



CANTABRIA Cohort

*We count on you to improve our
health*



KEYS TO THE PROJECT



What is Cantabria Cohort?

Cantabria Cohort is a population study comprised of 50,000 Cantabrians aged 40 to 70 years. Its aim is to advance Precision Medicine.

It is led by a multidisciplinary team from IDIVAL with the support of Marqués de Valdecilla Hospital and the Government of Cantabria.

What data are collected?

Cantabria Cohort tests

- Clinical analysis of blood samples
- Body composition study
- Cognitive assessments
- Physical activity and sleep
- Questionnaires on socio-demographic data, habits, diagnoses, and family history

Official Records

- Medical history
- Electronic prescription
- COVID-19 vaccination
- Land registry...



What kind of samples can be provided?

- Serum
- Plasma
- DNA
- Tumor tissue (formalin-fixed paraffin-embedded)

cohortecantabria.com





STEPS TO get data and samples from Cantabria Cohort



1.
**Submission of
proposal to
Cantabria Cohort**

Those interested must send to solicitudescohorte@idival.org:

- Research project
- Request form (unsigned) - available on our website

The Data Management team of Cantabria Cohort and Valdecilla Biobank will handle this step.

Deadline: **2 weeks**

2.
**Analysis of data
and sample
availability**



Those interested must send to solicitudescohorte@idival.org:

- Request form (signed)
- Research project
- Ethics Committee Certificate
- Funding accreditation or plan



3.
**Formalization of
the request**

Deadline: **2 weeks**

4.
**Evaluation by the
Steering Committee
of Cantabria Cohort**



The request will be evaluated by the CEIm and the External Scientific Committee. This step will be managed by Cantabria Cohort.

Deadline: **up to 1 month**



5.
**Evaluation by
External
Committees**

*CEIm: Ethics Committee for Clinical Research of Cantabria

Negotiation and acceptance of the MTA and budget.

6.
**Signing of the
Material Transfer
Agreement (MTA)**



7.
**Sending of
samples and data**

The deadlines are approximate.

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