

AURORA

Incentive and Collaborative Research Projects

Submission Form

February 16, 2024

Co-funded by the
Erasmus+ Programme
of the European Union



PROJECT IDENTIFICATION

Project title: **Healthy eating: A cross-cultural analysis of the social and nutritional conditions of aging in the Czech Republic, Iceland, and Spain.**

Project acronym: **NUTRIAGE24**

COORDINATOR

Name of principal researcher: [REDACTED]

University: Palacký University Olomouc (Czech Republic)

Department / research unit: Faculty of Health Sciences/Department of Preclinical subjects

Email: [REDACTED]

PARTNER

Name of principal researcher: [REDACTED]

University: Universitat Rovira i Virgili (Spain)

Department / research unit: Department of Anthropology, Philosophy and Social Work

Email: [REDACTED]

PARTNER

Name of principal researcher: [REDACTED]

University: University of Iceland (Iceland)

Department / research unit: Faculty of Food Science and Nutrition

Email: [REDACTED]

OBJECTIVE:

NUTRIAGE aims to initiate an exploratory study on **healthy aging across geographically, socio-economically and environmentally different countries** such as the Czech Republic, Iceland, and Spain. By forming an inter-university consortium, **NUTRIAGE will analyse how the relationship between nutrition, health and environment/context is articulated in older adults**, considering their general living situations and the social determinants that condition access to adequate food¹.



Project specific objectives (SO) are:

	SO1: Creation of Inter-University Consortium: Establish a collaborative partnership between participating universities, fostering knowledge exchange, workshops, and interdisciplinary collaboration to initiate an exploratory study and lay the groundwork for future research proposals.
	SO2: Preliminary Diagnosis Development: i. Analyse how do Czech Republic, Iceland, and Spain face the challenge of providing healthy nutrition for older adults; ii. Identify how do older adults face the challenge of healthy eating in a situation of constant crises and loss of purchasing power; iii. Explore diet/lifestyle of older adults adequation to nutritional standards and the FAO definition of "adequate food"; iv. Identify the most vulnerable groups of older adults according to gender, class, origin or health status.
	SO3: Analysis of Healthy Aging Policies and Programmes: Analyze and compare policies related to food security and nutrition for older adults in the three countries.
	SO4: Methodological Approach Design and Testing: Design a methodological approach, integrating qualitative and quantitative methods, and test mixed tools on a small sample of cases to be implemented in future research projects.

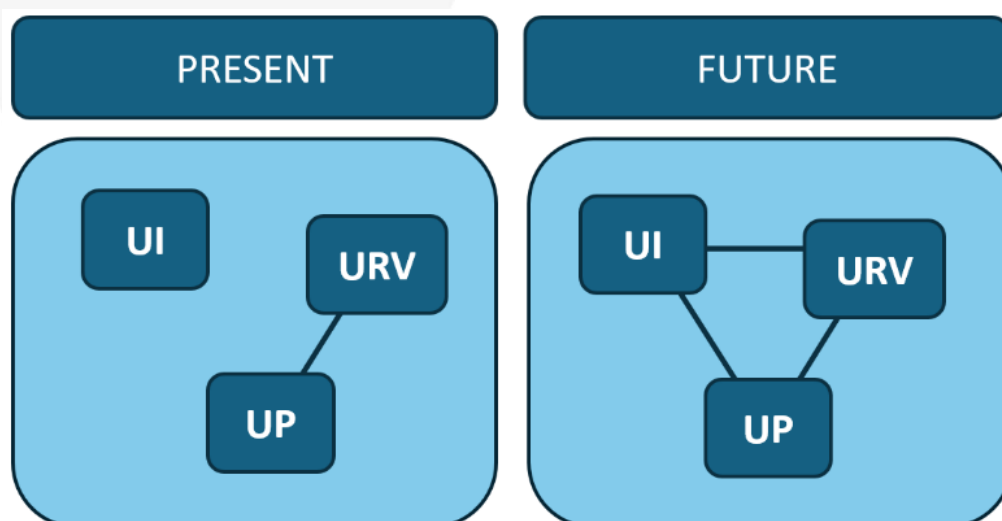
¹ FAO-ACNUDH (2010) The right to adequate food. Informative Brochure, 34. Available at: <https://www.fao.org/right-to-food/resources/resources-detail/es/c/49392/>

PROJECT INNOVATION / ORIGINALITY:

The Global Strategy and **Action Plan on Aging and Health by the World Health Organization** advocates for a comprehensive, person-centered approach to promoting healthy aging. It highlights the importance of understanding each individual's intrinsic capacity, functional abilities throughout life, and the influence of their mental and physical well-being. Nutrition emerges as a pivotal factor in the pursuit of healthy aging. Despite considerable gains in life expectancy worldwide, significant disparities persist, often exacerbated by limited access to essential nutrition and healthcare services. While proper nutrition is universally recognized as crucial for overall health across all life stages, its specific role in prolonging high-quality life during aging remains uncertain².

The main hypothesis of this project is that there are significant cross-cultural variations in the social and nutritional conditions influencing healthy eating among aging populations in the Czech Republic, Iceland, and Spain. Specifically, we hypothesize that cultural norms, socioeconomic status, access to healthy food options, social support networks, and individual dietary preferences will interact differently across these three countries, leading to distinct patterns of healthy eating behaviors among older adults.

NUTRIAGE24 builds upon a previous collaboration between two of the three institutions involved – **Palacký University Olomouc (UP)** and **Universitat Rovira i Virgili, Tarragona (URV)**. The previous AURORA project (Active Aging - a Healthy Lifestyle/2021-2023) explored the interplay between social dynamics, nutritional health, and aging. Where growing uncertainties and crises in contemporary society significantly impact the **nutritional well-being of older adults**. NUTRIAGE24 expands the scope of inquiry by incorporating insights from a third cultural context, Iceland – **University of Iceland (UI)**. It aims to provide a comprehensive cross-cultural analysis of healthy aging. **The project integrates methodologies to unravel the multifaceted determinants of healthy aging within the context of increasing uncertainties and crises.**



² Wickramasinghe, K. *et al.* (2020) 'From lifespan to healthspan: the role of nutrition in healthy ageing', *Journal of Nutritional Science*, 9, p. e33. doi:10.1017/jns.2020.26.

NUTRIAGE24 distinguishes itself through its innovative approach in various crucial aspects:

- **Comparative Framework:** Unlike traditional studies focusing on single-country analyses, this project concurrently investigates three distinct countries. This comparative framework offers a novel opportunity to discern cross-national patterns, variations, and innovative practices in healthy aging and nutrition.
- **Interdisciplinary Perspective:** Drawing from diverse disciplines such as nutrition science, anthropology, and health policy, this project embraces a multidimensional approach to comprehending the intricacies of healthy aging. By integrating insights from multiple fields, it aims to provide a holistic understanding of the factors influencing nutritional health among older adults.
- **Integration of Innovation in Research Methods:** Employing innovative research methods, including mixed-methods approaches and advanced data analytics techniques, this project endeavours to unveil nuanced insights and novel findings in the realm of healthy aging and nutritional care. By leveraging cutting-edge methodologies, it seeks to push the boundaries of knowledge in this field.
- **Practical Implications:** Beyond academic exploration, NUTRIAGE24 is committed to translating research findings into actionable recommendations and strategies. By bridging the gap between research and practice, it aims to empower policymakers, healthcare professionals, and community stakeholders with tangible tools to enhance nutritional care and promote healthy aging on a global scale.

DESCRIPTION:

The project comprises five work packages (WP), with packages 1–3 addressing scientific objectives (SO2–4), package 4 focusing on networking and knowledge transfer, and package 5 handling dissemination, and project management.

WP number	1	Duration (months/M)
WP title	Literature Review and Interdisciplinary Study Design (lead beneficiary: URV)	M 1–6
Objective: The goal of this work package is to review literature on healthy aging, nutrition, and social factors in the Czech Republic, Iceland, and Spain, informing the identification of issues, development of hypotheses, and creation of questionnaires to gather data on older adults' dietary habits, social support, and health indicators.		Related to SO2, SO3, SO4
<p>Task 1.1: Kick-off meeting organization (M1) (UP/IJ) Held in Olomouc.</p> <p>Task 1.2: Literature Review (M 1–6) (all members) Conduct an extensive review of literature on healthy aging, nutrition, and social factors in the Czech Republic, Iceland, and Spain.</p> <p>Task 1.3: Analysis of Healthy Aging Policies and Programmes (M 1–6) (all members) Identify potential issues and needs from the analyzed data to formulate working hypotheses, aiding in the design of questionnaires.</p> <p>Task 1.4.: Development of questionnaire (M 3–6) (all members) Design questionnaires to gather data on dietary habits, social support networks, and health indicators of older adults, followed by pilot surveys in the Czech Republic, Iceland, and Spain (n = 10 each), leading to final questionnaire preparation for research investigations.</p> <p>Milestones (M): M1.1: Kick-off meeting proceedings (M1) M1.2: Complete questionnaires based on feedback from pilot study participants and research team (M6). M1.3: All members meeting 1 (on-line) (M6). M1.4: Report from the first phase of the research (M6).</p>		

WP number	2	Duration (months/M)
WP title	Data Collection (lead beneficiary: UI)	M 7–12
Objective: Create an interdisciplinary research endeavour employing a blend of methodologies to investigate the determinants shaping healthy dietary habits and nutritional well-being among the elderly populations across all three nations.		Related to SO2, SO4
<p>Task 2.1: Quantitative data collection (M 7–12) (ÓGG, AA/UI; RK, PP, MK/UP; AB/URV) Distribute questionnaires (≥ 50) to collect quantitative data on aging factors from older adults in urban and rural areas of the Czech Republic, Iceland, and Spain.</p> <p>Milestones: M2.1: Creating a database of data from quantitative research (M12).</p> <p>Task 2.2: Qualitative data collection (M 7–12) (PP, RK, MK/UP; IR, CA/URV) Develop interview guides, plan logistics, and create semi-structured interviews to explore aging-related aspects in each country (n = 4).</p> <p>Task 2.3: Organization of workshop I. (M 10–12) (AA/UI; UP/IJ) Milestones: M2.2: Creating a database of data from qualitative research (M12). M2.3: All members meeting 2 and workshop I proceedings (M12).</p>		

WP number	3	Duration (months/M)
WP title	Data Analysis (lead beneficiary: UP)	M 9–15
Objective: The main objective of this work package is to analyse both quantitative and qualitative data to gain a comprehensive understanding of the social and nutritional conditions of aging in the Czech Republic, Iceland, and Spain.		Related to SO2, SO4
Task 3.1: Quantitative data analysis (M 9–15) (AA, ÓGG/UI; PP, MK/UP; AB/URV) Clean and collect quantitative data for accuracy, followed by statistical analysis to characterize social and nutritional conditions of aging in each country, using techniques like regression analysis or structural equation modelling.		
Task 3.2: Qualitative data analysis (M 9–15) (all members) Record and transcribe conversations verbatim, ensuring participant confidentiality, then analyse qualitative data through thematic analysis and coding transcripts to identify recurring themes across the three countries.		
Task 3.3: Integrating quantitative and qualitative findings, manuscript preparation (M 12–15) (ÓGG, AA/UI; PP/UP; MG/URV) Compare quantitative and qualitative findings to identify convergent and divergent themes, summarize integrated findings to understand factors influencing healthy aging, and explore potential pathways through which social determinants and dietary patterns interact to influence older adults' health and well-being.		
Task 3.4: Project proposal preparation (M 9–15) (all members) Preparation of project proposal to nationals of international call, from international calls comes into consideration in particular Horizon Europe (Pillar II, Widera calls, COST, EU4Health, etc.)		
Milestone (M): M3.1: Manuscript ready for submission (M 15). M3.2: Joined project proposal ready for submission (M15). M3.3: First reporting (M15).		

WP number	4	Duration (months/M)
WP title	Networking Activities (UP/RK)	M 1–24
Objective: The main objective of this work package is to facilitate networking activities among project partners, fostering collaboration, sharing of expertise, and educate young scientists.		Related to SO1-4
Task 4.1: Young researcher group (M3–24) (IJ/UP) The Young Researcher Group, to be established in M3, will consist of all NUTRIAGE24 ECRs and PhD students. This format will further institutionalize their collaboration and help them exchange their experiences and provide feedback to each other. ECRs will offer mentoring and guidance to the PhD students. The group will meet twice a year, either at the project workshops or online.		
Task 4.2: All members meeting 3 (M 18) (ÓGG, AA/UI; /RK/UP) Held on-line.		
Task 4.3: Organization of workshop II and final all members meeting 4 (M 20–24) (IJ/UP) Milestones: M4.1: Young researcher group established (M3) M4.2: Final workshop and all members meeting 4 proceeding (M24)		

WP number	5	Duration (months/M)
WP title	Dissemination & Project Management (lead beneficiary: UP/RK)	M 1–24
Objective: This WP will guarantee through day-to-day steering the smooth, timely, and efficient running of the whole project, including reporting, finance, open science practices and data management.		Related to SO2, SO3
Task 5.1: Project management (M 1–24) (RK/UP, MS/UP) Manage and coordinate consortium and members' meetings to sustain the network and knowledge hub, led by principal investigator [REDACTED] with assistance from experienced project manager [REDACTED] including pre-award support for joint project applications.		
Task 5.2: Data management plan (M 1–24) (TS/UP) Develop a data management plan for consortium members to handle various data types, ensuring compliance with FAIR principles, overseen by faculty data steward [REDACTED]		
Task 5.3: Open Science Practices (M 1–24) (TS/UP) Research data will be swiftly accessible via a repository. Internally processed data will reside in short-term storage on Nextcloud . Post-processing, data like interviews will transfer to long-term repositories via CESSDA . Other data will be housed in ZENODO , both during and after the project.		
Task 5.4: Gender and ethical dimensions (M 1–24) (ÓGG, AA/UI; RK, MS/UP; CA/URV) NUTRIAGE enhances prior efforts to incorporate gender and diversity considerations, aligning with each partner's Gender Equality Plans (UP GEP , URV GEP , UI GEP). Prioritizing gender equality and inclusivity is integral to all project activities. Central objectives focus on cultivating excellence across all levels of researchers, from senior to emerging.		
Task 5.5: Plan for dissemination (M 1–24) (MS/UP) A detailed plan further specifying the various target groups and outlining the utilized tools and KPIs will be developed by the PI and submitted in the first monitoring report of the project.		
Milestones (M): M5.1: Plan for dissemination ready (M3); M5.2: Data management plan ready (M6).		

LIST OF DELIVERABLES

Deliverable	Deliverable name	WP no.	Short name of lead participant	Delivery date (in months)
D1.1	Plan for dissemination	WP5	UP/MS	M 3
D1.2	Data management plan	WP5	UP/TS	M 6
D1.3	Workshop I	WP2	UP/IJ	M 12
D1.4	Manuscript	WP3	All members	M 15
D1.5	Joined project proposal	WP3	All members	M 15
D1.6	Workshop II	WP4	UP/IJ	M 24

GANTT DIAGRAM

		2025				2026			
		I	II	III	IV	I	II	III	IV
WP1	Literature Review and Interdisciplinary Study Design		M1.4						
Task 1.1	Kick-off meeting organization	M1.1							
Task 1.2	Literature Review								
Task 1.3	Analysis of Healthy Aging Policies and Programmes		M1.3						
Task 1.4	Development of questionnaire		M1.2						
WP2	Data Collection								
Task 2.1	Quantitative data collection				M2.1				
Task 2.2	Qualitative data collection				M2.2				
Task 2.3	Organization of workshop I.				M2.3				
WP3	Data Analysis					M3.3			
Task 3.1	Quantitative data analysis								
Task 3.2	Qualitative data analysis								
Task 3.3	Integrating quantitative and qualitative findings, manuscript preparation					M3.1			
Task 3.4	Project proposal preparation					M3.2			
WP4	Networking Activities								
Task 4.1	Young researcher group		M4.1						
Task 4.2	All members meeting 3								
Task 4.3	Organization of workshops II and final all members meeting 4							M4.2	
WP5	Dissemination & Project Management								
Task 5.1	Project management								
Task 5.2	Data management plan		M5.2						
Task 5.3	Open Science Practices								
Task 5.4	Gender and ethical dimensions								
Task 5.5	Plan for dissemination	M5.1							

PROJECT TEAM:

Team member name	Short name	Position	Institution
		Senior researcher, principal investigator	UP
		Junior researcher	UP
		Senior researcher	UP
		Communication and Mobility coordinator	UP
		Project manager	UP
		Data steward	UP
		Senior researcher	URV
		Junior researcher	URV
		Senior researcher	URV
		Junior researcher	URV
		Junior researcher	URV
		Senior researcher	UI
		Senior researcher	UI

██████████ leads the project, ensuring alignment with goals, securing funding, and managing resources and budgets. She serves as the main point of contact for stakeholders, partners, and participants, facilitating communication and collaboration. ██████████ makes key decisions, resolves conflicts, and ensures adherence to research integrity and ethical guidelines.

██████████ oversees research activities, including literature review, data collection, analysis, and interpretation, and ensures that they are performed efficiently and accurately.

██████████ offers expertise in data analysis, literature review, and technical support, ensuring project continuity and documenting activities and findings. He also processes and analyzes research results, performing statistical analysis as needed.

██████████ serves as the communication manager and mobility coordinator, handling meeting schedules, travel arrangements, and project expenses. Additionally, she organizes workshops, short stays, and activities for communicating results to the public.

██████████ the project manager, coordinates communication, organizes meetings, monitors progress, and resolves issues, providing administrative support to the team.

██████████ is data steward and she is responsible for overall data management and ensuring the standards of open science and FAIR principles. She is also the team's statistician.

██████████ coordinates the URV Team. She will participate in decision making affecting the documentary and literature review, sample selection, and design guidelines according to the qualitative techniques. She will also participate in the analysis, discussion, and dissemination of the results.

██████████ is a member of URV team. She offers expertise in the design and application of qualitative research techniques and literature review and will support the analysis of health policies.

██████████ is a member of the URV team. She will be involved in the literature review, the analysis of healthy policies, and the design, and implementation of qualitative research

██████████ member of the URV team, sociologist expert on quantitative research methods. He will support statistical analysis.

██████████ is a member of the URV team specialized in social anthropology and public health. She will be involved in the the analysis of healthy policies, and the design, and implementation of qualitative research.

██████████ primary responsibility to ensure that the UI team is aligned with the project goals, and to hire suitable students for the team.

██████████ is the UI team project manager, manage research activities, data collection, analysis, and interpretation.

AURORA ADDED VALUES:

In alignment with **AURORA goals and Work Package 2 “Transdisciplinary European Research-Driven Educational Hubs”**, where Task 2.3 aims to establish a hub for **Health and Wellbeing**, collaboration among research institutions from the Czech Republic, Iceland, and Spain will be supported within the NUTRIAGE project. This collaboration enriches the research process by pooling diverse perspectives, expertise, and experiences in healthy aging and nutritional care. By exchanging knowledge, methodologies, and best practices across borders, researchers gain a deeper understanding of complexities and can conduct more comprehensive analyses using pooled resources and data. Collaborative projects facilitate capacity building, knowledge transfer, and skill development among participating institutions and researchers, fostering lasting partnerships beyond the project's duration. Engaging stakeholders, including policymakers, healthcare professionals, older adults, and community organizations, ensures research relevance and applicability. This collaborative effort aligns with EU priorities and funding opportunities, enhancing competitiveness for funding and support. By generating actionable insights and evidence-based recommendations, the project contributes to policy development and decision-making at national and EU levels, addressing societal challenges and promoting healthy aging.

FUNDING ASKED TO AURORA / ADDITIONAL FUNDING SOURCES

Max funding: 24 964 Eur

WP	Budget justification	sum (Eur)
WP1	Purchase of two tablets for collecting quantitative data - 2x120 Eur; reward to students for data collection - 2 PhD/Msc students from each country, i.e. 6 together, 300 Eur/each - 1800 Eur, kick-off meeting (1200 Eur meeting space rental, participation of two people from each partner: 2x800 Eur flytickets = 1600 Eur, 2personsx3daysx277Eur (accomodation+per diem in CZ) = 1662 Eur).	6502
WP2	Held workshop I at one of the partners - 1200 Eur workshop space rental, participation of two people from each partner: 2x800 Eur flytickets = 1600 Eur, 2personsx3daysx400Eur (average accomodation + per diem) = 2400 Eur; reward to students for data collection - 2 PhD/Msc students from each country, i.e. 6 together, 300 Eur/each - 1800 Eur	7000
WP3	Data analysis costs - 1000 Eur, fee for publishing in an open access journal - 4000 Eur	5000
WP4	Final workshop II - 1200 Eur workshop space rental, participation of two people from each partner: 2x800 Eur flytickets = 1600 Eur, 2personx3daysx277Eur (accomodation + per diem in CZ) = 1662 Eur	4462
WP5	Data management costs (software, storage, etc.) - 600 Eur, costs of dissemination of results (websites, leaflets, newsletters, posters, etc.) - 600 Eur), project management costs (administrative costs, software, contract management, communication channels, etc.) - 800 Eur	2000
Total		24 964

There is no additional funding.

PRINCIPAL RESEARCHERS SHORT CV (1 PER COORDINATOR AND 1 PER PARTNER):

