

Personal Information

Name **Mag. Ali Kapan PhD**
Date / Place of birth 23.12.1980 Bad Ischl
Affiliation Medical University of Vienna, Department
of Social and Preventive Medicine, Center
for Public Health
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Employment History

11/2019 – present Post-doc at the Department for Social and Preventive Medicine,
Center for Public Health Vienna
03/2016 - 11/2019 Full-time employment in the Department of Functional Diagnostics
in the Neurological Rehabilitation Centre Rosenhügel
02/2013 – 02/2016 Research Assistant / Prae-doc (Part-time) at the Institute of Social
Medicine, Center for Public Health Vienna
02/2012 -02/2016 Part-time employment in the Department of Functional Diagnostics
in the Neurological Rehabilitation Centre Rosenhügel
12/2010 – 01/2012 Project Assistant for the Initiative "Bewegte Schule" at the Austrian
Federal Sports Organisation
08/2009 – 09/2010 University Assistant at the Institute of Sports Sciences University of
Lisbon

Main Research

Focus on the review and analysis of existing evidence-based exercise programmes for vulnerable groups (e.g. obese children, stroke patients, muscular diseases, parkinson and frail elderly people) and the development of an exercise programme for this population. Further focused on a variety of public health and preventive topics, working mostly on elucidating the connections of physical activity and nutrition with health outcomes and monitoring of physical activity in communities.

Additional Education

09/2015 Clinical psycho-neuro-immunology basic course

05/2015 Affolter Model Basic Course

11/2014 Accredited training therapist for the following areas;
internal diseases, diseases of the locomotor system and
supporting apparatus and neurological diseases

Journal Reviewer

BMC Geriatrics and Public Health
European Journal of Public Health
Plos one
International Journal of Physical Medicine & Rehabilitation

Selected professional memberships

Austrian Society for Public Health
Nationaler Aktionsplan für Bewegung - Sportministerium

Scientific Projects

2019-2021 Evaluation of the Health Enhancing Physical Activity Programme
“Jackpot fit” in Upper Austria (Social Insurance for self-employed
persons (SVA))

2019 Physical Activity, Determinants and Health Status in the Federal
States of Austria (Austrian Ministry of Sports)

2019 Review Projekt: “E-Cigarettes”
Social Insurance Steiermärkische Gebietskrankenkasse

2013-2017 Nutrition Intervention and Physical Training in Malnourished Frail
Community-Dwelling Elderly Subjects Carried out by Trained Lay
“Buddies”

Awards

Young investigator award winning European Public Health
Kapan A, Haider S, Luger E, Schindler KE, Lackinger C, Dorner, TE. The
effects of a nutritional and physical training intervention carried out
by trained lay “buddies” on fear of falling in community- dwelling
(pre)frail older adults. 8th European Public Health Conference;
Milan, Italy, 2015

Sozialministerium: “Good Practice Projekt in der Seniorenbildung”
for the project “Gesund fürs Leben”, 2015.

Wiener Gesundheitsförderung: „Wiener Gesundheitspreis 2015:
Gesund im Grätzel und Bezirk“ for the project “Gesund fürs Leben”,
2015

Publications

Kapan, A., Stefanac, S., Sandner, I., Haider, S., Grabovac, I., & Dorner, T. E. (2020). Use of electronic cigarettes in European populations: a narrative review. *International Journal of Environmental Research and Public Health*, 17(6), 1971.

DOI: 10.3390/ijerph17061971

Winzer, E., Dorner, T. E., Grabovac, I., Haider, S., Kapan, A., Lackinger, C., & Schindler, K. (2019). Behavior changes by a buddy-style intervention including physical training, and nutritional and social support. *Geriatrics & gerontology international*, 19(4), 323-329.

DOI: 10.1111/ggi.13616

Grabovac, I., Haider, S., Winzer, E., Kapan, A., Schindler, K. E., Lackinger, C., & Dorner, T. E. (2018). Changes in health parameters in older lay volunteers who delivered a lifestyle-based program to frail older people at home. *Wiener klinische Wochenschrift*, 130(21-22), 637-644.

DOI: 10.1007/s00508-018-1372-6

Haider, S., Grabovac, I., Winzer, E., Kapan, A., Schindler, K. E., Lackinger, C., ... & Dorner, T. E. (2017). Change in inflammatory parameters in prefrail and frail persons obtaining physical training and nutritional support provided by lay volunteers: a randomized controlled trial. *PloS one*, 12(10).

DOI: 10.1371/journal.pone.0185879

Kapan, A., Winzer, E., Haider, S., Titze, S., Schindler, K., Lackinger, C., & Dorner, T. E. (2017). Impact of a lay-led home-based intervention programme on quality of life in community-dwelling pre-frail and frail older adults: a randomized controlled trial. *BMC geriatrics*, 17(1), 154.

DOI: 10.1186/s12877-017-0548-7

Haider, S., Dorner, T. E., Luger, E., Kapan, A., Titze, S., Lackinger, C., & Schindler, K. E. (2017). Impact of a home-based physical and nutritional intervention program conducted by lay-volunteers on handgrip strength in prefrail and frail older adults: a randomized control trial. *PloS one*, 12(1).

DOI: 10.1371/journal.pone.0169613

Kapan, A., Luger, E., Haider, S., Titze, S., Schindler, K., Lackinger, C., & Dorner, T. E. (2017). Fear of falling reduced by a lay led home-based program in frail community-dwelling older adults: A randomised controlled trial. *Archives of gerontology and geriatrics*, 68, 25-32.

DOI: 10.1016/j.archger.2016.08.009

Luger, E., Dorner, T. E., Haider, S., Kapan, A., Lackinger, C., & Schindler, K. (2016). Effects of a home-based and volunteer-administered physical training, nutritional, and social support program on malnutrition and frailty in older persons: a randomized controlled trial. *Journal of the American Medical Directors Association*, 17(7), 671-e9.

DOI: 10.1016/j.jamda.2016.04.018

Haider, S., Luger, E., Kapan, A., Titze, S., Lackinger, C., Schindler, K. E., & Dorner, T. E. (2016). Associations between daily physical activity, handgrip strength, muscle mass, physical performance and quality of life in prefrail and frail community-dwelling older adults. *Quality of Life Research*, 25(12), 3129-3138.

DOI: 10.1007/s11136-016-1349-8

Luger, E., Haider, S., Kapan, A., Schindler, K., Lackinger, C., Dorner, T. E., & Volkert, D. (2016). Association between nutritional status and quality of life in (Pre) frail community-dwelling older persons. *J Frailty Aging*, 5(3), 141-148. PMID: 29239581