

2,149	210	16	71,633
RESEARCHERS	RESEARCH GROUPS	RESEARCH INSTITUTES	PUBLICATIONS

EUROPEAN RESEARCH CAPACITY

Participation in 12 funded Horizon Europe projects
(data to March 2026)

OPE-SECTI
European Projects Office
run by UEx and FUNDECYT-PCTEx

EU GREEN
European University Alliance
Coordinated by UEx · 9 universities

Strong capacity for multidisciplinary European research and international collaboration.

Sources: UEx Research Portal (October 2026); UEx press release, 9 March 2026; EU GREEN Alliance.

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Social Impact and Innovation in Health Research Group

An interdisciplinary research group combining health assessment and physical activity to promote health, functioning and participation across the life course.

HEALTH PROMOTION & PHYSICAL ACTIVITY

- Health promotion and prevention.
- Physical activity and exercise for health.
- Health and wellbeing in care contexts.

HEALTH ASSESSMENT & FUNCTIONING

- Heath and quality of life in childhood, adolescence, adulthood and older age.
- Health conditions and quality of life across the lifecourse.
- Disability: assessment and interventions to improve functioning and participation.

Core strengths: PHYSICAL ACTIVITY FOR HEALTH | HEALTH ASSESSMENT | Research spanning different populations and care contexts.

More information about inHEALTH

Oficina de Transparencia y Datos Abiertos
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Partners Search

Areas of interest for European collaboration

We aim to join a interdisciplinary European consortium responding to the topic **HORIZON-HLTH-2027-01-STAYHLTH-01**, contributing our expertise in health assessment, intervention and physical activity promotion across the life course.

Health promotion & physical activity · Health, health conditions & quality of life · Disability: functioning & participation

PARTNERS WE ARE LOOKING FOR

Research groups: Health conditions leading to disability · Rehabilitation and assistive technologies · Health data and research infrastructures · Social sciences and humanities (SSH) expertise

Organisations and companies: Organisations of persons with disabilities, families and carers · Patient organisations · Hospitals and rehabilitation services · Social and community care providers · Public authorities · Assistive technology and digital health SMEs

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Our contribution

Capabilities for European Collaboration

HORIZON-HLTH-2027-01-STAYHLTH-01: Addressing disabilities through the life course to support independent living and inclusion

Expected Outcome/Scope/Other	Our contribution
– Prevention of disabilities through the life course, addressing risk factors such as physical inactivity and sedentary lifestyle, overweight and obesity, screen time and frailty.	– We design, implement and evaluate **health promotion interventions** and **active lifestyles**: physical activity and exercise for health.
– Children and young people with disabilities, and older persons: improving autonomy and quality of life.	– We assess **health and quality of life** from childhood to older age.
– Health-related research on disabilities that stem from health conditions, and on health conditions associated with disabilities.	– We assess **health conditions and quality of life** across the life course.
– Persons with disabilities empowered to live independently and to participate in society, supported by comparable data on their living situation.	– We assess **functioning and participation** in disability, and carry out **interventions to improve them**.

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End Users

- Children & adolescents
- Adults
- Older people
- People with health conditions
- Families & caregivers
- People with disabilities

→ Health, social & educational professionals

Networks & Main Partners

MAIN PARTNERS

UEx research groups:

- HEME · PHeSO · PHYQOL · PAEPH · BioErgon.

Linked health & social care institutions in Spain:

- Extremadura Health Service (SES) · Extremadura Autonomy and Dependency Care Service (SEPAD)

NETWORKS

Active Healthy Kids Global Alliance (AHKGA):

- Global Matrix initiative

Members' professional/scientific links:

- REIAS (childhood) · Healthy Age (older people)

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IN Health RESEARCH GROUP

Thank you

FOR YOUR ATTENTION



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https://opendata.unex.es/investiga/grupos-de-investigacion/CTS053

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