

Role of social and health inequalities in the evolution of physical activity, sedentary behaviors, and healthy eating habits among the Quebec population

Record number : OPR-1281

Overview

RESEARCH DIRECTION

Helen-Maria Vasiliadis, Professeure -
Department of Community Health Sciences

INFORMATION

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ADMINISTRATIVE UNIT(S)

Faculté de médecine et des sciences de la
santé

LEVEL(S)

2e cycle
3e cycle
Stage postdoctoral

LOCATION(S)

Campus de la santé
Campus de Longueuil
Campus conjoint de Moncton
Campus conjoint de Saguenay

Project Description

Our research team is recruiting master's and doctoral students, as well as postdoctoral fellows, who wish to contribute to an innovative project on lifestyle habits and social inequalities in health among the Quebec population. This project aims to better understand the individual and environmental determinants associated with changes in healthy lifestyle behaviors, including physical activity, sedentary time, sleep behavior, and fruit and vegetable consumption, and to examine whether these determinants differ according to socioeconomic status. The ultimate objective is to identify the social and health inequalities that influence healthy lifestyle behaviors in individuals across Québec, based on temporal patterns of physical and mental health.

This project focuses on longitudinal data from more than 25,000 participants collected between 2017 and 2024 from the CARTaGENE cohort, the largest population-based biobank and prospective health study in Quebec. Depending on your interests and skills, various secondary data analysis projects may be carried out to meet the research objectives.

We are looking for motivated and rigorous students with the following qualifications:

- Education background in health sciences, public health, or any other relevant field

Interested candidates are invited to email the following documents to Professor Helen-Maria Vasiliadis: Helen-Maria.Vasiliadis@usherbrooke.ca

- A cover letter describing your interest and relevant experience
- An up-to-date resume
- Academic transcripts

Possibility for scholarship.

Discipline(s) by sector

Sciences de la santé

Épidémiologie et biostatistique

Funding offered

To be discussed

The last update was on 14 October 2025. The University reserves the right to modify its projects without notice.