

# Dr. Esther López García

Senior researcher and Head of Research Line in Nutritional and omic determinants of frailty, multimorbidity and unhealthy aging in the older adults



✉ esther.lopez@uam.es

Department of Preventive Medicine and Public Health, Medical School. Universidad Autónoma de Madrid. Associate researcher, IMDEA Food. Group member of the Cardiovascular and Nutritional Epidemiology Group.

Esther Lopez-Garcia, PhD, MPH, MhPharm is an Associate Professor of Epidemiology at the Department of Preventive Medicine and Public Health, in the Universidad Autónoma de Madrid. She has been a Fulbright fellow in the Department of Nutrition at the Harvard T. Chan School of Public Health and a Ramón y Cajal researcher at the Universidad Autónoma de Madrid.

Dr Lopez-Garcia has assessed in detail the effect of the Mediterranean dietary patterns, coffee, meat and dairy consumption, in the risk of CVD and disability, using data from large population studies in the USA, UK and Spain. She has also examined the biological mechanisms that may explain these associations, including inflammation and endothelial dysfunction, markers of glucose metabolism and leptin, and more recently metabolomics profiles of physical impairment and functional disability.

## Objectives

- Epidemiology and prevention of obesity and cardiovascular disease through diet and lifestyle.
- Diet and the risk of physical function impairment, frailty and disability in the older population.
- Metabolomics in frailty and disability.

## Projects in Focus

The impact of lifestyles on the development of multimorbidity on older adults.