

The International University of Catalonia plays a fundamental role in reducing poverty and hunger by helping low-income people and students. To this end, we are presenting various initiatives related to SDG 1: No Poverty and SDG 2: Zero Hunger.



1. ODS 1 No Poverty

Goal 1: [End poverty in all its forms everywhere](#)

Selected targets:

1.3 Implement nationally appropriate social protection systems and measures for all, including floors, and by 2030 achieve substantial coverage of the poor and the vulnerable

1.4 By 2030, ensure that all men and women, in particular the poor and the vulnerable, have equal rights to economic resources, as well as access to basic services, ownership and control over land and other forms of property, inheritance, natural resources, appropriate new technology and financial services, including microfinance

1.a Ensure significant mobilization of resources from a variety of sources, including through enhanced development cooperation, in order to provide adequate and predictable means for developing countries, in particular least developed countries, to implement programmes and policies to end poverty in all its dimensions

1.b Create sound policy frameworks at the national, regional and international levels, based on pro-poor and gender-sensitive development strategies, to support accelerated investment in poverty eradication actions



ODS 2 Zero hunger

Goal 2: [Zero hunger](#)

Selected targets:

2.1 By 2030, end hunger and ensure access by all people, in particular the poor and people in vulnerable situations, including infants, to safe, nutritious and sufficient food all year round.

2.C Adopt measures to ensure the proper functioning of food commodity markets and their derivatives and facilitate timely access to market information, including on food reserves, in order to help limit extreme food price volatility.

2. Investigation

Publications about [poverty](#) and [hunger](#)

2.1 Publications about ODS 1 No Poverty

Book Chapter

Article • *Open access*

[Determination of the legal age of majority in Spain and in the European Union. Current situation](#)

[Miravé, A., Abecasis, P.V.](#)

Journal of Clinical and Experimental Dentistry, 2025

Article • *Open access*

[Religious politics and the limits of redistribution: The rise and fall of family allowances in Spain, 1926–58](#)

[Verd-Llabrés, G.](#)

Economic History Review, 2025

[Early Bloomers in Intergenerational Family Solidarity: An Exploratory Study on the Phenomenon of Young Carers in Spain | Precocidad en la solidaridad familiar intergeneracional: un estudio exploratorio sobre el fenómeno de los jóvenes cuidadores en España](#)

[Cavallotti, R., Pi Ferrer, L., Selvam, R.M.](#)

Papers, 2025

Article • *Open access*

[Innovating in business narratives: persuasion and adaptations to the new society |](#)

[Innovando en narrativas empresariales: persuasión y adaptaciones a la nueva sociedad](#)

[Cabrera, S.V., Barquero-Cabrero, J.D., Domínguez Romero, E.](#)

European Public and Social Innovation Review, 2024

Article • *Open access*

[Researching Crises and Solutions with Urgency and Agency: An Introduction](#)

[Nuno Martins, A., Mendoza-Arroyo, C., León, J.](#)

Urban Book Series, 2024

Article • *Open access*

[A systematic literature review: ESG criteria implementation in the insurance industry](#)

[Martí, A., Bastida, R., Marimon, F.](#)

Intangible Capital, 2024

Article

[Assessing the impact of an intergenerational program for a sustainable development project in Spain](#)

[Tintoré, M., Roger-Loppacher, O., Buil, P.](#)

International Journal of Sustainable Society, 2023

Article • *Open access*

[Digitalization in Disaster Risk Reduction: The Use of Smartphones to Enhance the Safety of Informal Settlements in Iringa, Tanzania](#)

[Sechi, G.J., Hendriks, E., Pregolato, M.](#)

International Journal of Disaster Risk Science, 2023

Article • *Open access*

[What drives project management success in developing countries? The case of Ghana |](#)

[¿Qué favorece el éxito en la gestión de proyectos en los países en desarrollo? El caso de Ghana](#)

[Amoah, A., Berbegal-Mirabent, J., Marimon, F.](#)

Tec Empresarial, 2022

Book Chapter • *Open access*

[Reducing Barriers to Engaged Fatherhood: Three Principles for Promoting Gender Equity in Parenting](#)

[Riley Bowles, H.R., Kotelchuck, M., Grau-Grau, M.](#)

Contributions to Management Science, 2022

Article

[STALIN, THE "EDUCATOR OF THE PROLETARIAT", AND HIS INFLUENCE ON THE WORKS OF ENVER HOXHA | STALIN, EL "EDUCADOR DEL PROLETARIADO", Y SU INFLUENCIA EN LA OBRA DE ENVER HOXHA](#)

[Baró Queralt, X., Prodani, A., Gabili, E.](#)

Historia Actual Online, 2021

Article • *Open access*

[Work-family policies and the transformation triangle: women, organizational culture and managerial strategy](#)

[Goñi-Legaz, S., Corredor, P., Leon Llorente, C.](#)

Gender in Management, 2021

Book Chapter

[Lessons for humanitarian architecture from design contests: The case of the Building 4Humanity Design Competition](#)

[Martins, N.A., Hobeica, L., Hobeica, A., Colacios, R.](#)

Enhancing Disaster Preparedness: From Humanitarian Architecture to Community Resilience, 2020

Article • *Open access*

[Innovation applied to financing of enterprises of social economy. A case of impact investment | La innovación aplicada a la financiación de las empresas de la economía social. El caso de las inversiones de impacto](#)

[Magomedova, N., Roig, L.C., Bastida, R.](#)

CIRIEC-Espana Revista de Economía Publica, Social y Cooperativa, 2020

Article

[QUANTITATIVE STUDY ON THE IMPACT OF BRANCHLESS BANKING ON MICROFINANCE INSTITUTIONS](#)

[Prior, F., Mora, T.](#)

Annals of Public and Cooperative Economics, 2019

Article • *Open access*

[Contract employment policy and research productivity of knowledge workers: an analysis of Spanish universities](#)

[Lafuente, E.M., Berbegal-Mirabent, J.](#)

International Journal of Human Resource Management, 2019

Article

[Why and how to build back better in shrinking territories?](#)

[Di Giovanni, G.D., Chelleri, L.](#)

Disaster Prevention and Management: An International Journal, 2019

Article

[Socioeconomic status, life expectancy and mortality in a universal healthcare setting: An individual-level analysis of >6 million Catalan residents](#)

[Bilal, U., Caínzos-Achirica, M., Clèries, M., ...Comín-Colet, J., Vela, E.](#)

Preventive Medicine, 2019

Article

[Self-construction in informal settlements: a multiple-criteria decision-making method for assessing sustainability of floor slabs in Bucaramanga, Colombia](#)

[Caballero Moreno, W.G., Alegre, I., Armengou, J., Aguado, A.](#)

Journal of Housing and the Built Environment, 2019

Article • *Open access*

[Attitudes toward working conditions: are European Union workers satisfied with their working hours and work-life balance? | Actitudes frente a las condiciones laborales: ¿está la población trabajadora de la Unión Europea satisfecha con sus horas de trabajo y su balance trabajo-vida?](#)

[Matilla-Santander, N., Lidón-Moyano, C., González-Marrón, A., ...Martín-Sánchez, J.C., Martínez-Sánchez, J.M.](#)

Gaceta Sanitaria, 2019

Article

[Consumer surplus bias and the welfare effects of price discrimination](#)

[Galera, F., Garcia-del-Barrio, P., Mendi, P.](#)

Journal of Regulatory Economics, 2019

Article

[The impact of mobile financial services' usage on microfinance delinquency](#)

[Mora, T., Prior, F.](#)

Applied Economics, 2018

Article • Open access

[Single-sex schools in Spain: A qualitative analysis of the reasoning and perceptions of their principals | Escuelas diferenciadas en Españã: Un análisis cualitativo de las razones y percepciones de sus directivos](#)

[Camps Bansell, J., Vierheller, E.](#)

Revista Espanola de Pedagogia, 2018

Book Chapter • Open access

[Social determinants of mental health](#)

[Carod-Artal, F.J.](#)

Global Mental Health: Prevention and Promotion, 2017

Article

[Setting a new framework for co-operation between the Commonwealth and the European Union](#)

[Mut Bosque, M.](#)

Commonwealth and Comparative Politics, 2016

Article • Open access

[Low-skill offshoring and welfare compensation policies](#)

[Agnese, P., Hromcovã, J.](#)

Economic Modelling, 2016

Article

[The uptake of mobile financial services in the Middle East and North Africa region](#)

[Sanz, F.P., de Lima, P.](#)

Enterprise Development and Microfinance, 2013

Article

[Comparing worklife balance in Spanish and LatinAmerican countries](#)

[Garavan, T.N., Idrovo Carlier, S., Leon Llorente, C., Grau-Grau, M.](#)

European Journal of Training and Development, 2012

Book Chapter

[The regulatory structure of Spanish long-term care: The case of Catalonia's service structures and quality assurance systems](#)

[Blasco, S.A.](#)

Regulating Long-Term Care Quality: An International Comparison, 2012

Review • Open access

[Predictors of death among patients who completed tuberculosis treatment: A Population-Based cohort study](#)

[Millet, J.P., Orcau, À., Rius, C., ...Nelson, J.L., Caylà, J.A.](#)

PLoS ONE, 2011

Article • *Open access*

[Proposed model of microfinance services for solving the problem of lack of access to financial services in developing countries | Modelo de serviços micro inanceiros proposto para resolver o problema da falta de acesso aos serviços inanceiros nos países em desenvolvimento | Modelo de servicios microfinancieros propuesto para resolver el problema de la falta de acceso a los servicios financieros en los países en desarrollo](#)
[Sanz, F.P.](#)

Estudios Gerenciales, 2010

Article • *Open access*

[Elasticities of ergodic solutions in the Markov chains approach to economic growth convergence](#)

[Mora, T.](#)

Papers in Regional Science, 2005

2.2 Publications about ODS 2 Zero hunger

Review

Article • *Open access*

[Developing Sustainability Competencies Through Healthy and Sustainable Nutrition Workshops in Initial Teacher Training](#)

[Fernández-Morilla, M., Albareda-Tiana, S.](#)

Education Sciences, 2025

Article

[Developmental Defects of Enamel and Associated Factors in 2-Year-Old Children: A Birth Cohort Study](#)

[Pinheiro, E., Abanto, J., Costa, E.D.S., ...Ladeira-Andrade, S., de Castro, M.C.](#)

Community Dentistry and Oral Epidemiology, 2025

Article • *Open access*

[Effects of a nutrition education intervention on food-provision managerial decisions in Catalan old age nursing homes](#)

[Rodriguez-Sanchez, B., Aranda-Reneo, I., Mora, T.](#)

Plos One, 2024

[The plant noncoding transcriptome: a versatile environmental sensor](#)

[Chorostecki, U., Bologna, N.G., Ariel, F.D.](#)

EMBO Journal, 2023

Article • *Open access*

[FACTORS ASSOCIATED WITH QUALITY OF LIFE IN OLDER ADULTS WITH ADVANCED CHRONIC ORGAN FAILURE IN A HOSPITAL IN LIMA-PERU | FACTORES ASOCIADOS A LA CALIDAD DE VIDA EN ADULTOS MAYORES CON INSUFICIENCIA ORGÁNICA CRÓNICA AVANZADA EN UN HOSPITAL DE LIMA-PERÚ](#)

[Pérez-Agüero, C.Y., Runzer-Colmenares, F.M., Vásquez-Alva, R., Villavicencio-Chávez, C.](#)

Revista de la Facultad de Medicina Humana, 2023

Letter • *Open access*

[Effects of malnutrition on mortality in oldest-old inpatients with COVID-19 in the GERIA-COVID cohort: Additional findings from the AgeBru cohort](#)

[de Meester, D., Marco, E., Claessens, M., ...Surquin, M., Sánchez-Rodríguez, D.](#)

Maturitas, 2022

Article • *Open access*

[Direct health care costs associated to neurological diseases and different degrees of malnutrition](#)

[Blanco, B., Mora, T., Trapero-Bertran, M.](#)

Clinical Nutrition ESPEN, 2021

Article • *Open access*

[Assessment of swallowing disorders, nutritional and hydration status, and oral hygiene in students with severe neurological disabilities including cerebral palsy](#)

[Costa, A., Martín-Martínez, A., Arreola, V., ...Serras, L., Clavé, P.](#)

Nutrients, 2021

Review • *Open access*

[Sarcopenia, malnutrition, and cachexia: Adapting definitions and terminology of nutritional disorders in older people with cancer](#)

[Meza, D., Marco, E., Dávalos-Yerovi, V.N., ...Duarte, E., Sánchez-Rodríguez, D.](#)

Nutrients, 2021

Article • *Open access*

[Malnutrition according to GLIM criteria is associated with mortality and hospitalizations in rehabilitation patients with stable chronic obstructive pulmonary disease](#)

[Dávalos-Yerovi, V.N., Marco, E., Sánchez-Rodríguez, D., ...Guillén-Solà, A., Duarte, E.](#)

Nutrients, 2021

Editorial • *Open access*

[Taking a step toward implementation of Global Leadership Initiative on Malnutrition \(GLIM\) criteria in geriatric rehabilitation](#)

[Sánchez-Rodríguez, D., Marco, E., Meza, D., Dávalos-Yerovi, V.N., Duarte, E.](#)

European Geriatric Medicine, 2020

Review

[Defining sarcopenia: Some caveats and challenges](#)

[Sánchez-Rodríguez, D., Marco, E., Cruz-Jentoft, A.J.](#)

Current Opinion in Clinical Nutrition and Metabolic Care, 2020

Article • *Open access*

[European Academy for medicine of ageing session participants' report on malnutrition assessment and diagnostic methods: an international survey](#)

[Sánchez-Rodríguez, D., Annweiler, C., Marco, E., ...Vetrano, D.L., Yavuz, B.B.](#)

Clinical Nutrition ESPEN, 2020

Article • *Open access*

[Assessing the implementation of a nutritional screening protocol in patients admitted to the Medicine Department of a local hospital | Evaluación de la aplicación de un protocolo de cribado nutricional en pacientes ingresados en el Servicio de Medicina de un hospital comarcal](#)

[Gracia, M.A.R., Cepero, C.P., Pérez, G.G., ...Fuster, I.C., Rocabruna, E.L.](#)

Nutricion Hospitalaria, 2020

Article

[Malnutrition according to ESPEN definition predicts long-term mortality in general older population: Findings from the EPIDOS study-Toulouse cohort](#)

[Sánchez-Rodríguez, D., Marco, E., Schott, A.M., ...Muniesa, J.M., Annweiler, C.](#)

Clinical Nutrition, 2019

Letter • *Open access*

[Sarcopenia in Acute Care Patients: Protocol for the European Collaboration of Geriatric Surveys: Sarcopenia 9+ EAMA Project](#)

[Sánchez-Rodríguez, D., Hope, S.V., Piotrowicz, K., ...van den Noortgate, N.J.A., Landi, F.L.](#)

Journal of the American Medical Directors Association, 2019

Article

[Malnutrition according to ESPEN consensus predicts hospitalizations and long-term mortality in rehabilitation patients with stable chronic obstructive pulmonary disease](#)

[Marco, E., Sánchez-Rodríguez, D., Dávalos-Yerovi, V.N., ...Escalada, F., Duarte, E.](#)

Clinical Nutrition, 2019

Article • *Open access*

[Prognostic Value of the ESPEN Consensus and Guidelines for Malnutrition: Prediction of Post-Discharge Clinical Outcomes in Older Inpatients](#)

[Sánchez-Rodríguez, D., Annweiler, C., Ronquillo-Moreno, N., ...Muniesa, J.M., Marco, E.](#)

Nutrition in Clinical Practice, 2019

Article • *Open access*

[ASPEN-AND-ESPEN: A postacute-care comparison of the basic definition of malnutrition from the American Society of Parenteral and Enteral Nutrition and Academy of Nutrition and Dietetics with the European Society for Clinical Nutrition and Metabolism definition](#)

[Sánchez-Rodríguez, D., Marco, E., Ronquillo-Moreno, N., ...Escalada, F., Muniesa, J.M.](#)

Clinical Nutrition, 2019

Article • *Open access*

[Literature's nature and function according to Carlos Pujol's explicit poetics | Naturaleza y función de la literatura en la poética explícita de Carlos Pujol](#)

[Vallès-Botey, T.](#)

Signa, 2019

Book Chapter

[The role of religion in global sustainability: A study on Catalonia's contribution to sustainable development goals](#)

[Gas-Aixendri, M., Albareda-Tiana, S.](#)

Sustainability and the Humanities, 2018

Article • *Open access*

[Clinical application of the basic definition of malnutrition proposed by the European Society for Clinical Nutrition and Metabolism \(ESPEN\): Comparison with classical tools in geriatric care](#)

[Sánchez-Rodríguez, D., Annweiler, C., Ronquillo-Moreno, N., ...Muniesa, J.M., Marco, E.](#)

Archives of Gerontology and Geriatrics, 2018

Article • *Open access*

[Malnutrition in postacute geriatric care: Basic ESPEN diagnosis and etiology based diagnoses analyzed by length of stay, in-hospital mortality, and functional rehabilitation indexes](#)

[Sánchez-Rodríguez, D., Marco, E., Annweiler, C., ...Durán, X.P., Muniesa, J.M.](#)

Archives of Gerontology and Geriatrics, 2017

Article

[Prevalence of malnutrition and sarcopenia in a post-acute care geriatric unit: Applying the new ESPEN definition and EWGSOP criteria](#)

[Sánchez-Rodríguez, D., Marco, E., Ronquillo-Moreno, N., ...Escalada, F., Muniesa, J.M.](#)

Clinical Nutrition, 2017

Article

[Farming the urban fringes of Barcelona: Competing visions of nature and the contestation of a partial sustainability fix](#)

[Pirro, C.](#), [Anguelovski, I.](#)

Geoforum, 2017

Letter

[Utility of the Controlling Nutritional Status \(CONUT\) score in patients admitted due to acute heart failure](#)

[Formiga, F.](#), [Chivite, D.](#), [Corbella, X.](#)

International Journal of Cardiology, 2017

Article

[Detecting malnutrition and predicting mortality in the Spanish oldest old: Utility of the Controlling Nutritional Status \(CONUT\) score compared with the Mini Nutritional Assessment \(MNA\) score](#)

[Formiga, F.](#), [Ferrer, A.](#), [de Ulíbarri Pérez, J.I.](#), ...[Moreno-González, R.](#), [Corbella, X.](#)

European Geriatric Medicine, 2016

Article • *Open access*

[Evidence of functional declining and global comorbidity measured at baseline proved to be the strongest predictors for long-term death in elderly community residents aged 85 years: A 5-year follow-up evaluation. the OCTABAIX study](#)

[Formiga, F.](#), [Ferrer, A.](#), [Padrós, G.](#), ...[Gimenez-Argente, C.](#), [Corbella, X.](#)

Clinical Interventions in Aging, 2016

Article

[Prognostic mortality value of the nutritional index \(CONUT\) in hospitalized patients for acute heart failure | Valor pronóstico de mortalidad del índice de control nutricional \(CONUT\) en pacientes ingresados por insuficiencia cardiaca aguda](#)

[Boixader, L.S.](#), [Formiga, F.](#), [Franco, J.](#), [Chivite, D.](#), [Corbella, X.](#)

Nutricion Clinica y Dietetica Hospitalaria, 2016

Article

[High prevalence of colonization of oral cavity by respiratory pathogens in frail older patients with oropharyngeal dysphagia](#)

[Gonzalez-Ortega, O.](#), [Sakwinska, O.](#), [Combremont, S.](#), ...[Carrión, S.](#), [Clavé, P.](#)

Neurogastroenterology and Motility, 2015

Article

[Nutritional support in patients with systemic sclerosis | Soporte nutricional a pacientes con esclerosis sistémica](#)

[Ortiz-Santamaría, V.](#), [Puig, C.](#), [Soldevilla, C.](#), ...[Cuquet, J.](#), [Recasens, A.](#)

Reumatologia Clinica, 2014

Article

[Changing systems and changing landscapes: Measuring and interpreting land use transformation in African drylands](#)

[Mortimore, M.J.](#), [Ba, M.](#), [Mahamane, A.E.H.](#), ...[del Pozo, P.S.](#), [Turner, B.](#)

Geografisk Tidsskrift, 2005

2.3 Research project: A gender perspective study of homelessness in Barcelona.



[A gender perspective study of homelessness in Barcelona](#) (03/10/2023 - 03/10/2025)

This project is led by Cristina Lidón, a researcher in the Biostatistics Department of the Department of Basic Sciences, and also involves researchers from the Department of Medicine, the Faculty of Humanities, and the University's Equality Unit. It aims to analyze the particularly vulnerable situation of homeless women in Barcelona in terms of health, mental health, and addictions, in order to develop specific programs that increase the use of healthcare and social resources and, ultimately, their social reintegration. To this end, they also have the collaboration of the Municipal Institute of Social Services of the Barcelona City Council and the Arrels Foundation.

3. Education

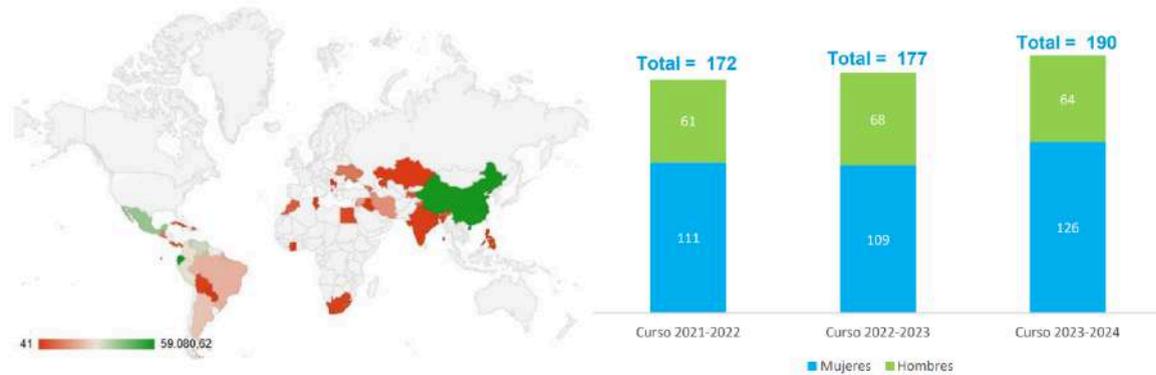
3. 1 Scholarships for students with limited resources

Estudiantes becados de bajos ingresos



Low-income scholarship students per academic year There are 265 students in the 2023-2024 academic year.

Estudiantes becados procedentes de países en vías de desarrollo



- Becas de la UIC Barcelona del curso 2023-24 para 190 alumnos/as de grado que proceden de países en vías de desarrollo. Los países de procedencia son: Albania, Argentina, Armenia, Bolivia, Brasil, China, Colombia, Costa de Marfil, Costa Rica, Cuba, Ecuador, Egipto, Filipinas, Georgia, Guatemala, India, Irak, Irán, Kazajistán, Líbano, Marruecos, México, Nepal, Panamá, Paraguay, Perú, República Dominicana, República Sudafricana, Serbia, Siria, Tayikistán, Túnez, Ucrania y Venezuela.

Scholarship recipients from developing countries, per academic year. There are 190 students in the 2023-2024 academic year.

4. Social Impact

4.1 Volunteering

- [International volunteering](#)
- [Local volunteering](#)
- [Summer volunteering](#)
- [Charitable Getaways](#)



4.2 The UIC Barcelona Person, Society and Care Symposium, a 360 reflection on care

The [Person, Society and Care Symposium](#), Organized by UIC Barcelona in collaboration with the Institute for Advanced Family Studies (IESF) and the University's Chair in Management by Missions and Corporate Purpose, the conference was cross-cutting and encompassed different areas of care to promote collaboration and training from a holistic perspective. Rector Alfonso Méndiz emphasized the importance of centering the university on the care of people and society. Experts analyzed care from different perspectives, including aging and mental health, and advocated for humanizing care. Sociologist Pierpaolo Donati emphasized the importance of relational skills to support those in need. The conference made it clear that society needs more than material resources; it needs skills to care for others.

Francesc Torralba, Professor of Philosophy, highlights the importance of uncertainty, volatility, and vulnerability for good leadership. He emphasizes the need to care for others and be open to others. Experts in social and healthcare emphasize the importance of the social environment in combating unwanted loneliness. On the other hand, Luigina Mortari emphasizes the importance of self-care and how taking care of oneself is essential to taking care of others. Agustín Domingo Moratalla discusses the five C's of caregiving in the digital age: competence, awareness, confidence, compassion, and trust.

4.3 A+familias

A+familias is an association that provides debit cards to vulnerable families, and the university will collaborate to measure the social impact of debit cards on these families. This collaboration is part of the Joaquim Molins Figueras Chair and began in the 2022-2023 academic year and will end in 2025.

“Las tarjetas monedero” it is a form of assistance that allows families to acquire basic products with dignity and autonomy. This initiative aims to improve quality of life and promote

social inclusion. The university will rigorously and scientifically evaluate how these cards are transforming the lives of beneficiary families. This research will provide valuable insights to further improve our aid actions and policies.

4.4 Childcare and Family Policies Chair

The International University of Catalonia has the [Joaquim Molins Figueras Chair in Childcare and Family Policies](#), created with the support of the Joaquim Molins Figueras Foundation.

The objective of this new chair, which is part of the [Institute for Advanced Family Studies](#) (IESF) of the University, is to promote activities and research projects in the field of child care and family policies. It plays a crucial role in formulating strategies to improve public policies. Its focus on **eradicating poverty and promoting intergenerational solidarity contributes to the design of policies that foster equity and social inclusion, in line with the SDGs**. The objective of this Chair is to create a meeting point for various social stakeholders to address key current issues related to childhood.

The current situation of minors in a context of profound changes in the family, education, and technology requires specific attention to the causes of problems in this field from the perspective of research, training, citizenship development, and family support.

Therefore, and from the perspective of providing a service to society, this Chair aims to be a meeting point for various social stakeholders—family, school, public care services, the media, and society—to address key current issues.

Conference on Childhood and Family Policies



4.5 Caring for Smiles, Changing Lives

The Banco Sabadell Foundation is collaborating with UIC Barcelona on the "Caring for Smiles, Changing Lives" project, promoted by the University of Barcelona's Faculty of Dentistry. The project's main objective is to provide dental care to the most vulnerable groups and promote transformative change among students through the UIC Barcelona University Dental Clinic and the support of organizations with a strong social commitment, such as the Banco Sabadell Foundation.

Both entities share values and a desire to contribute to the progress and well-being of society, especially through the promotion of young talent. For this reason, [Banco Sabadell Foundation](#), The University of Dentistry, which promotes projects in the fields of education and research, as well as culture and the arts, has joined the initiative developed by the Faculty of Dentistry and its university clinic. Through the "Caring for Smiles, Changing Lives" program, the University has collaboration agreements with more than 22 entities, including city councils, primary care centers, foundations, and other public and private organizations. All of them offer oral care and workshops to promote healthy habits, and refer to the [University of Dentistry](#) from UIC Barcelona those patients who need treatment.

Thanks to the collaboration of organizations with a strong social commitment, such as the Banco Sabadell Foundation, the project not only ensures the oral health of the most vulnerable, but also contributes to training future dentists from a holistic and humanistic perspective, putting the individual at the center. "Having the support of charitable organizations like the Banco Sabadell Foundation fills us with pride and encourages us to continue with social initiatives that not only allow us to improve the health of those most in need, but also help us train our students to be committed to their communities and patients," explains Dr. Lluís Giner, Dean of the Faculty of Dentistry.

Since its inception, the "Caring for Smiles, Changing Lives" project has served more than 1,000 people, with the participation of 80 professors and 420 third-, fourth-, and fifth-year students of the Dentistry degree.



4.6 Dietary habits improve with nutrition education, according to a study led by Dr Toni Mora

A study carried out among more than a thousand participants by the Research Institute for Evaluation and Public Policies at UIC Barcelona and the Red Cross found that education is the most effective strategy for promoting healthy eating habits.

Delivering workshops on nutrition is more effective than sending an SMS with nutritional information, although both are more important than providing a financial incentive.

Providing information on nutrition to people at risk of social exclusion improves their food shopping and healthy habits. This is the conclusion of the study "Impact of actions to improve eating habits in families receiving food aid", carried out by the Red Cross and the International University of Catalonia (UIC Barcelona).

The study, led by Dr Toni Mora, director of the Research Institute for Evaluation and Public Policies (IRAPP) at UIC Barcelona, compared and evaluated the impact of offering nutrition workshops, SMS messages designed by the nutritionists-dieticians of the Red Cross, or financial incentives for users of prepaid Red Cross cards.

The study focused on evaluating the most appropriate action in promoting habit change in people who received food cards. The different actions were:

- Conducting workshops on healthy habits and emotional eating.
- Sending SMS messages with nutritional and purchase advice.
- Providing a monetary incentive to make healthier shopping choices.

Nutrition workshops – the most efficient

The results show that providing information to users improves their food purchases, measured by complementary nutritional indexes. However, there is a greater impact with workshops than with sending SMS messages with nutritional content, although the latter option is more cost-effective. The least impact comes from the provision of economic incentives.

The study calculated the impact on eating habits via three complementary nutritional indices: Healthy Eating Index (IASE), the Healthy Trolley Index (HETI) and the Healthy Purchase Index (HPI). A total of 1,163 users from all over Catalonia participated and the method of analysis used consisted of a randomised controlled action, comparing users who received

one of the actions with users with similar socio-economic characteristics who did not receive any incentive (control group).

The study was funded by the Social Observatory of "la Caixa" Foundation.



4.7. Solidarity Christmas: food collection

From the end of November and throughout December, a food drive was held to benefit Montalegre Social Action.

- The objective of this activity is to promote volunteering at the university by raising awareness and calling for action (collecting food) for families at risk of social exclusion in our city, specifically in the Raval and Ginegüeta neighborhoods of Barcelona.
- Collaborating organizations: Montalegre Social Action and Ginesta Association
- Food boxes collected: 84
- Participation in related volunteer work: 3 students in preparing food packages (this activity was cancelled) and 9 students in distributing the packages to the families.

4.8 "Stop Food Waste"

At Iradier's restaurant, Eurest, a specific program has been launched to reduce food waste. Promoted by Compass Group, "Stop Food Waste" seeks to combat food waste and raise global awareness about the importance of reducing the amount of unused food.



“Stop Food Waste” poster in Eurest, Iradier’s restaurant

4.9 Nutrition must adopt a global and respectful perspective”

The study, led by researcher and lecturer Dr Mónica Fernández, draws on three consecutive years of workshops conducted by students on the Bachelor’s Degree in Pre-Primary Education at UIC Barcelona as part of the subject Childhood, Health and Nutrition. A panel of experts objectively evaluated the pedagogical activities developed by students and positively assessed their sustainability competencies – a sign that future teachers are likely to address healthy eating from an integrated sustainability perspective, encompassing environmental, economic and social aspects.