

Paulina Nowicka



Professor (Chair) in Food Studies, Nutrition and Dietetics, esp Communication of Dietetics, Uppsala University, Sweden

Associate Professor in Pediatric Science, Karolinska Institutet, Sweden

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Education

- 2011-2014 Postdoctoral fellow, Unit for Biocultural Variation and Obesity, Institute of Social and Cultural Anthropology, University of Oxford, United Kingdom
- 2010-2011 Postdoctoral fellow, Department of Psychology, University of Oregon, USA
- 2009-2010 Postdoctoral fellow, Yale Pediatric Obesity Research, Yale University, USA
- 2005-2009 PhD, Pediatrics, Lund University, Sweden. Thesis title: *Childhood and adolescent obesity: Multidisciplinary approaches in a clinical setting*. Main thesis supervisor: Tomas Sveger, MD.
- 2000-2004 M.S., Psychology, Lund University, Sweden
- 1997-2000 B.S., Clinical Nutrition, Gothenburg University, Sweden

Employment

- 2018- (Chair) Professor in Food Studies, Nutrition and Dietetics, especially Communication of Dietetics, Department of Food Studies, Nutrition and Dietetics, Uppsala University, Uppsala, Sweden
- 2015-2018 Senior Researcher and Associate Professor in Pediatric Science, Division of Pediatrics, CLINTEC, Karolinska Institutet, Stockholm, Sweden (from September 2018 affiliated)
- 2017-2018 Senior Lecturer, Department of Food Studies, Nutrition and Dietetics, Uppsala University, Uppsala, Sweden
- 2015- 2017 Associate Senior Lecturer, Department of Food Studies, Nutrition and Dietetics, Uppsala University, Uppsala, Sweden (from August 2015, 75 %)
- 2014-2015 Assistant Research Professor, Division of Pediatrics, CLINTEC, Karolinska Institutet, Stockholm, Sweden
- 2011-2013 Postdoctoral Fellow, Division of Pediatrics, CLINTEC, Karolinska Institute, Stockholm, Sweden
- 2001-2009 Registered Clinical Dietitian, Childhood Obesity Unit, Malmö University Hospital, Malmö, Sweden
- 2000-2001 Research Assistant, Department of Pediatrics, Malmö University Hospital, Malmö, Sweden

Positions and Honors

- 2021- Member of the Expert Committee, WHO childhood obesity guidelines for primary healthcare
- 2021- Member of the Research Committee (Forskningsutskottet), Faculty of Social Sciences, Uppsala University
- 2021 July- Director of Advanced Studies, Department of Food Studies, Nutrition and Dietetics, Uppsala University, Uppsala, Sweden
- 2021- Member of Editorial Board, Childhood Obesity
- 2020-2022 Member of the Steering Committee for development of the new national guidelines for Obesity by Swedish National Board of Health and Welfare
- 2020-2021 Member of the Recruitment Group for Professors, Faculty of Social Sciences, Uppsala University (2021 this group continued as Research Committee/Forskningsutskottet).
- 2019- Member of the Evaluation Board for Strategic Faculty Funding, Faculty of Social Sciences, Uppsala University,
- 2019- 2021 Associate Editor, Nutrition Journal

2016-2018 Member of the Expert Group in Nutrition and Public Health, Swedish National Food Agency
 2015- 2016 Member of the Scientific Committee of the European Obesity Summit 2016
 2015-2016 Academic Editor for PLOS One
 2015-2016 Board member of the Swedish Society for Childhood Obesity
 2014 -2017 Treasurer, European Childhood Obesity Group (ECOG)
 2015-2016 Board member of the Swedish Association for the Study of Obesity (SFO)
 2013-2015 Scientific secretary of the Swedish Association for the Study of Obesity (SFO)
 2015 President-Elect of the European Childhood Obesity Congress, Stockholm 12-14 October
 2010-2012 Member of the Int Scientific Committee of the European Obesity Conference 2012
 2007 - 2016 Invited founding fellow and executive board member of Childhood Obesity Task Force for the European Association for Study on Obesity (EASO)
 2006-2019 Member of Swedish Association for the Study of Obesity (SFO)
 2004-2008 Chairman of the organising committee, Scandinavian Pediatric Obesity Conference
 2003-2004 Chairman of the Swedish Dietitians Expert Group for Childhood Obesity
 From 2004 Adhoc reviewer for scientific journals such as International Journal of Obesity, Pediatric Obesity, Appetite, Public Health Nutrition, Eating Behaviors, BMJ, BMJ Open, PLOS One, and others
 2003 2nd place, the national competition for the best master thesis in Sport Psychology
 2003 1st place, the best master thesis in Sports Sciences at Lund University
 1999 Member of the organizing committee, 9th European Childhood Obesity Workshop, Lund

Peer-reviewed publications:

60 (28 as senior author, 16 as first author), as following:

1. Neuman N, Eli K, **Nowicka P**. Childhood memories of food and eating in lower-income families in the United States: a qualitative study. *BMC Public Health*. 2021, accepted.
2. Lobstein T, Neveux M, Brown T, Kheng Chai L, Collins CE, Ells LJ, and **Nowicka P**, for the STOP project consortium. Social disparities in obesity treatment for children age 3-10 years: a systematic review. *Obesity Reviews*. 2021 Feb;22(2):e13153.
3. Duncanson K, Shrewsbury V, Burrows T, Kheng Chai L, Ashton L, Taylor R, Gow M, Ho M, Ells LJ, Stewart L, Garnett S, Jensen E, **Nowicka P**, Littlewood R, Demaio A, Coyle D, Walker L, Collins CE. Impact of weight management nutrition interventions on dietary outcomes in children and adolescents with overweight or obesity: A systematic review with meta-analysis. *Journal of Human Nutrition and Dietetics*. 2021 Feb;34(1):147-177.
4. Ek A, Vásquez-Barquero MY, Sandvik P, Eli K, Somaraki M, **Nowicka P**. The role of parental depression during early childhood obesity treatment—Secondary findings from a randomized controlled trial. *Pediatric Obesity*. Dec 8:e12754.
5. Henriksson P, Sandborg J, Blomberg M, **Nowicka P**, Petersson K, Bendtsen M, Rosell M, Löf M. Body mass index and gestational weight gain in migrant women by birth regions compared with Swedish-born women: a registry linkage study of 0.5 million pregnancies. *Plos One* 2020; 15(10): e0241319
6. Bergman K, Lövestam E, **Nowicka P**, Eli K. 'A holistic approach': Incorporating sustainability into biopedagogies of healthy eating in Sweden's dietary guidelines. *Sociology of Health and Illness* 2020 Sep 10. doi: 10.1111/1467-9566.13172. Online ahead of print.
7. Somaraki M, Eli K, Sorjonen K, Ek A, Sandvik P, **Nowicka P**. Changes in parental feeding practices and preschoolers' food intake following a randomized controlled childhood obesity trial. *Appetite* 2020 Nov 1;154:104746.
8. Henriksson P, Söderström E, Blomberg M, **Nowicka P**, Petersson K, Thomas K, Bendtsen M, Estévez-López F, Löf M. Self-rated health in migrant and non-migrant women before, during and after pregnancy – a population-based study of 0.5 million pregnancies from the Swedish Pregnancy Register. *Journal of Clinical Medicine* 2020, 6;9(6):E1764.

9. Ek A, Nordin K, Delisle Nyström C, Sandvik P, Eli K, **Nowicka P**. Responding positively to "children who like to eat": Parents' experiences of skills-based treatment for childhood obesity. *Appetite* 2020, 145:104488.
10. Sjunnestrand M, Nordin K, Eli K, **Nowicka P**, Ek A. Planting a seed - child health care nurses' perceptions of speaking to parents about overweight and obesity: a qualitative study within the STOP project. *BMC Public Health* 2019, 9;19(1):1494.
11. Sandvik P, Ek A, Eli K, Somaraki M, Bottai M, **Nowicka P**. Picky eating in an obesity intervention for preschool-aged children – what role does it play, and does the measurement instrument matter? *Int J Beh Nutr Phys Act*, 2019, 3;16(1):76.
12. Ek A, Chamberlain Lewis K, Sorjonen K, Hammar U, Malek Etminan M, Sandvik P, Somaraki M, Nyman J, Lindberg L, Nordin K, Ejderhamn J, Fisher PA, Chamberlain P, Marcus C, **Nowicka P**. A parent treatment program for preschoolers with obesity: A randomized controlled trial. *Pediatrics* 2019, 144(2):e20183457.
13. Ek A, Delisle Nystrom C, Chirita-Emandi A, Tur JA, Nordin K, Bouzas C, Argelich E, Martinez JA, Frost G, Garcia-Perez I, Saez M, Paul C, Löf M, **Nowicka P**. A randomized controlled trial for overweight and obesity in preschoolers: the More and Less Europe study. *BMC Public Health* 2019, 19:945.
14. Eiffener E, Eli K, Ek A, Sandvik P, Somaraki M, Kremers S, Sleddens E, **Nowicka P**. The influence of preschoolers' emotional and behavioral problems on obesity treatment outcomes: Secondary findings from a randomized controlled trial. *Pediatric Obesity*, 2019, 14(11):e12556.
15. Bergman K, Eli K, Persson Osowski C, Lövestam E, **Nowicka P**. Public expressions of trust and distrust in governmental dietary advice in Sweden. *Qualitative Health Research*. 2019 Jul;29(8):1161-1173.
16. Neuman N, Eli K, **Nowicka P**. Feeding the extended family: Gender, generation, and socioeconomic disadvantage in food provision to children. *Food, Culture & Society* 2019, 22 (1), 45-62.
17. Sandvik, P, Ek A, Somaraki, M, Hammar U, Eli K, **Nowicka P**. Picky eating in Swedish preschoolers of different weight status: application of two new screening cut-offs. *Int J Beh Nutr Phys Act* 2018 15:74.
18. Shrewsbury VA, Burrows T, Ho M, Jensen M, Garnett SP, Stewart L, Gow ML, Ells LJ, Chai LK, Ashton L, Walker JL, Littlewood R, Coyle D, **Nowicka P**, Ashman A, Demaio A, Duncanson K, Collins C. Update of the best practice dietetic management of overweight and obese children and adolescents: a systematic review protocol. *JBI Database System Rev Implement Rep*. 2018 Jul;16(7):1495-1502.
19. Somaraki M, Eli K, Sorjonen K, Flodmark C-E, Marcus C, Faith MS, Persson Osowski C, Ek A, **Nowicka P**. Perceived child eating behaviours and maternal migrant background. *Appetite* 2018, 1;125:302-313
20. Bergman K, Persson Osowski C, Eli K, Lövestam E, Elmståhl H, **Nowicka P**. Stakeholder responses to governmental dietary guidelines: Challenging the status quo, or reinforcing it? *British Food Journal* 2018; 120(3), 613-624
21. Mazur A, Caroli M, Radziewicz-Winnicki I, **Nowicka P**, Weghuber D, Neubauer D, Dembiński Ł, Crawley FP, White M, Hadjipanayis A. Reviewing and addressing the link between mass media and the increase in obesity among European children: The European Academy of Paediatrics (EAP) and The European Childhood Obesity Group (ECOG) consensus statement. *Acta Paediatrica* 2018 Apr;107(4):568-576.
22. *O'Malley G, Ring-Dimitriou S, **Nowicka P**, Vania A, Frelut ML, Farpour-Lambert N, Weghuber D, Thivel D. Physical activity and physical fitness in pediatric obesity: What are the first steps for clinicians? Expert conclusion from the 2016 ECOG Workshop. *Int J Exerc Sci* 2017;10(4):487-496
23. Eli K, Hörnell A, Etminan Malek M, **Nowicka P**. Water, juice, or soda? Mothers and grandmothers of preschoolers discuss the acceptability and accessibility of beverages. *Appetite* 2017, 1;112:133-142
24. Somaraki M, Eli K, Ek A, Lindberg L, Nyman N, Marcus C, Flodmark C-E, Pietrobelli A, Faith MS, Sorjonen K, & **Nowicka P**. Controlling feeding practices and maternal migrant background: An analysis of a multi-cultural sample. *Public Health Nutrition* 2017, 20(5):848-858

25. Taylor JH, Xu Y, Li F, Shaw M, Dziura J, Caprio S, Tamborlane WV, **Nowicka P***, Savoye M*. Psychosocial predictors and moderators of weight management programme outcomes in ethnically diverse obese youth. *Pediatric Obesity*. 2017;12(6):453-461* Shared Senior Authorship
26. Ulijaszek S, Pentecost M, Marcus C, Karpe F, Frühbeck G, **Nowicka P**. Inequality and childhood overweight and obesity: a commentary. *Pediatric Obesity* 2017;12(3):195-202.
27. Eli K, Sorjonen K, Mokoena L, Pietrobelli A, Flodmark CE, Faith MS, **Nowicka P**. Associations between maternal sense of coherence and controlling feeding practices: The importance of resilience and support in families of preschoolers. *Appetite*. 2016 May 15;105:134-143.
28. Eli K, Howell K, Fisher PA, **Nowicka P**. A question of balance: explaining differences between parental and grandparental perspectives on preschoolers' feeding and physical activity. *Social Science & Medicine* 2016, 154:28-35.
29. Lindberg L, Ek A, Nyman J, Marcus C, Ulijaszek S, **Nowicka P**. Low grandparental social support combined with low parental economic capital is closely associated with obesity in preschool-aged children: A pilot study. *Pediatric Obesity* 2016;11(4):313-6.
30. Svensson V, Sobko T, Ek A, Forssén M, Ekbohm K, Johansson E, **Nowicka P**, Westerståhl M, Riserus U, Marcus C. Obesogenic dietary habits in families with one-year-old infants at high and low obesity risk – baseline data from a longitudinal intervention (Early STOPP). *Eur J Nutr* 2016, 55(2):781-92.
31. Ek A, Sorjonen K, Eli K, Lindberg L, Nyman J, Marcus C, **Nowicka P**. Associations between parental concerns about preschoolers' weight and eating and parental feeding practices: Results from analyses of the Child Eating Behavior Questionnaire, the Child Feeding Questionnaire, and the Lifestyle Behavior Checklist. *PLoS One*. 2016, 22;11(1):e0147257
32. Ek A, Sorjonen K, Nyman J, Marcus C, **Nowicka P**. Child behaviors associated with childhood obesity and parents' self-efficacy to handle them: Confirmatory factor analysis of the Lifestyle Behavior Checklist. *Int J Beh Nutr Phys Act* 2015, 11;12(1):36.
33. Ek A, Chamberlain Lewis K, Ejderhamn J, Marcus C, Fisher PA, Chamberlain P, **Nowicka P**. The More and Less study: a randomized controlled trial testing different approaches to treat obesity in preschoolers. *BMC Public Health*, 2015, 15, 735.
34. *Farpour-Lambert NJ, Baker JL, Hassapidou M, Holm J-C, **Nowicka P**, O'Malley G, Weiss R. Childhood obesity is a chronic disease demanding specific health care. A Position statement from the Childhood Obesity Task Force of the European Association for the Study of Obesity (EASO). *Obesity Facts*, 2015;8(5):342-9
35. Eli K, Howell K, Fisher PA, **Nowicka P**. "Those comments last forever": Parents and grandparents of preschoolers recount how they became aware of their own body weights as children. *PLoS One* 2014, 13;9(11):e111974.
36. Eli K, Howell K, Fisher PA, **Nowicka P**. "A little on the heavy side": a qualitative analysis of parents' and grandparents' perceptions of preschoolers' body weights. *BMJ Open* 2014, 11;4(12):e006609.
37. Tiberio SS, Kerr DR, Capaldi DM, Pears KC, Kim H, & **Nowicka, P**. Parental media monitoring of children's media consumption: The long-term influences on children's body mass indexes. *JAMA Pediatrics* 2014; 168(5):414-21.
38. Savoye M, Caprio S, Dziura J, Camp A, Germain G, Summers C, Li F, Shaw M, **Nowicka P**, Kursawe R, DePourcq F, Kim G, Tamborlane WV. Reversal of early abnormalities in glucose metabolism in obese youth: results of an intensive life-style randomized controlled trial. *Diabetes Care* 2014;37(2):317-24.
39. Svensson V, Ek A, Ekbohm K, Forssén M, Ebrahim M, Cao Y, Johansson E, Nero H, Hagströmer M, Ekstedt M, **Nowicka P**, Marcus C. Infant growth is associated with parental education but not with parental adiposity - Early Stockholm Obesity Prevention Project. *Acta Paediatrica* 2014. 103(4):418-25.
40. Braet C, O'Malley G, Weghuber D, Mazur A, Frelut ML, Erhardt E, **Nowicka P**, & Ardelt-Gattinger E. The assessment of eating behaviour in the absence of hunger in children who are obese:

- a psychological approach. A Position paper from the European Childhood Obesity Group. *Obesity Facts* 2014, 7(3):153-64.
41. Holm J-C, **Nowicka P**, Farpour-Lambert NJ, O'Malley G, Hassapidou M, Weiss R, Baker JL. The ethics of childhood obesity treatment - from the Childhood Obesity Task Force (COTF) of European Association for the Study of Obesity (EASO). *Obesity Facts* 2014. 7(4):274-81.
 42. **Nowicka P**, Sorjonen K, Pietrobelli A, Flodmark C-E & Faith MS. Parental feeding practices and associations with child weight status: Swedish validation of the Child Feeding Questionnaire finds parents of 4-year-olds less restrictive. *Appetite* 2014, 81:232-41.
 43. **Nowicka P**, Flodmark CE, Hales D, Faith MS. Assessment of parental overt and covert control of child's food intake: A population-based validation study with mothers of preschoolers. *Eating Behaviors* 2014, 15(4):673-678.
 44. Van Ryzin M & **Nowicka P**. Direct and indirect effects of a family-based intervention in early adolescence on parent-youth relationship quality, late adolescent health, and early adult obesity. *Journal of Family Psychology*. 2013; (1) 106-116.
 45. **Nowicka P**, Eli K, Ng J, Apitzsch E, Sundgot-Borgen J. Moving from knowledge to action: A qualitative study of elite coaches' capacity for early intervention in cases of eating disorders. *The International Journal of Sports Science & Coaching* 2013; 8 (2): 343-355.
 46. **Nowicka P** & Flodmark CE. Family therapy as a model for treating childhood obesity. *Clinical Child Psychology and Psychiatry*. 2011, 16 (1):129-145
 47. *Savoye M, **Nowicka P**, Shaw M, Yu S, Dziura J, Chavente G, O'Malley G, Serrecchia BJ, Tamborlane WV, Caprio S. Long-term results of a weight management program in an ethnically-diverse population of obese children. *Pediatrics*. 2011, 127:402-410.
 48. **Nowicka P**, Santoro N, Liu H, Lartaud D, Shaw M, Goldberg R, Guandalini C, Savoye M, Rose P, Caprio S. Utility of Hemoglobin A1c for diagnosing prediabetes and diabetes in obese children and adolescents. *Diabetes Care*. 2011, 34 (6):1306-11.
 49. **Nowicka P**, Savoye M, Fisher PA. Which psychological method is most effective for group treatment. *International Journal of Pediatric Obesity*. 2011, 6 (S1):70-73.
 50. Svensson V, Lundborg L, Cao Y, **Nowicka P**, Marcus C, Sobko, T. Obesity related eating behaviour patterns in Swedish preschool children and association with age, gender, relative weight and parental weight - factorial validation of the Children's Eating Behaviour Questionnaire. *Int Journal of Behavioral Nutrition and Physical Activity*. 2011;8(1): 134.
 51. **Nowicka P** & Marcus C. Beteendemodifikation - den enda rimliga terapin vid fetma hos barn och vuxna. *Läkartidningen*. 2011; 49 (108) 2581-2585.
 52. Baker J, Farpour-Lambert N, **Nowicka P**, Pietrobelli A & Weiss R. Evaluation of the overweight/obese child. Practical tips for the health care provider. Recommendations from the Childhood Obesity Task Force (COTF) of the European Association for the Study of Obesity (EASO). *Obesity Facts*. 2010, 3, 131-7.
 53. **Nowicka P**, Lanke J, Pietrobelli A, Apitzsch E, Flodmark CE. Sports camp with six-month support as a treatment of childhood obesity. *Scand Journal of Public Health*. 2009, 37, 793-800.
 54. **Nowicka P**, Höglund P, Birgerstam P, Lissau I, Pietrobelli A, Flodmark CE. Self-esteem in a clinical sample of morbidly obese children and adolescents. *Acta Paediatrica*. 2009, 98, 152-8.
 55. **Nowicka P**, Höglund P, Pietrobelli A, Lissau I, Flodmark CE. Family Weight School Treatment: 1-year results in obese adolescents. *Int Journal of Pediatr Obesity* 2008, 3, 141-147.
 56. **Nowicka P** & Flodmark CE. Family in pediatric obesity management – a literature review. *Int J Pediatr Obesity* 2008;3: 44-50.
 57. **Nowicka P**, Pietrobelli A, Flodmark CE. Low intensity family therapy is useful in a clinical setting to treat obese and extremely obese children. *Int J Pediatr Obesity* 2007, 2, 211-7
 58. **Nowicka P**, Flodmark, CE. Physical activity – Key issues in treatment of childhood obesity. *Acta Paediatrica* 2007, 96, 39-45.
 59. **Nowicka P**, Bryngelsson S. Sugars or sweeteners: towards guidelines for their use in practice – report from an expert consultation. *Scand Journal of Food and Nutrition* 2006; 50 (2) 89-96.

60. **Nowicka P.** Exercise professionals and dietitians in the childhood obesity treatment team. *Acta Paediatrica* 2005, 94, 23-29.

Books

Nowicka P & Flodmark CE. Barnövervikt i praktiken – evidensbaserad familjeviktsskola. Studentlitteratur, 2006, 1-282 pp

Publications in professional journals

1. **Nowicka P.** Hur kan vi ta vara på föräldrar i behandlingen? Fem smakprov på familjeterapi. *Dietistaktuellt* 2009; 1,7-10.
2. **Nowicka P,** Ek A, Beteendemodifikation och barnfetma. Vart står vi idag? *Dietistaktuellt*, 2012, vol. XXI.
3. **Nowicka P.** Föräldrategniker mot fetma hos förskolebarn. *Nordisk Nutrition*. 2014 (4), sid. 11-13.
4. Lövestam E, Neuman N, **Nowicka P.** Kritisk dietetik – att se mat och ätande bortom kalorier. *Dietistaktuellt* 2017, 3, 34-36
5. Jacobsson A, Jörvi A, **Nowicka P.** Dietisters erfarenhet av motiverande samtal inom öppenvård. *Dietistaktuellt* 2017, 26(3): 48-53
6. Lövestam E, Neuman N, **Nowicka P.** Kritisk dietetik – självreflektion, ödmjukhet och dialog. *Dietistaktuellt* 2018, 2, 46-48

Papers/abstracts presented at conferences

1. **Nowicka, P.** Apitzsch. E. Sundgot-Borgen J. (2003) Coaches' role in the identification and management of eating disorders and weight regulation in elite female athletes, in Proceedings of European Congress in Sport Psychology 2003. Copenhagen, Denmark
2. **Nowicka P.** Börjeson Munk U. Flodmark CE. (2003). Mental health in obese children correlates to daily activity levels. *International Journal of Obesity*; 27; Suppl. 1; S116
3. **Nowicka P.** Flodmark CE. (2003). Effect of physical activity promoting group on daily physical activity and mental health in obese adolescents. In Proceedings of 21th Combined congress of the Austrian Society of Clinical Nutrition (AKE), the German Society of Nutritional Medicine, the Society of Clinical Nutrition in Switzerland and associated societies, Linz, Austria
4. **Nowicka, P.** Apitzsch. E. Sundgot-Borgen J. (2003) Elite coaches' role in the identification and management of the Female Athlete Triad in Proceedings of American Academy for Eating Disorders Academy for Eating Disorders Athlete Special Interest Group Workshop "Athletes and Eating Disorders: Bridging the Gap. Indianapolis, Indiana, USA
5. **Nowicka P.** Börjeson Munk U. Flodmark CE. (2003). Physical activity promoting group increases daily physical activity more than pedometer group". *International Journal of Obesity*; 27, Suppl 2; P64
6. **Nowicka P.** Flodmark CE (2004). Obesity treatment reduces BMI, increases lean body weight and improves quality of life in children. *International Journal of Obesity*; 28, S193
7. **Nowicka P.** Börjeson Munk U. Flodmark, CE. (2003). Participation in activity groups increases physical activity when compared to an age- and gender matched control. In Proceedings of Annual General Meeting of the Swedish Society of Medicine 2003, Älvsjö, Sweden
8. **Nowicka P.** Flodmark, CE (2004). Knowledge of health issues in Swedish school children

is not sufficient. Results of a food and physical activity survey in schools in Malmö, Sweden. In Proceedings of 8th Nordic Nutrition Congress, Tönsberg, Norway

9. **Nowicka P.** Flodmark CE. (2004). How national health campaign messages reach Swedish school children". International Journal of Obesity, 28; S128

10. **Nowicka P.** Flodmark CE. (2004) Group treatment of childhood obesity preferred by Swedish dietitians. In Proceedings of Nordic Obesity Meeting 2004 Copenhagen, Denmark

11. **Nowicka P.** Flodmark CE. (2004). Obesity treatment using family therapy results in more diet changes at home than at school". Obesity Research, 12; Suppl. A43

12. Flodmark CE. **Nowicka P.** (2005). Obesity treatment improves quality of life in children and adolescents. Acta Paediatrica; 94: Suppl. 448, P51.

13. **Nowicka P.** Flodmark CE. (2005). Self-esteem of untreated obese adolescents is lower in later adolescence. International Journal of Obesity; 29; Suppl 2. S163

14. **Nowicka P.** Flodmark CE. (2005). Family Weight Programme – An intervention that stabilized BMI in obese adolescents with family in group meetings. Obesity Research; 13, Suppl. 788-P

15. Ek A. **Nowicka P.** Flodmark CE (2005). Interventions to promote physical activity in schools. International Journal of Obesity; 29; Suppl 2. S151

16. **Nowicka P.** Flodmark CE. (2005). Self-esteem in obese children gets impaired through late adolescence, but not the social network. In Proceedings of Annual General Meeting of the Swedish Society of Medicine 2005" Älvsjö, Sweden

17. **Nowicka P.** Flodmark CE. (2006). Participation in a sports camp with 6 months support in sports club prevents the increase of BMI by age". International Journal of Obesity; 30: Suppl 2. S6

18. **Nowicka P.** Ek A. Flodmark CE. (2006) Self-esteem in severely obese young children referred to an outpatient obesity clinic. In Proceedings of Nordic Obesity Meeting 2006, Reykjavik, Iceland

19. **Nowicka P.** Börjeson Munk U. Flodmark CE. (2006). A long-term support system might be beneficial when using sports camps for obese children. Obesity Reviews; 7; Suppl 2. PO0756

20. **Nowicka P.** Ek A. Flodmark CE. (2006). Participation in a sports camp with 6 months support in sports club prevents the increase of BMI by age. Obesity; 14; Suppl. 307-P.

21. **Nowicka P.** Flodmark CE. (2006). Energy reduced meals in school - an alternative in treatment of obese adolescents Obesity; 14; Suppl. 314-P.

22. **Nowicka P.** Höglund P. Flodmark CE. Family Weight School based on family therapy in group meetings reduces BMI SD scores in severely obese adolescents. International Journal on Obesity, 31; Suppl 1: S33

23. **Nowicka P.** Bengtsson B. Ek A. Flodmark CE (2007). A sports camp with 6 months support in a sports club prevents the increase of BMI in obese children, but not in girls. Obesity Reviews; 8: (Suppl. 3) P058.

24. Bengtsson B, **Nowicka P**, Flodmark CE (2007). Food habit in extremely obese children before an intervention: differences between boys and girls. *Obesity Reviews*; 8: (Suppl. 3) P047.
25. **Nowicka P**, Höglund P, Pietrobelli A, Lissau I, Flodmark CE. Family Weight School treatment model: 1-year results in obese and extremely obese adolescents. In Proceedings of Annual General Meeting of the Swedish Society of Medicine 2007, Älvsjö, Sweden
26. **Nowicka, P**. Flodmark, CE. Fashion diets in pediatric obesity – Current challenges and future possibilities. *Obesity Reviews* 2008, 9; Suppl 2:12.
27. Lissner L, Sjöberg A, Sundblom E, **Nowicka P**, Petzold M, Lager A, et al (2008). Is the childhood obesity epidemic easing off in Sweden. *International Journal of Pediatric Obesity*, Suppl 1, P84.
28. **Nowicka P**, Pietrobelli A, Ek A, Bengtsson B, Flodmark CE (2008). A sports camp doesn't have effect on children's degree of obesity – longitudinal controlled study. *International Journal of Obesity*, 32; Suppl 1;S92
29. **Nowicka P**, Flodmark CE. (2009). Family therapy in treatment of childhood obesity – Research and techniques in a medical setting. In Proceedings of World International Family Therapy Association Congress, Portorož, Slovenia
30. **Nowicka P**, Santoro N, Dziura J, Shaw M, Savoye M, Caprio S. Glycated hemoglobin as a clinical tool in diagnosis of prediabetes and type 2 diabetes mellitus in children and adolescents with obesity. (2010) *Obesity Reviews*, Suppl 1, Hot topics.
31. **Nowicka P**, Price G, Suri V, Shaw S, Mercado J, Tamborlane WV, Savoye M. Providing a cost-effective comprehensive weight management program for highly obese children – Not a mission impossible. (2010) *Obesity*, Vol 18, Suppl 2, 465-P.
32. **Nowicka P**, Van Ryzin. Family-based intervention prevents early adulthood obesity: 10-years follow up of the Family Check-Up, a randomized controlled trial. (2012). *Obesity Facts* (suppl 1):1-280:105
33. **Nowicka P**, Tiberio S, Kerr D, Pears K, Kim H, & Capaldi D. A longitudinal examination of parental depression and monitoring on children's BMI in middle childhood. In Proceedings of European Congress on Obesity, Liverpool, May 2013.
34. **Nowicka P**, Pietrobelli A, Flodmark CE, Faith MS. Parental education and immigrant background status predict child eating behavior in a population-based study of 876 families with 4-years-olds in Sweden. In Proceedings of the 23rd European Childhood Obesity Group Meeting, Liverpool, November 2013.
35. **Nowicka P**, Ek A, Filipsson D, Marcus C, Ulijaszek S. Income of parents, and not their education level, is associated with the weight status of their preschool children. In Proceedings of the 23rd European Childhood Obesity Group Meeting, Liverpool, November 2013.
36. Ek A, Hedman J, Marcus C, **Nowicka P**. Early psychopathology of obesity: A study with preschoolers and their parents. In Proceedings of the 23rd European Childhood Obesity Group Meeting, Liverpool, November 2013.
37. **Nowicka P**, Sorjonen K, Pietrobelli A, Flodmark CE, Faith MS. Parental feeding practices and

associations with child's BMI: Psychometric properties of The Child Feeding Questionnaire in a multiethnic sample of families with 4-year-old children in Sweden. Presented at the 12th International Congress on Obesity, Kuala Lumpur, Malaysia, 17-20 March 2014.

38. **Nowicka P**, Kader M, Ek A, Johansson E, Larisch LM, Svensson V, Marcus C. An explorative study of early psychopathology and obesity: Are both child and parental factors associated with problem behaviours measured with The Child Behaviour Checklist (CBCL 1.5-5)? Presented at the 12th International Congress on Obesity, Kuala Lumpur, Malaysia, 17-20 March 2014.

39. Taylor J, Savoye-Desanti M, **Nowicka P**. Pediatric obesity, self-esteem, and family functioning in a diverse community. Presented at the Institute on Psychiatric Services Meeting, 30 Oct - 2Nov, San Francisco, USA.

40. Nyman J, Ek A, Marcus C, **Nowicka P**. Comparing different treatment approaches to childhood obesity in preschoolers: Preliminary results of the More and Less Study, a randomized controlled trial. Presented at the European Childhood Obesity Congress, Salzburg, Austria, 13-15 November 2014.

41. Ek A, Sorjonen K, Marcus C, **Nowicka P**. Child behaviours and childhood obesity: Confirmatory factor analysis of the Lifestyle Behaviour Checklist. Presented at the European Childhood Obesity Congress, Salzburg, Austria, 13-15 November 2014.

42. Ek A, Sorjonen K, Marcus C, **Nowicka P**. Overeating and physical inactivity in preschool-aged children challenge parents and their confidence: Results from the Lifestyle Behaviour Checklist and the Child Feeding Questionnaire. Presented at the European Childhood Obesity Congress, Salzburg, Austria, 13-15 November 2014.

43. Lindberg, L, Ek, A, Nyman, J, Marcus, C, Ulijaszek, S, **Nowicka, P**. Low parental economic capital and low grandparental social support are closely associated with obesity in preschool-aged children: Preliminary findings. Presented at the European Childhood Obesity Congress, Salzburg, Austria, 13-15 November 2014.

44. Eli K, Howell K, Fisher PA, **Nowicka P**. Parents and grandparents of preschoolers recount how they became aware of their own body weights as children. Presented at the European Childhood Obesity Congress, Salzburg, Austria, 13-15 November 2014.

45. Eli K, Howell K, Fisher PA, **Nowicka P**. When does obesity become a problem? Parents and grandparents discuss preschoolers' body weights. Presented the European Childhood Obesity Congress, Salzburg, Austria, 13-15 November 2014.

46. **Nowicka P**, Hales D, Flodmark C-E, Faith MS. Maternal feeding-related overt and covert control practices differ for boys versus girls: Results from a population-based sample of preschoolers. Presented at the Obesity Week, Boston, USA, 2-7 November 2014.

47. Eli K, Howell K, Fisher PA, **Nowicka P**. "What happens at Grandma's stays at Grandma's": Explaining differences between parental and grandparental feeding of preschool aged children. To be presented during the European Obesity Congress in Prague, 6-9 March 2015.

48. Ek A, Sorjonen K, Eli K, Lindberg L, Nyman J, Marcus C, **Nowicka P**. Parental concern about child weight is an important mediator of the effect of child eating behaviors on parental feeding practices: Results from a sample of 478 preschoolers and their parents. Presented during the European Childhood Obesity Congress in Stockholm, 13-14 October 2015.

49. Eli K, Howell K, Fisher PA, **Nowicka P**. "What happens at Grandma's stays at Grandma's": Explaining differences between parental and grandparental perspectives on preschoolers' physical activity. Presented during the European Childhood Obesity Congress in Stockholm, 13-14 October 2015.
50. Malek M, Hörnell A, **Nowicka P**. Familial practices, attitudes and knowledge related to the child's beverage consumption: A qualitative study with mothers and grandmothers of preschool children. Presented during the European Childhood Obesity Congress in Stockholm, 13-14 October 2015.
51. **Nowicka P**, Eli K, Sorjonen K, Mokoena L, Pietrobelli A, Flodmark CE, Faith MS. Maternal sense of coherence and controlling feeding practices: The importance of resilience and support for families with preschoolers. Presented during the 1st European Obesity Summit, Göteborg, 1-4 Juni 2016
52. Somaraki M, Eli K, Ek A, Lindberg L, Nyman J, Marcus C, Flodmark C-E, Pietrobelli A, Faith MS, **Nowicka P**. Controlling feeding practices are strongly associated with maternal migrant background: An analysis of a multi-cultural sample. Presented during the 26st ECOG Congress, Thessaloniki, 6-8 Oct 2016
53. Somaraki M, Eli K, Ek A, **Nowicka P**. Controlling feeding practices are associated with maternal migrant background: An analysis of a multi-cultural sample. Poster at The Obesity Society's Annual meeting at Obesity Week, New Orleans, 2-4 November 2016.
54. O'Malley G, Ring-Dimitriou S, **Nowicka P**, Vania A, Frelut ML, Farpour-Lambert N., Weighuber D, Thivel D. Physical activity and physical fitness in pediatric obesity: What are the very first clinical steps? Recommendations from the European Childhood Obesity Group (ECOG). European Congress of Obesity Porto, Portugal, 17-20 maj 2017.
55. Bergman K, Elmståhl H, Lövestam E, **Nowicka P**, Eli K, Persson Osowski P. Healthy eating as conceptualized in referral responses to Sweden's updated dietary guidelines: excluding the complexity of everyday life. Poster at 5th British Sociological Association Food Study Conference: Food & Society, London, 26-27 juni 2017.
56. Bergman K, Persson Osowski P, Eli K, Lövestam E, Elmståhl H, **Nowicka P**. Stakeholder responses to governmental dietary guidelines: Challenging the status quo, or reinforcing it? Future of Food Studies conference, the 2nd annual meeting of the Graduate Association for Food Studies, Washington University in St. Louis, USA, 19-21 oktober 2017.
57. Somaraki M, Sorjonen K, Flodmark CE, Marcus C, Faith MS, Persson Osowski C, Ek A, **Nowicka P**. Perceived child eating behaviours and maternal migrant background. European Public Health Conference, Stockholm, 1-4 november 2017.
58. Ek A, Lewis K, ... **Nowicka P**. Results of a randomized controlled trial evaluating different treatments of preschool obesity. Obesity Week 2018, Nashville, USA. 11-14 November 2018.
59. Stewart L, ... **Nowicka P**, Littlewood R, Demaio A, Coyle D, Walker J, Collins C. A systematic review with meta-analysis of changes in dietary intake and impact on child and adolescent obesity. 26th European Congress On Obesity, Glasgow, UK, 28-1 May 2019. Abstracts published in Obesity Facts, Vol 12, Suppl 1, PO2.077.
60. Lobstein T, Neveux M, **Nowicka P**. Evidence synthesis for government policy-making. 26th European Congress On Obesity, Glasgow, UK, 28-1 May 2019. Abstracts published in Obesity Facts, Vol 12, Suppl 1, PO2.142.

61. Ek A, Chamberlain Lewis K, Sorjonen K, Hammar U, Malek Etminan M, Sandvik P, Somaraki M, Nyman J, Lindberg L, Nordin K, Ejderhamn J, Fisher PA, Chamberlain P, Marcus C, **Nowicka P**. An obesity treatment in preschoolers with obesity: 12 months results from a randomized controlled trial. 26th European Congress On Obesity, Glasgow, UK, 28-1 May 2019. Abstracts published in Obesity Facts, Vol 12, Suppl 1, PO1.078.
62. Somaraki M, Eli K, Ek A, Sandvik P, **Nowicka P**. The effects of a childhood obesity intervention on mothers' and fathers' feeding practices: A one-year follow up. An obesity treatment in preschoolers with obesity: 12 months results from a randomized controlled trial. 26th European Congress On Obesity, Glasgow, UK, 28-1 May 2019. Abstracts published in Obesity Facts, Vol 12, Suppl 1, IS21.02.
63. **Nowicka P**, Eiffener E, Eli K, Sandvik P, Somaraki M, Kremers S, Sleddens E. Influence of child emotional and behavioral problems on weight status: A randomized controlled trial of obesity treatment in preschoolers. 26th European Congress On Obesity, Glasgow, UK, 28-1 May 2019. Abstracts published in Obesity Facts, Vol 12, Suppl 1, OS3.03.
64. Nordin K, Delisle Nyström C, Ek A, Eli K, **Nowicka P**. "Another state of mind" – parents' journeys through childhood obesity treatment. 26th European Congress On Obesity, Glasgow, UK, 28-1 May 2019. Abstracts published in Obesity Facts, Vol 12, Suppl 1, PP2.07

Invited Speaker or Chair at Scientific International Meetings

- 2020 Polish Obesity Congress „Otyłość dziecięca: „Od poczęcia do dorosłości”, 2-4 November 2020.
- 2020 Swedish Dietetic Congress, DRF kongress, 26-27 March.
- 2019 29th ECOG Congress, 13-16 November, Katowice, Poland
- 2019 EASO Obesity Management Course. Wonca European Congress, 27-28 Bratislava, Slovakia
- 2019 ISBNPA Conference, 4-7 June, Prague, Czech Republic
- 2019 26th European Congress On Obesity, Glasgow, UK, 28-1 May
- 2018 28th Annual Congress European Childhood Obesity Group, Porto, Portugal (unable to attend due to professor inauguration)
- 2017 European Public Health Congress, a preconference “Planetary Health”, Stockholm
- 2017 POCKETS - “Prevention Of Childhood obesity-Knowledge Exchange and TranSLation” workshop, Dublin, hosted by the Health Behaviour Change Research Group (HBCRG), in partnership with the Association for the Study of Obesity on the island of Ireland (ASOI) as part of the ASOI's annual conference
- 2017 EASO Childhood Obesity Course, Malta
- 2016 23rd European Congress on Obesity & 1st European Obesity Summit, Gothenburg, Sweden
- 2015 Swedish Session at the 25th European Childhood Obesity Congress, Sweden
- 2015 22nd European Congress on Obesity, Prague, Czech Republic
- 2014 21th European Congress on Obesity, Sofia, Bulgaria
- 2014 Helsesøsterkongress 2014, Stavanger, Norway
- 2014 Association of the Study of Obesity on Ireland (ASOI) meeting, Belfast, Ireland
- 2013 Excellence in Pediatrics Congress, Doha, Qatar
- 2013 International Congress on Obesity, Kuwait City, Kuwait
- 2013 20th European Congress on Obesity, Liverpool, United Kingdom
- 2012 19th European Congress on Obesity, Lyon, France
- 2011 18th European Congress on Obesity, Istanbul, Turkey
- 2010 4th Scandinavian Pediatric Obesity Conference, Stockholm
- 2009 19th Meeting of European Childhood Obesity Group, Dublin, Ireland
- 2009 Finnish Nutrition Days, Helsinki, Finland
- 2009 17th European Congress on Obesity, Amsterdam, the Netherlands

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| 2008 | 16th European Congress on Obesity, Geneva, Switzerland |
| 2008 | 18th Meeting of European Childhood Obesity Group, Porto, Portugal |
| 2008 | 3rd Scandinavian Pediatric Obesity Conference, Stockholm |
| 2007 | 15th European Congress on Obesity Budapest, Hungary |
| 2007 | Öresund Food Network, Copenhagen, Denmark |
| 2006 | 2nd Scandinavian Pediatric Obesity Conference, Malmö, Sweden |
| 2006 | Nordic Obesity Meeting, Reykjavik, Iceland |
| 2005 | 15th Meeting of European Childhood Obesity Group, Vienna, Austria |
| 2004 | 1st Scandinavian Pediatric Obesity Conference, Malmö, Sweden |
| 2000 | Polish Diabetes Congress |

Research Support

ACTIVE

Horizon 2020 European Union Funding for Research and Innovation

9 954 260 EUR during 1/6/2018-31/5/2022

Project: Science and Technology in childhood Obesity Policy (STOP), grant nr. 774548.

Principal Investigator: Franco Sassi, Imperial College London, UK

Role: Work package leader "Health care" (WP8), work package budget approx. 1 700 000 EUR

Karolinska Institutet, Sweden

604 156 EUR

Aim: To expand and consolidate the multi-disciplinary evidence base upon which effective and sustainable policies can be built to prevent and manage childhood obesity.

Jerring Foundation, Thuring Foundation, Samariten Foundation, iShizu Matsumura's Foundation, Magnus Bergvall Foundation, Society for Pediatric Care, Foundation "Barnhuset", Crown Princess Lovisa Foundation, Swedish Society for Medical Research, Helge Ax:son Foundation, Martin Rind Foundation, Sigurd and Elsa Golje Memory Foundation, Åke Wiberg Foundation, Jane och Dan Olssons Foundation

5 588 700 SEK in total during 15/12/2011-31/12/2020

Role: Principal Investigator

Karolinska Institutet, Sweden

Aim: To develop and evaluate clinical treatment programs for early obesity

COMPLETED

FORTE

Healthy Moms: promoting health lifestyle during pregnancy. Project no: 2017-00088

1 600 000 SEK during 1/1/2018-31/12/2019 as salary to Pontus Henriksson, postdoctoral fellow

Role: Co-Investigator. Principal Investigator: Pontus Henriksson

Aim: Advance the mHealth field with lifestyle interventions in pregnant women including migrant women

Karolinska Institutet, Sweden

FORTE

Early-STOPP: Early targeted prevention directed to overweight parents aimed to reduce risk to develop obesity, a randomized controlled trial. Project no: 2017-00869

2 030 000 SEK during 1/1/2018-31/12/2019

Role: Co-Investigator. Principal Investigator: Claude Marcus

Aim: Advance the mHealth field with lifestyle interventions in pregnant women including migrant women
Karolinska Institutet, Sweden

Vetenskapsrådet (Swedish Research Council)

190 120 SEK during 1/11/2018-31/10/2019

Role: Principal Investigator

Aim: Conference support to organize an international conference on health communication: "Communication breakdown? Food and health in an age of abundance." in Uppsala, 28-30 August 2019.

Uppsala University

Pedagogical funding to project on course evaluation and students' participation

95 000 SEK during 1/9/2018-12/31/2019

Role: Principal Investigator together with Agneta Andersson

Uppsala University, Sweden

Vetenskapsrådet (Swedish Research Council)

78 400 SEK during 1/11/2016-31/10/2017

Role: Principal Investigator

Aim: Conference support to organize the 1st Nordic conference on critical dietetics: Food and eating beyond calories" in Uppsala, 25 August 2017.

Clas Groschinskys Memory Foundation

150 000 SEK during 1/6/2016-1/6/2017

Role: Principal Investigator

Uppsala University, Sweden

Aim: Long-term follow-up of treatment programs for early obesity

Vetenskapsrådet (Swedish Research Council)

2 502 000 SEK during 1/1/2015-31/12/2017

Role: Principal Investigator

Aim: To develop and evaluate clinical treatment programs for early obesity.

VINNOVA VINNMER Marie Curie International Qualification

2 801 000 SEK during 1/1/2012-31/2014

Role: Principal Investigator

Karolinska Institutet, Sweden and University of Oxford, UK

Aim: To study socio-cultural drivers in the development of obesity in children.

Karolinska Institutet Doctoral Funds (KID)

956 000 SEK during 07/01/2011-06/30/2014,

Role: Principal Investigator & Main supervisor

Karolinska Institute, Sweden

Aim: To develop and evaluate clinical treatment programs for early obesity.

Postdoctoral Research Grant

628 000 SEK during 06/01/2011-05/31/2013

Role: Postdoctoral fellow

The Swedish Foundation for Medical Research, Sweden

Aim: To study psycho-social determinants of early obesity.

Postdoctoral Research Grant to University of Oregon, USA

255 000 SEK during 07/01/2010–06/30/2011

Role: Postdoctoral fellow

The Sweden-America Foundation, Sweden

Postdoctoral Research Grant to Yale University, USA

250 000 SEK during 07/01/2009–06/30/2010

Role: Postdoctoral fellow

The Tegger Foundation, Sweden

Doctoral Research Grant

50 000 SEK during 01/01/2008–12/30/2009

Role: Doctoral student

The Mayflower Charity Foundation, Sweden

Doctoral Research Grant

50 000 SEK during 01/01/2008–12/30/2009

Role: Doctoral student

The Swedish Savings Bank Foundations, Sweden

Student supervision

Doctoral level

Karolin Bergman, Uppsala University, Sweden. Main supervisor.

Karolin Bergman defended her doctoral thesis entitled “Negotiating healthy eating. Lay, stakeholder and government constructions of official dietary guidance in Sweden” in November 2019.

Anna Ek, Karolinska Institutet, Sweden. Main supervisor.

Anna Ek defended her thesis entitled “Early obesity: family-based risk factors and treatment interventions” in September 2016.

Maria Somaraki, Uppsala University, Sweden. Main supervisor.

The doctoral thesis is planned to be finished during 2020.

Postdoctoral level

Pernilla Sandvik, Ph.D, postdoctoral fellow at Uppsala University, Sweden. From June 2017 until December 2018. Pernilla is now senior assistant professor at the Department of Food Studies, Nutrition and Dietetics.

Elin Lövestam, Ph.D. postdoctoral fellow at Uppsala University, Sweden. From January 2016 to December 2017. Elin is now senior assistant professor at the Department of Food Studies, Nutrition and Dietetics.

Anna Ek, Ph.D. postdoctoral fellow at Karolinska Institutet, Sweden. From October 2016 to October 2018 (50%) and from November 2018 to September 2019 (100%). Anna is now senior researcher at Karolinska Institutet.

Teaching (Undergraduate, graduate and post-graduate level)

A. Classroom Teaching

1. National (Sweden)

- Spring, 2020 Children's food and eating – Biological and social perspectives, 7.5 credits, Advance Level, Course Leader and teacher.
- Spring, 2020 Supervision and examination of thesis on Master Level in Food Studies, Nutrition and Dietetics, Uppsala University
- Fall, 2019 Supervision and examination of thesis on Bachelor Level in Dietetics, Uppsala University
- Fall, 2019 Dietetics and Clinical Nutrition I: Pediatrics and Geriatrics, Uppsala University, Lecturer
- Spring, 2019 Examination of thesis on Bachelor Level in Food Studies, Uppsala University
- Spring, 2019 Children's food and eating – Biological and social perspectives, 7.5 credits, Advance Level Course, Course Leader and teacher.
- Fall, 2018 Supervision and examination of thesis on Bachelor Level in Dietetics (50 hrs), Uppsala University
- Fall, 2018 Dietetics and Clinical Nutrition I: Pediatrics and Geriatrics (50 hrs), Uppsala University, Lecturer
- Spring, 2018 Food and Eating from Infancy to Adolescence, 7.5 credits, Advance Level Course, Course Leader and teacher.
- Spring, 2018 Dietetics and Clinical Nutrition III: Severe Illnesses, 7.5 credits, Course Leader
- Spring, 2018 Food Science and Nutrition A, 30 credits, Teacher.
- Spring, 2018 Childhood Obesity, Public Health course, Uppsala University, Sweden, Lecturer
- Spring, 2018 Supervision and examination of thesis on Bachelor Level in Dietetics (78 hrs), Uppsala University
- Fall, 2017 Food Science and Nutrition A, 30 credits, Teacher.
- Fall, 2017 Supervision and examination of thesis on Bachelor Level in Dietetics (78 hrs), Uppsala University
- Fall, 2017 Dietetics and Clinical Nutrition I: Pediatrics and Geriatrics (50 hrs), Uppsala University, Lecturer
- Fall, 2017 Food, Health and Communication (8 hrs), Uppsala University
- Fall, 2018 Obesity - Basic Science, Clinical and Epidemiological Aspects, Postgraduate course, Karolinska Institutet, Stockholm, Sweden, Lecturer (4 h)
- Spring, 2017 Food and Eating from Infancy to Adolescence, 7.5 credits, Advance Level Course, Course Leader, Teacher. This is the course I also developed.
- Spring, 2017 Childhood Obesity (4 h), Public Health course, Uppsala University, Sweden, Lecturer
- Fall, 2016 Supervision and examination of thesis on Bachelor Level in Dietetics (78 hrs), Uppsala University

- Fall, 2016 Dietetics and Clinical Nutrition I: Pediatrics and Geriatrics (50 hrs), Uppsala University, Lecturer
- Fall, 2016 Food, Health and Communication (8 hrs), Uppsala University
- Spring, 2016 Childhood Obesity (4 h), Postgraduate course, Karolinska Institutet, Stockholm, Sweden, Lecturer
- Spring, 2016 Childhood Obesity (4 h), Public Health course, Uppsala University, Sweden, Lecturer
- Fall, 2015 Childhood Obesity (4 h), Postgraduate course, Karolinska Institutet, Stockholm, Sweden, Lecturer
- Fall, 2015 Supervision and examination of thesis on Bachelor Level in Dietetics (48 hrs), Uppsala University
- Fall, 2011 Childhood Obesity: Fashion diets (1h), Postgraduate course, Karolinska Institutet, Stockholm, Sweden, Lecturer
- Fall, 2010 Childhood Obesity: Psychosocial aspects (2h) & Approaches at prevention and treatment (1h), Postgraduate course, Karolinska Institutet, Stockholm, Sweden, Lecturer
- Fall, 2009 Childhood Obesity, 4h, Specialized course for pediatric nurses, Department of Health Sciences, Malmö University, Sweden, Lecturer
- Fall, 2009 Childhood Obesity, 4h, Course on Sports Nutrition, Department of Sports Education, Malmö University, Lecturer
- Spring, 2009 Childhood Obesity, 4h, Course on Sports Nutrition, Department of Sports Education, Malmö University, Lecturer
- Spring, 2009 Childhood and Adolescent Obesity. 2h, Nutrition and Physical Activity. 2h. Course on Human Nutrition - Functional Foods Department of Applied Nutrition and Food Chemistry, Lund University, Sweden, Lecturer
- Fall, 2008 Childhood Obesity, 4h, Course on Sports Nutrition, Department of Health Sciences, Malmö University, Sweden, Lecturer
- Fall, 2008 Childhood Obesity, 4h, Specialized course for pediatric nurses, Department of Health Sciences, Malmö University, Sweden, Lecturer
- Spring, 2008 Childhood and Adolescent Obesity. 2h, Nutrition and Physical Activity. 2h. Course on Human Nutrition - Functional Foods Department of Applied Nutrition and Food Chemistry, Lund University, Sweden, Lecturer
- Fall, 2007 Childhood Obesity, 4h, Course on Sports Nutrition, Department of Sports Education, Malmö University, Lecturer
- Fall, 2007 Childhood Obesity, 4h, Specialized course for pediatric nurses, Department of Health Sciences, Malmö University, Sweden, Lecturer
- Fall, 2007 Childhood Obesity, 4h, Course on public health, Department of Health Sciences, Kristianstad University, Lecturer

- Spring, 2007 Childhood Obesity. 4h. Dental health care program. Department of Health Sciences, Kristianstad University, Sweden
- Spring, 2007 Childhood Obesity, 4h, Course on Sports Nutrition, Department of Sports Education, Malmö University, Lecturer
- Spring, 2007 Childhood Obesity, 4h, Course on public health, Department of Health Sciences, Kristianstad University, Lecturer
- Fall, 2006 Childhood Obesity with Case Studies. 4h Department of Health Sciences, Kristianstad University, Sweden
- Spring, 2006 Childhood and Adolescent Obesity. 2h, Nutrition and Physical activity. 2h. Course on Human Nutrition - Functional Foods Department of Applied Nutrition and Food Chemistry, Lund University, Sweden, Lecturer
- Spring, 2005 Childhood and Adolescent Obesity. 2h, Nutrition and Physical activity. 2h. Course on Human Nutrition - Functional Foods Department of Applied Nutrition and Food Chemistry, Lund University, Sweden, Lecturer
- Spring, 2004 Childhood Obesity. 4h, Faculty of Health and Society, Malmö University, Sweden, Lecturer
- Spring, 2004 Childhood Obesity, 4h, Course: Family Focused Nursing, Department of Health Sciences, Kristianstad University, Sweden, Lecturer
- Fall, 2003 Childhood Obesity. 4h, Faculty of Health and Society, Malmö University, Sweden, Lecturer

2. International (graduate and post-graduate level)

- Spring, 2012 Childhood Obesity, 15h, University of Stord and Haugesund, Haugesund, Norway, Lecturer
- Spring, 2011 Childhood Obesity, 10h, University of Stord and Haugesund, Haugesund, Norway, Lecturer
- Fall, 2010 Family-based treatment of childhood obesity, 2h, University of Oregon, Eugene, USA
- Spring, 2010 Childhood Obesity, 10h, University of Stord and Haugesund, Tønsberg, Norway, Lecturer
- Spring, 2010 Childhood obesity, 1h, Yale School of Nursing, Lecturer
- Fall, 2009 Childhood obesity, 1h, Fellows in psychiatry, Yale School of Medicine, Lecturer
- Fall, 2009 Childhood Obesity, 10h, University of Bergen, Bergen, Norway, Lecturer
- Spring, 2008 Childhood Obesity, 16h, Centre for Child and Adolescent Mental Health, Førde, Norway, Course leader and lecturer
- Spring, 2008 Childhood Obesity, 16h, Department of Health Sciences, University Stord Haugesund, Norway, Course leader and lecturer

Spring, 2007 Childhood Obesity, 16h, Department of Health Sciences, University Stord Haugesund,
Norway, Course leader and lecturer