

Project Start

1st April 2021

Project Duration

5 years

EU Funding

5.99 million EUR

17 institutions

from 14 countries

Why This Matters

New research shows a strong connection between adult attention-deficit/hyperactivity disorder (**ADHD**) and conditions like **obesity**, **type-2 diabetes**, and **cardiovascular disease** (CVD). These conditions often occur together and may share genetic factors.

Public Health Relevance

When cardiometabolic conditions aren't well managed, individuals may face serious health risks, including complications that can reduce life expectancy. At the same time, inadequate treatment can contribute to increased healthcare costs and a higher burden on healthcare systems.

Bridging Knowledge Gaps

Healthcare guidelines for cardiometabolic conditions emphasize the need to consider mental health. Despite ADHD being a common condition affecting 3–5% of adults, there is limited knowledge on how to best support people with both ADHD and cardiometabolic conditions.

TIMESPAN's Mission

TIMESPAN aims to improve the healthcare journey for people with ADHD and cardiometabolic conditions by enhancing treatment options and refining how health risks are identified. To do this, we analyze large-scale health data from different countries and explore innovative approaches using smartphone and wearable technology to track medication effects and cardiometabolic health in real time.

About TIMESPAN

TIMESPAN brings together a team of international experts from different fields, including clinical care, epidemiology, genetics, biostatistics, and artificial intelligence.

Our multidisciplinary approach, using health data from 10 countries across 4 continents, will help develop better research tools, improve data analysis, and contribute to more personalized healthcare solutions.

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