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Education and academic degrees

2021	Research Management Course, CBS Executive Fonden
2013-2019	Leadership, Copenhagen Business Academy, DK (Diploma degree in leadership (60 ECTS points))
2008-2011	Postdoc fellowship, Research Centre for Prevention and Health, DK
2005-2008	PhD fellowship, Research Center for Prevention and Health, DK
2000-2004	Master of Science in Human Nutrition, Department of Nutrition, Copenhagen University, DK (MSc in Human Nutrition)
1994-1998	Suhr's Seminarium (Bsc. degree in Nutrition and Home Economics)

Employment

2020-	Clinical Professor of Health Promotion and Prevention, University of Copenhagen, Department of Public Health
2016 -	Head of section, Section of Health Promotion and Prevention, Center for Clinical Research and Prevention (2016-2017: Research Center of Prevention and Health)
2011-2016	Senior researcher, Research Center for Prevention and Health, Capital Region of Denmark
2009-2016	External consultant, Danish Heart Foundation, Denmark
2008-2011	Post doc researcher, Research Center of Prevention and Health, Capital Region of Denmark
2005-2008	Ph.d. student, Copenhagen University, Copenhagen, Denmark
2004	Maternal leave
2003	Research assistant, Research Center of Prevention and Health, Capital Region of Denmark

Courses (recent, selected)

2017	Forandring og Ledelse; 5 ECTS Points, CPH Business
2016	Ledelse og Organisation I and II; 10 ECTS points, CPH Business
2015	Medarbejdere og Ledelse I and II; 10 ECTS points, CPH Business
2014	Projektledeelse, 5 ECTS points, CPH Business Personlig Ledelse I and II; 10 ECTS points, CHP Business
2013	Ph. d. vejledning, Copenhagen University
2012	Analysis of multilevel data in public health research, The University of Southern Denmark

Research Profil

Preventive strategies in public health
Nutrition
Structural prevention strategies
Design and evaluation of intervention studies
Community-based multicomponent interventions

Research Leadership and administrative experience (selected)

Research Management

Head of Health Promotion and Prevention at CCRP, Bispebjerg/Frederiksberg Hospital (approx. 30 researchers), 2016-

Head of The Intersectoral Prevention Laboratory (national initiative), 2018

Principal investigator: "Our Healthy Community", (complex intervention in municipalities) 2017-2025

Principal investigator: "The STRIVE Study" (RCT), CCRP, 2017-2020

Principal investigator in the Capital Region: "Proactive Health Support" (large national RCT), 2017-2022

Head of secretariat of "The Intersectoral Prevention Laboratory", 2018-2020

Project Coordinator of the SoL Project, (complex intervention in local communities), 2011- 2015

Project coordinator of the project: Sund livsstil – hvad skaber forandring, Ministry of Food, Denmark, 2010

Boards and memberships (selected)

President of the Danish Society of Public Health, 2018-2020

Member of EUPHA Governing Board

Member of Coordinating Committee "Byen", Bispebjerg Hospital, Capital Region Denmark, 2018-2020

Member of the Advisory Board of the research project "Healthier Choices in Supermarkets", Statens Institut for Folkesundhed, SDU, 2021

Member of the expert group of the project: "Børneliv i Sund balance", Local Government Denmark, 2020-2025

Board member, steering committee of the research project: "Reduktion i social ulighed i det tværsektorielle rehabiliteringsarbejde" (RESULT), Hvidovre Hospital, 2015-2021

Board member, steering committee, Det Sektorfrie Forebyggelseslaboratorium", 2018-

Member of the Advisory Board of the research project "The Healthy Kids programme – Denmark, DTU, 2014-2016

Member of the Scand J Public Health Editorial Committee, 2018-

Member of the reference group on Health economic gains in healthier dietary habits, Ministry of Environment and Food, 2017-2019

Member for the evaluation committee of the research programme and activities at Nutrition and Health, Metropol; november 2015-2020

Member of the Advisory Board of "The Healthy Kids programme – Denmark, 2014-2016, DTU

Member of an expert group on dietary questions in national surveys, Danish Health and Medicines Authority, 2015

Member of the Salt partnership, The Danish Food Administration, 2010-2018

Member of the network: "Mandag Morgens netværk for nye veje i forebyggelse", 2017- 2018

Grants, recent (conference and traveling grants not included)

PORT: Primær Organisations og Relations- Team

Region Hovedstadens Forskningsfond, 2019 (Co-applicant), 1.250.000 Dkr.

Hjerterehabilitering til alle

Hjerteforeningen, 2019 (Co-applicant), 1.800.000 Dkr.

Our Healthy Community Helsefonden, 2021 (PI* applicant), 700.000 Dkr.

Helsefonden, 2018 (PI* applicant), 2.800.000 Dkr. Trygfonden, 2021 (PI applicant), 862.712 Dkr.

Trygfonden, 2018 (PI applicant), 4.996.166 Dkr.

Capital Region of Denmark, 2016 (PI applicant), 600.000 Dkr.

Fælles Regionale Pulje til Forskning i Forebyggelse, 2019 (Co-applicant), 3.071.957 Dkr.

The STRIVE Study Hjerteforeningen, 2018 (PI applicant), 988.000 Dkr.

Toyotafonden, 2018 (PI applicant), 200.000 Dkr.

Region Hovedstadens Forskningsfond, 2018 (PI applicant), 750.000 Dkr.

Sofus Friis Legat, 2018 (PI applicant), 700.000 Dkr.

Axel Muusfeldts Fond, 2018 (PI applicant), 300.000 Dkr.

Hjerteforeningen, 2016 (PI applicant), 500.000 Dkr.

Pilot-projekt: Direkte adgang til fysioterapi Capital Region of Denmark, 2019, (Co-applicant), 887.000 Dkr.

The Intersectoral Prevention Laboratory Danish Regions, 2018 (PI applicant), 12.000.000 Dkr.

Proactive Health Support Danish Ministry of Health, 2017 (PI applicant), 4.691.018 Dkr.

Sunde rammer i hverdagen Hjerteforeningen, 2016 (Co-applicant), 500.000 Dkr.

Styrke hele livet Albertslund Kommune, 2016 (PI applicant), 390.000 Dkr.

SoL-projektet Nordea Fonden, 2011 (Co-applicant), 8.500.000 Dkr.

*Principal applicant

Publications (for details see ORCID 0000-0001-7770-8419)

H-index: 26 (publications, Web of Science Core Collection September 2021)

Peer-reviewed papers: Total number of scientific publications: 109

Total number of peer reviewed scientific papers: 96

First author in international scientific papers with peer review: 14

Last author in international scientific papers with peer review: 14

Not-peer-reviewed publications: 1 PhD thesis, 3 book chapters, 6 reports, 2 papers

Supervision

PhD students

PhD student Kamille Almer Bernsdorf Torp: Characterizing food environments – public health perspectives. University of Copenhagen (principal supervisor) (2018-)

PhD student Nanna Louise Riis: Reducing salt intake and optimizing sodium to potassium balance in families – effectiveness and feasibility of a real-life based randomized controlled intervention study. DTU (co-supervisor) (2018-2021)

PhD student Lise Lawaetz Johansen: Healthy business or business as usual? A practice-oriented perspective on a supermarket-based health promotion intervention. University of Copenhagen (principal supervisor) (2012-2017)

PhD student Marianne Sabinsky: Sund skolemads effekt på elevers kostindtag. Technical University of Denmark (co-supervisor) (2012-2016)

PhD student Tine Buch-Andersen in the project: Evaluation of project Sundhed og Lokalsamfund – can multilevel community intervention change the eating habits of children and their families? Aalborg University (co-supervisor) (2012-2017)

PhD student Camilla Berg Christensen in the project: The Breakfast Club. Aalborg University (co-supervisor)

Ph.d. student Helene Speyer: CHANGE - It is about life. A randomized clinical trial of two health promoting programs versus standard treatment for patients with schizophrenia (co-supervisor)

Master students

Emma Jensen. Sundhed i systemer. En kvalitativ undersøgelse af "Partnerskaber om bedre sundhed og trivsel" med udgangspunkt i erhvervsskoler. Bachelorprojekt, Folkesundhedsvidenskab, Københavns Universitet, 2021

Tannie Lund Albrechtsen. Virkemekanismer i telefonbaseret støtte til egenomsorg hos patienter med kronisk sygdom og multisygdom, Sundhedsfaglig speciale, Københavns Universitet, 2021

Pernille Vejlbjerg og Pernille Würtz Lyngbye. Måling af fødevaremiljø, Master thesis, MSc in Public Health Science, University of Copenhagen (2012)

Line Damsgaard. Måltids-frekvens. Hvilken indvirkning har det på energiindtag, BMI og kolesteol. Master thesis, Master of Public Health, University of Copenhagen (2011)

Marie Jakobsen. The effect of individual lifestyle intervention on dietary habits in different socioeconomic groups. Master thesis, Master of Public Health, University of Copenhagen (2009)

Trainees: 15 as principal supervisor (2012-2015), University College Copenhagen

Teaching

Behovsanalyser og udvikling af indsatser, Intervention og Evaluering, Folkesundhedsvidenskab, Københavns Universitet

Forebyggelse, Medicinsk Sociologi, 7. semester, Medicin, Københavns Universitet

Strukturel Forebyggelse, Folkesundhedsvidenskab, Københavns Universitet

Methods for collection of dietary data, Ph.d. kursus på Aarhus Universitet

Befolkningsundersøgelser og livsstilsinterventioner i Danmark. Kandidatuddannelse, KU

Evidenshierarkiet. Kandidatuddannelse, KU

Motiver og barrierer for vægttab hos overvægtige mænd. Kandidatuddannelse, KU

Livsstilsinterventioner som forebyggelse. Bacheloruddannelse på KU

Design af kohorte og interventionsstudier, Master of Public Health; KU

Validitet, bias og confounding; Master of Public Health; KU

Evaluering af forebyggelsen. Master of Public Health; KU

Kost af forebyggelse. Master of Public Health, KU

SoL – a health promoting intervention. Kandidat kurset, KU

Medicinsk sociologi; Master of Public Health, Forebyggelsesmodulet

Presentations

More than 100 oral or poster presentations at international conferences since 2003

Referee and reviewer activity

Member of the assessment committee of the following PhD theses: Camilla Thørring Bonnesen, The University of Southern Denmark: "Design, Implementation and Evaluation of Stress Preventive Initiatives in the Danish Healthy High School Study, Copenhagen 28th August 2019

Linda Ejlskov Jeppesen, Aalborg Universitet: The importance of social relationships for mental and physical health, oktober 2018

Johanne Louise Arentoft, National Food Institute, DTU: Effect of targeted substitution dietary guidelines on dietary intake and ischaemic heart disease risk factors in an adult Danish Population: The DIPI randomized controlled trial

Trine Pagh Pedersen: The social epidemiology of meal habits among adolescents – a contextual approach, The University of Southern Denmark, Copenhagen 23th september 2015

Anne Dahl Lassen. Healthy eating at worksites. PhD. Afhandling. DTU Fødevareinstituttet. December 2010

Member of the peer-evaluation committee of the research programme and activities at Nutrition and Health, University College Copenhagen: November 2015

External reviewer for Trygfonden: 2014, 2015, 2016 and 2017

Reviewer for the following scientific, peer-reviewed journals: British Journal of Nutrition, Social Science & Medicine, Journal of Epidemiology and Community Health, The Nutrition Journal, Nutrition and Food Research, Preventive Medicine, European J Public Health, Health Psychology, Clinical Nutrition, European J Public Health, Preventive Medicine, Eur J Cardiovasc Prev Rehab, Public Health of Nutrition, Journal of Health Psychology, Appetite, European J of Cardiovascular Prevention & Rehabilitation; European Journal of Clinical Nutrition, International Journal of Epidemiology, Nutrient

Research collaboration and networks

I have collaboration with a broad range of researchers nationally and internationally. Selected collaborations:

Member of the Nordic PromoKids Network, The Nordic Council of Ministers', 2018-

Within our complex intervention research we have a close collaboration with professor Adrian Bauman and his group from Sydney University.

Furthermore, we have a beginning collaboration with researcher from The Australian Prevention Partnership Centre.

Within our sodium research we collaborate with professor Graham MacGregor and his group from Wolfson Institute of Preventive Medicine, and The George Institute for Global Health, Australia

Nationally, I have a very close collaboration with researchers from Steno Diabetes Centre Copenhagen, Aalborg University, DTU, Defactum, The University of Southern Denmark and The University of Copenhagen