



Healthy Life Trajectories Initiative (HeLTI) Trainee and Early Career Researcher (ECR) Seminar Series presents:

Presenter:

Dr. Yeneir Vera Fernández

Physician and Clinical Researcher; Project Lead, Cuban National Child Cohort Study; Research Associate, Alliance for Human Development | Lye Lab at Lunenfeld-Tanenbaum Research Institute, Sinai Health



Title: The Cuban National Child Cohort Study: A 50-Year Life-Course Follow-Up

Brief Description: The Cuban National Child Cohort Study is a unique longitudinal birth cohort that has followed 4,299 individuals born across Cuba during the first week of March 1973. Participants were assessed from birth through childhood and adolescence, and the current follow-up is reassessing the cohort at approximately 50 years of age. This presentation will provide an overview of the cohort, its historical and scientific significance, the current midlife follow-up, and emerging findings related to cardiovascular, metabolic, cognitive, and mental health outcomes. It will also highlight the opportunities this exceptional 50-year cohort provides for understanding how early-life factors influence health and disease across the life course.

When: Monday, October 19 at 08:00 EDT (13:00 BST; 14:00 SAST; 17:30 IST; 20:00 CST)

ZOOM: [Meeting Link](#) / [Meeting ID:](#) 841 4806 6392 / [Passcode:](#) 339841

ALL are welcome to attend – please disseminate widely.

If interested in presenting during this series, please contact the HeLTI Office: helti@helti.org