

SUMMARY – RESEARCH TRAJECTORY

I am a social demographer specialising in ageing, families and health inequalities. I examine the relationship between population dynamics and both the well-being of individuals, and the social challenges posed by demographic ageing.

My contributions are in population health, care of older or disabled adults, independent living and wellbeing. Over the years, I have participated in 15 competitive R&D projects on these topics and have established myself as a leading researcher in population ageing and care for older adults in Spain. As a co-principal investigator of the research team in Elder care at Centre for Demographic Studies (CED, Spain), I have reached out to stakeholders and policy makers. I was a member in the expert panel on care promoted by the Barcelona Provincial Council to help develop a new public care system in the community. My current research focuses on health trends, unmet care needs and wellbeing in middle-aged and older adults. I have collaborated with renowned researchers to contribute to the field from different areas.

The overall aim of my research is to investigate and provide evidence to contribute to informed decision making and practice to improve the conditions that enable people to age healthily, well, independently and in place. My past research has focused on the individual factors related to socio-economic, demographic and health conditions, and the institutional factors that characterise welfare and family systems in Europe and other regions. I aim to broaden the understanding of determinants of health and well-being in later life by considering older people's social connectedness and the role of the community. This involves several dimensions of the local area of residence, including perceptions of social cohesion, neighbourhood deprivation, and the demographic dynamics and composition of neighbourhoods. I am also interested in including other aspects of older people's wellbeing beyond their physical health, i.e. mental health, social isolation, loneliness, and cognition.

SUMMARY - CV

I am a Ramon y Cajal fellow at the Centre d'Estudis Demogràfics (CED) in Barcelona (2025). I hold a PhD in Demography (Universitat Autònoma de Barcelona, 2014) and since then I have been working as a researcher at the Centre d'Estudis Demogràfics (CED) in Barcelona (2014-20, 2022-present) and at the Institute for Social and Economic Research at the University of Essex in the UK (2020-22).

My recent experience as a researcher was as the principal investigator and research leader of GRANBCN, which had a multidisciplinary approach with three partners from demography (CED), urban geography (UAB) and the third sector (the Association of Friends of the Elderly, AGG), and was funded by the Barcelona Science Plan to investigate the impact of ageing, urban change and neighbourhood context on social isolation (GRANBCN, Jan 2022-July 2023). I have also collaborated as a researcher of big projects, like the "Centre for Micro-Social Change (MiSoC)" funded by the Economic and Social Research Council (ESRC ES/S012486/1) in 2020-22, and in 2024 at the Consolidator Grant project "Healthy lifespan inequality: Measurement, trends and determinants (HEALIN)" funded by the European Research Council (ERC2019-COGA 864616).

My research outputs include more than 25 papers, some in top field international journals like Social Science & Medicine, Population and Development Review, International Journal of Public Health, Ageing & Society. My outputs also include peer-reviewed articles, book chapters, and scientific bulletins addressed to stakeholders and broader public. I have contributed to more than 40 conferences.

I am a co-principal investigator and coordinator of the knowledge transfer project 'Social Explorer Spain', initially funded by "la Caixa" Foundation and now by CERCAGINYS. In 2021, we launched www.exploradorsocial.es, an open-access platform for the social sciences, which is one of the scientific and technological facilities

My work has been supported by 9 grants awarded through competitive schemes, including 2 as a Principal Investigator and 1 as Lead Researcher. I have received several competitive research and travel grants from Spanish research agencies: FPU PhD fellowship (2009-13), Juan de la Cierva postdoctoral fellowship (2017-18) and Ramón y Cajal doctoral fellowship (RYC2023-042942-I), and mobility grants to visit the Institute National d'Études Démographiques (Paris, 2010) and the Population Research Centre (Groningen, 2018). I also obtained funding for the acquisition of technical and scientific knowledge abroad. Sponsored by the CED, I attended the European Doctoral School in Demography (EDSD, 2011/2) organised by the European Association for Population Studies. I also benefited from COST Action training and visiting grants in Lausanne (IS1409, 2016) and Manchester (CA15122, 2019).

I have experience in supervising, mentoring and talent attraction and retention. I have supervised five MSc EDSD students and PhD candidates, including 2 completed PhD (2018 and 2024, UAB). I evaluate research proposals for national research agencies and review for peer-reviewed journals in my areas of expertise.