SVEPET

Medlemstidning för
Svensk Epidemiologisk Förening (SVEP)
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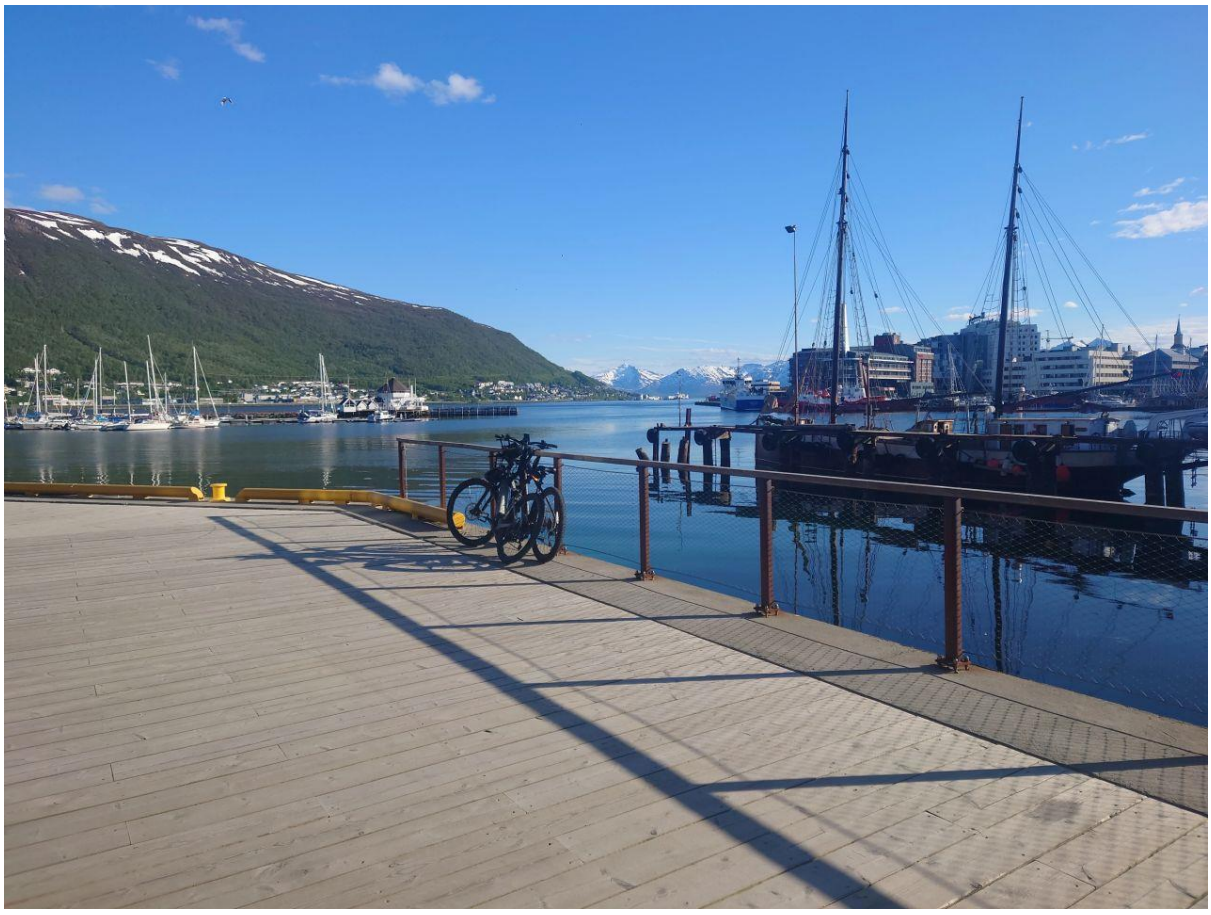

Photo Credit: Tanya Stocks

Tema: NordicEpi and NorPEN Conference 2026

SVEPET

Svepet är digital medlemstidning för Svensk epidemiologisk förening.

Det är kostnadsfritt att annonsera om kurser och konferenser i Svepet. Redaktionen förbehåller sig emellertid rätten att ändra i annonsernas layout så att de passar ihop med tidningens innehåll i övrigt.

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Svensk epidemiologisk förening, SVEP
SVEP är en tvärvetenskaplig sammanslutning av personer verksamma inom epidemiologi eller angränsande områden.

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ORDFÖRANDEN HAR ORDET

Hej!

Det är första gången jag får skriva denna spalt och introducera ett nummer av SVEPet. Vid föreningens årsmöte i försomras tog jag över stafettpinnen som ordförande i Svensk Epidemiologisk Förening från Elisabeth Strandhagen som varit ordförande i många år. Det känns särskilt hedrande att få skriva i SVEPet, denna unika tidning om svensk epidemiologi som funnits i mer än 40 år.

Temat för detta nummer är reportage och reflektioner från den gemensamma konferens som NordicEpi och NORPEN arrangerade i Tromsö i juni. NordicEpi (Nordic Conference of Epidemiology and Register-Based Health Research) är en återkommande vetenskaplig konferens för epidemiologi och registerbaserad hälsoforskning i de nordiska länderna. Konferensen arrangeras vartannat år av de nordiska epidemiologiska föreningarna och roterar mellan olika nordiska städer. I år var det Norges tur och denna gång blev det ett samarrangemang med NorPEN (Nordic PharmacoEpidemiological Network), ett nordiskt nätverk som grundades 2008 för att underlätta och främja forskning inom farmakoepidemiologi i de nordiska länderna. Konferensen blev lyckad, och i de olika artiklarna i detta nummer kan du läsa mer. Nästa gång är det vår tur att vara arrangör för NordicEPi och vi har i SVEPs styrelse bestämt att konferensen ska äga rum 26-28 juni 2028 i Uppsala. Mer information kommer!

Vill avslutningsvis också slå ett slag för vårt höstmöte den 3 november. Vi har inlett ett samarbete med Föreningen för Medicinsk Statistik (FMS) som delar många av våra intressen, och tillsammans med dem planerar vi ett årsmöte i Uppsala den 3/11 med spännande föredrag och diskussioner, följt av en middag. Se mer om det och annat som händer på vår hemsida www.epidemiologi.nu

Hälsningar Björn

Björn Wettermark,
Ordförande i SVEP

FÖRENINGSINFORMATION

Höstmötet 2027

Välkommen att delta i det första gemensamma höstmötet mellan Föreningen för Medicinsk Statistik (FMS) and Svensk Epidemiologisk Förening (SVEP). Ta tillfället i akt att träffa nya och gamla vänner och delta i diskussioner om flera spännande och aktuella ämnen.

När: Tisday 3 nov 10-17. Kaffe & registrering från 09:30. Middag (optional) kl 17:30.
Var: Studentkårens hus "Pharmen", Dag Hammarskjölds Väg 16, Uppsala.
https://maps.app.goo.gl/bBZUMqs3A4uMkyDCA
Kostnad: Evenemanget är kostnadsfritt för medlemmar i SVEP och FMS. Kaffe ingår, men lunch äts på egen beskostnad (förslagsvis på någon av restaurangerna i närheten). Middagen ges till pris subventionerat av FMS & SVEP (prel 150kr).
Hur: Registrera dig på denna länken nedan senast den 25 oktober. Om du får förhinder är vi tacksamma om du meddelar oss (fms@statistikframjandet.se) då antalet platser är begränsat.
Språk: Presentationerna ges på engelska, men diskussioner blir även på svenska.
Länk för anmälan: https://forms.gle/AC6cSWYt7WaZihAs9

World Congress of Epidemiology 2027

Nästa års stora internationella mötesplats är XXIV IEA World Congress of Epidemiology, som hålls i Medellín, Colombia, den 31 augusti–3 september 2027. Abstractinlämningen är öppen och deadline är den 18 januari 2027. Vi hoppas förstås på en stark svensk representation!

Medlemsavgiften

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NordicEpi and NorPEN Conference 2026:

Tromsø 2026: Reflections from the NordicEpi & NorPEN Conference

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The NordicEpi & NorPEN Conference in Tromsø was an inspiring meeting, showcasing the strength and diversity of Nordic epidemiological and pharmacoepidemiological research. I left with new insights, valuable connections, and renewed enthusiasm for Nordic research.

I had the great pleasure of attending the NordicEpi & NorPEN Conference, held in Tromsø, Norway, on June 3–5, 2026. Tromsø, north of the Arctic Circle, welcomed us with a spectacular landscape of summer sunshine, snow-capped mountains, fjords and coastal scenery stretching out toward the Norwegian Sea. The Arctic landscape and midnight sun provided a spectacular backdrop to three inspiring days of scientific exchange and new connections. This first joint conference organised by NordicEpi and NorPEN brought the epidemiology and pharmacoepidemiology communities together, attracting 380 participants from across the Nordic countries and beyond.

There was a strong sense of community and connection throughout the conference. It provided a valuable forum to discuss how the Nordic countries are uniquely positioned to conduct high-quality research, supported by rich longitudinal register data and, importantly, the high level of trust that characterises our societies. At the same time, we face many shared challenges, particularly around data sharing and harmonisation across countries when combining these data for cross-border studies.

The conference featured a rich and diverse programme of presentations covering topics ranging from cancer, pharmacoepidemiology, mental health, cardiovascular and environmental epidemiology to nutrition, inequalities, infectious diseases, and methods including big data, omics, machine learning, and causal inference. More than 300 abstracts were submitted, resulting in 81 oral presentations and around 200 poster presentations. The breadth and quality of the work presented reflected the strength and diversity of epidemiological and pharmacoepidemiological research across the Nordic countries and beyond. The conference provided excellent opportunities for networking, collaboration, and enjoying good Arctic food together.

The panel discussion, *"What Nordic cohorts bring to world-leading health research today"* was moderated by Sameline Grimsgaard (Norway). Panel members represented the other Nordic countries, with Lau Caspar Thygesen (Denmark), Mika Gissler (Finland), Thor Aspelund (Iceland), and myself representing Sweden. We discussed the unique potential of Nordic cohorts, register data, and other data sources, and the opportunities they offer for high-quality research. It was a valuable opportunity to reflect on the strengths of Nordic research and the challenges to overcome to fully realise the potential of closer cross-country collaboration.

I was pleased to give an oral presentation on our project "Changes in midlife consumption of fish and red meat and cardiovascular risk in Swedish men and women - How much do socioeconomic adjustments matter?" We estimated the 25-year cardiovascular risk under sustained dietary strategies of fish and red meat intake, incorporating a broad range of socioeconomic information. I also presented a poster on "The Swedish Interdisciplinary Graduate School in Register-Based Research (SINGS 2010-2025): Fifteen Years of Curriculum Development and Student Perspectives". SINGS has played a key role in training register-based researchers, and generated several spin-offs, including new research and teaching collaborations as well as joint grant initiatives. Both projects are supported by funding from the Swedish Research Council.

The programme featured five inspiring keynote and plenary speakers covering a range of timely topics in public health, real-world evidence, causal inference, and Nordic health data. Walter

Ricciardi from the Università Cattolica del Sacro Cuore, Rome, opened the conference with a thought-provoking keynote emphasising the need for courageous leadership in science and public health, particularly in times of uncertainty, political pressure, and misinformation.

Anton Pottegård from the University of Southern Denmark, emphasised the importance of transparency, reproducibility, and methodological rigour in Nordic real-world evidence research, highlighting how these principles can strengthen the credibility and impact of Nordic health data. In her keynote Unnur Anna Valdimarsdóttir, University of Iceland, presented the unique potential of Nordic registers, cohorts, and biobanks to advance our understanding of the long-term health consequences of psychological trauma and stress-related disorders. She emphasised how these rich, population-based resources, together with extensive longitudinal follow-up, enable researchers to investigate the complex pathways linking trauma and stress to both mental and physical health.

Frode Forland, a Policy Director at the Norwegian Ministry of Foreign Affairs and previously the Scientific Director of Infectious Diseases and Global Health at the Norwegian Institute of Public Health, reflected on lessons from the COVID-19 pandemic, strongly emphasising the importance of investing in research, preparedness, and robust public-health systems before, during, and after a crisis, and of ensuring that evidence can effectively inform decision-making. Yu-Han Chiu from Brown University School of Public Health in Boston highlighted how the target trial framework can strengthen causal inference in observational research, offering a powerful approach to addressing complex public-health questions when randomised trials are not feasible. She explained how this framework allows us to explicitly define the key elements of a hypothetical randomised trial and then emulate them using real-world observational data, helping to reduce common sources of bias.

Overall, the NordicEpi & NorPEN Conference in Tromsø was an inspiring celebration of science, collaboration, and community, set against the wonderful backdrop of Arctic Tromsø and the magical midnight sun.

A breathtaking view of Tromsø's Arctic landscape.

Experience from the NordicEpi and NorPEN conference 2026

Tanya Stocks, Associate Professor of Epidemiology, Lund University
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Tanya Stocks and colleagues presented their results from the Obesity and Disease Development Sweden (ODDS) study.

The NordicEpi conference, this time joining forces with NorPEN, was as always a great experience. I attended together with three group members: Huyen Le, Konstantinos Gkiouras, and Josef Fritz, as well as our close collaborator from Umeå, Christel Häggström. Spending time with close colleagues, together with the excellent networking opportunities that the conference provided, made it more than worthwhile to go all the way to Tromsø.

Our group contributed both oral and poster presentations based on our work in the Obesity and Disease Development Sweden (ODDS) study. Huyen and I gave oral presentations on body size trajectories and health outcomes. The take-home message from the study I presented (with Anton Nilsson as first author) was that weight gain between ages 17 and 60, as well as early obesity onset, is associated with increased risks of multiple cancers. While weight gain in early adulthood is a stronger risk factor for obesity-related cancer in men, weight gain later in adulthood is more important in women. Huyen Le's study further incorporated changes in waist circumference and cardiovascular disease outcomes. Weight and waist circumference often increase with age, but the extent of these changes naturally varies between people. Huyen showed that while waist gain is a stronger contributor to increased cardiovascular disease risk, weight gain is a stronger contributor to cancer risk, at least in women. Josef's poster covered our investigation of the timing of cardiometabolic disease onset, BMI level, and risk of obesity-related cancer, while Kostas' poster illustrated a comparison of established and newer body size indices in relation to obesity-related cancer risk. Overall, our research was well received by the audience and generated comments and questions that will help us improve our work.

A few keynote speakers and topics were particularly interesting to me. The first was Yu-Han Chu's pre-conference workshop and presentation on target trial emulation. The stronger focus on pharmacoepidemiology resulting from the collaboration between NordicEpi and NorPEN was well timed for me, and Yu-Han's excellent pedagogical and presentation skills, combining theory with practical examples, provided a great introduction to a new topic for people like me. Another excellent keynote talk was on the link between trauma and disease, given by Unnur Anna Valdimarsdóttir. She presented important findings from related topics, such as the impact of various types of trauma on post-traumatic stress disorder and how young women are particularly affected by psychiatric disorders. On top of these talks, Walter Ricciardi delivered a very important opening speech about how we as researchers, especially those in leadership positions, need to be courageous enough to speak up and pave the way towards not only better science, but also a better world.

The cherry on top of the conference was the spectacular nature, great weather, midnight sun, and the tasty and nutritious food, which made the conference a five-star experience. I don't think I will ever again be served salmon cooked in 2–3 different ways, plus crab claws, for lunch at a conference!

See you all at the next NordicEpi conference in Uppsala in 2028!

Tanya Stocks presented results from the ODDS study.

NordicEpi and NorPEN Conference 2026:

Unmasking the Hidden Scars: What Nordic Data Can Tell Us About Trauma and Health

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Reflections from Professor Unnur Valdimarsdóttir's keynote lecture at NordicEpi/NorPEN 2026 in Tromsø

The invisible scars

Photographer: Fen Yang, permitted by Professor Unnur Valdimarsdóttir

The past two centuries have witnessed extraordinary advances in medicine and public health. Global life expectancy has risen dramatically—from approximately 31 years in 1800 to more than 70 years today. However, as Professor Unnur Valdimarsdóttir from University of Iceland reminded us in her keynote lecture at the NordicEpi/NorPEN meeting in Tromsø, longer lives do not necessarily mean lives free from adversity.

From birth to old age, people may encounter stressful and potentially traumatic experiences: parental divorce, bullying, loss of employment, bereavement, violence, natural disasters, war, economic crises, and, more recently, the COVID-19 pandemic. Her opening slides captured this life-course perspective particularly well, framing trauma and mental health as a major public health challenge of the 21st century.

What stayed with me from the lecture was a simple but powerful idea: trauma may be invisible, but its consequences are measurable. A traumatic experience does not necessarily end when the event itself is over. Its psychological and physical consequences may persist for years or even decades. But establishing these long-term effects is difficult. People who experience trauma differ from those who do not in many ways, and genetic susceptibility, family environment, socioeconomic status, and pre-existing diseases can all complicate the associations we observe. This is precisely where Nordic data infrastructure has something exceptional to offer, and Professor Valdimarsdóttir's lecture was a useful reminder of just how extraordinary this infrastructure is.

The Nordic Goldmine of Data

As highlighted in Professor Valdimarsdóttir's presentation, Nordic registers enable essentially complete follow-up of around 28 million individuals, with linkage across medical birth registers, population registers, patient registers, prescription registers, cancer registers, and cause of death register. Even more importantly for studying trauma, multigenerational registers make it possible to reconstruct family relationships across generations. This turns experiences that are inherently personal—losing a child, being assaulted, growing up with adversity, developing a psychiatric disorder—into questions that can be investigated systematically at the population level.

A deeper understanding of trauma

The lecture also demonstrated how register epidemiology can be complemented by purpose-built cohorts, biobanks and twin studies. A striking example was the Stress-And-Gene

Analysis (SAGA) Cohort, a nationwide Icelandic study established to unravel the health impact of trauma in women's lives. Findings from the SAGA Cohort highlighted how common traumatic and adverse experiences are among women, and how such experiences may be linked to a wide range of subsequent outcomes, from mental health and resilience to premenstrual disorders, type 2 diabetes, and severe COVID-19.

The Swedish Twin Registry adds another layer. By comparing twins who differ in their exposure to adverse childhood experiences, researchers can go further in separating the potential effects of childhood adversity from shared familial influences. The findings presented in the lecture showed that associations with adult psychiatric disorders persisted for several adverse childhood experiences in co-twin comparisons, although attenuation of some associations also suggested a contribution from familial factors.

Together, these examples illustrated an epidemiological strategy that I found particularly compelling: registers provide scale and long-term follow-up; specific cohorts and biobanks provide richer information on individual experiences and biological information; and family and twin designs help us move closer to causal interpretation.

Mental and physical health are not separate worlds

Another important message I took from the keynote was the need to move beyond the traditional separation between mental and physical health. Professor Valdimarsdóttir presented evidence linking trauma and stress-related disorders not only to psychiatric outcomes, but also to cardiovascular disease, severe infections, neurodegenerative diseases and premature mortality. Conversely, major somatic diseases can themselves become traumatic events and increase subsequent psychiatric morbidity.

This bidirectional relationship challenges us to think differently about disease. A psychiatric diagnosis is not necessarily an isolated outcome, just as cardiovascular disease or cancer is not purely "physical." Mental and somatic health may influence each other throughout the life course, with familial, behavioural and biological mechanisms operating in both directions.

What I took home from Tromsø

Trauma may leave invisible scars. Nordic register gives us an extraordinary opportunity to make those scars visible—and, ultimately, to learn how their long-term consequences might be prevented.

As someone working with Nordic register data myself, I left the lecture with renewed appreciation for a research infrastructure that we can sometimes take for granted. The "Nordic goldmine" is not valuable simply because it contains millions of individuals or decades of follow-up. Its real value lies in our ability to connect information across time, generations, families, diseases and increasingly biological data, and then to use thoughtful epidemiological designs to ask questions that would otherwise be extremely difficult to answer.

Fen Yang, Insititute of Environmental Medicine, Karolinska Insitutet. Photographer: Jianjian Gao

NordicEpi and NorPEN Conference 2026:

From hormonal treatments to breast cancer: what can circulating proteins tell us?

Tayebeh Azimi, Department of Immunology, Genetics and Pathology, Uppsala University
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I presented my research investigating proteins that may link exogenous steroid hormone use to breast cancer risk. By combining observational analyses with Mendelian randomization, we identified nine proteins potentially involved in underlying biological pathways.

The conference included excellent pre-conference workshops, keynote lectures, and discussions on important topics such as transparency and reproducibility in research and how causal inference can be strengthened through careful study design. The conference also provided a valuable opportunity for researchers to discuss their findings, receive feedback, and exchange ideas with epidemiologists and pharmacoepidemiologists across the Nordic countries.

I attended the conference together with two colleagues from the research group, Ardita Koteci and Fatemeh Hadizadeh, and all three of us had the opportunity to present our research. Ardita presented a poster on contemporary hormonal contraceptive use and ovarian cancer risk among premenopausal women using Swedish national register data. Fatemeh presented a poster on hormonal contraceptive use and the risk of Sjögren's disease among premenopausal women.

I had the pleasure of giving an oral presentation on one of my PhD projects, entitled "Identifying possible proteomic pathways underlying the effect of exogenous steroid hormones on breast cancer risk: a two-stage observational and Mendelian randomization study."

Tayebeh presenting her PhD study

Why study proteins?
Hormonal contraceptives (HCs) are widely used to prevent unintended pregnancies and manage menstrual disorders among women of reproductive age. Menopausal hormone therapy (MHT), on the other hand, is used to relieve menopausal symptoms associated with declining estrogen levels.

Previous research conducted by current and former colleagues in our research group, as well as by researchers elsewhere, has shown that the use of certain types of HC and MHT is associated with a small increase in breast cancer risk[1–3]. However, the biological pathways underlying these associations remain incompletely understood.

Hormonal treatments can influence many biological processes throughout the body. Some of these effects may be reflected in the levels of proteins circulating in the blood. Studying these proteins could therefore help us understand the biological mechanisms that may connect hormonal treatment use with breast cancer development.

In our study, we used data from the UK Biobank Pharma Proteomics Project, which measured 2,923 unique circulating proteins in approximately 54,000 participants. Our aim was to identify proteins that were associated with HC or MHT use and subsequently investigate whether these proteins might influence breast cancer risk.

Method
In the first stage, we used linear regression to examine differences in circulating protein levels between users and non-users of hormonal treatments. The analyses accounted for several factors that could affect both treatment use and

protein levels, including age, body mass index, waist-to-hip ratio, and smoking.

In the second stage, we applied Mendelian randomization. This method uses genetic variants associated with an exposure—in this case, circulating protein levels—as instrumental variables to investigate whether the exposure may have a causal effect on an outcome[4–6]. Because genetic variants are assigned at conception and generally remain unchanged throughout life, Mendelian randomization may be less affected by certain types of confounding and reverse causation than conventional observational analyses.

For the Mendelian randomization analyses, we used genetic associations with protein levels from the UK Biobank Pharma Proteomics Project. We combined these with breast cancer genome-wide association study data from the Breast Cancer Association Consortium and the Consortium of Investigators of Modifiers of BRCA1/2.

Different classifications for HC and MHT

HC and MHT are not single, uniform exposures. They contain different hormones and can be administered through different routes. We therefore classified HC according to hormonal content, such as combined estrogen–progestin and progestin-only contraceptives, and according to routes of administration, including oral preparations, injections, implants, and local methods.

Similarly, MHT was classified as combined estrogen–progestin therapy, estrogen-only therapy, or tibolone, as well as by oral, transdermal, and local routes of administration. Considering these categories separately allowed us to investigate whether different hormonal formulations and routes might have distinct associations with circulating proteins.

After accounting for the large number of proteins tested, we identified nine proteins that were associated with at least one category of HC or MHT use and also showed evidence of an association with breast cancer risk in the Mendelian randomization analyses. These proteins were CPM, CST6, TIMP4, EPHA4, ENG, ICAM5, PTPRM, PTPRK, and OMG.

Several of these proteins have biological functions that may be relevant to breast cancer development. The findings therefore highlight potential biological pathways through which hormonal treatments might be related to breast cancer risk.

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NordicEpi and NorPEN Conference 2026:

Reflections on NordicEpi: sessions on the health effects of alcohol consumption

Luka Rašo, Department of Medical Sciences, Uppsala University
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Luka Rašo presented his research entitled "Plasma metabolomics profile of alcohol consumption and association with cardiovascular disease: a multi-cohort study from Sweden".

This year, I attended NordicEpi for the first time since becoming a PhD student at Uppsala University in Sweden. I was impressed by the diverse line-up of speakers and the beautiful city of Tromsø. During the conference, I had the opportunity to present my research in the cardiovascular disease session: "Plasma metabolomics profile of alcohol consumption and association with cardiovascular disease: a multi-cohort study from Sweden".

In this work, we aimed to characterize the molecular links between alcohol consumption and cardiovascular disease (CVD), using plasma metabolomics measured through liquid chromatography-mass spectrometry across multiple Swedish cohorts, comprising 11,545 participants. We also investigated if alcohol-associated metabolites were associated with traditionally used clinical markers and markers of vascular structure and function to better understand the biological pathways linking alcohol consumptions and CVD.

Our analyses revealed distinct alcohol-associated metabolites employing observational and Mendelian Randomization analyses. We observed that alcohol consumption was associated with metabolites identified as androgenic steroids, sphingomyelins, and metabolites related to liver function. Positive alcohol-associated metabolites were mainly related to higher lipid and hepatic biomarkers, and maximal oxygen consumption. In contrast, negatively alcohol-associated metabolites were associated with lower lipid and glycaemic markers and generally associated with higher hazard of incident CVD.

These results contribute to our understanding of the complex relationship between alcohol consumption and CVD risk and provide insight into potential biological mechanisms. I would also like to share more reflection on other talks related to alcohol research during NordicEpi.

- Anastasia Månsson presented work involving the Bridging the Gap scale, a measure of alcohol policy restrictiveness across countries. This work highlighted the importance of considering differences in national alcohol policies when studying alcohol consumption and disease risk across populations and countries. Such policies may act as important confounders across country analyses, particularly when alcohol policies vary substantially across countries.

- Yu-Han Chiu presented a target trial protocol examining the CVD risk associated with maintaining or reducing moderate alcohol consumption among current drinkers. I will be following this work with great interest. Yu-Han Chiu discussed several study design choices and methodological challenges in target trial emulation for complex public health questions. In the context of alcohol consumption, defining appropriate comparison groups or treatment strategies appeared to be the important design choices.

Target trial emulation was featured in several talks and poster throughout the conference, leaving me with the impression that it is one of the emerging themes in epidemiology. At the same time, these presentations highlighted that methodological challenges still remain, including the definition of time zero and confounder adjustment, and that careful planning and discussions are essential.

The talk that left the biggest impression with me, however, was by Anton Pottegård on transparent and reproducible research. As a young scientist, open science and reproducible research are particularly important to me. I believe these practices will make research more efficient, rigorous, more interdisciplinary, and will make our research more beneficial for both researchers and wider society. However, we (including myself) need to learn more how to do reproducible research and how to implement it into our work.

Luka Rašo presented his work at NordicEpi

SVEP:s resebidrag:

Report from ESPID 2025 in Bologna, Italy

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Giulia Dallagiacoma recieved the SVEP konferensbidrag during the spring and used it to attend the 43rd Annual Meeting of the European Society for Paediatric Infectious Diseases (ESPID) in Bologna, Italy

Thanks to support from SVEP, I had the opportunity to attend the 43rd Annual Meeting of the European Society for Paediatric Infectious Diseases (ESPID) in Bologna, Italy, where I presented my research on the association between respiratory syncytial virus (RSV) infection and childhood asthma.

This was my second time attending ESPID, and it reminded me why it is one of my favourite conferences. The conference brought together paediatricians, infectious disease specialists, epidemiologists, microbiologists, and researchers from all over the world, all working towards better prevention, diagnosis, and treatment of infectious diseases in children. The scientific programme was one of the highlights of ESPID, with an impressive range of high-quality sessions, often making it difficult to decide which ones to attend. I had the privilege of giving an oral presentation on my work on RSV and asthma, which allowed me not only to receive valuable feedback on my current study but also to identify new ideas for future research. RSV was definitely one of the "hot topics" at the conference, as highly effective prevention strategies have been implemented across many countries over the past few years. It was fascinating to hear experts from around the world share their experiences and findings in this field, and to see the real-world impact of these advances. I also had the privilege of participating in a "Meet the Expert" lunch with Prof. Flor Muñoz, who worked at the forefront of RSV vaccine development in the 1990s. She shared her successes, setbacks, and lessons learned with a few of us younger researchers, something that was extremely valuable and inspiring.

Another highlight was attending the meeting together with a fantastic group of paediatricians and infectious disease specialists from Sweden, as well as reconnecting with friends from last year's conference: some of the most valuable moments came from conversations over coffee and exchanging ideas after the sessions with them.

Last but not least, Bologna was a wonderful host city. Home to the world's oldest university, the city was beautiful, and we got to enjoy some of the best food in Italy. Not to mention a performance by the children's choir Piccolo Coro dell'Antoniano during the opening ceremony, which brought back great memories from my childhood.

I'm truly grateful for the opportunity to participate, present my research, and learn from so many inspiring colleagues. Thank you, SVEP, for supporting my participation through a travel grant.

The research group

SVEP:s resebidrag:

Rapport från International Congress of Nutrition i Paris och Vitamin D Workshop i Strasbourg

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Tack vare ett resebidrag från SVEP har jag haft möjlighet att delta i två internationella konferenser: International Congress of Nutrition i Paris i augusti 2025 och Vitamin D Workshop i Strasbourg i juni och juli 2026. Tillsammans gav konferenserna värdefulla möjligheter att ta del av den senaste forskningen inom nutrition och D-vitaminområdet, presentera våra egna resultat och knyta nya internationella kontakter.

International Congress of Nutrition är världens största konferens inom nutritionsforskning och arrangeras vart fjärde år. Kongressen i Paris samlade närmare 4 000 deltagare från omkring 120 länder. Programmet var omfattande, med parallella sessioner som speglade hela nutritionsfältet. Temat, Sustainable Food for Global Health, satte fokus på samspelet mellan kost, klimat och hälsa. Utanför det vetenskapliga programmet gav konferensen även goda möjligheter till nätverkande med både svenska och internationella forskare.

Vitamin D Workshop i Strasbourg är en betydligt mindre konferens med omkring 100 deltagare från hela världen och samlar forskare med olika perspektiv på D-vitamin – från molekylär och experimentell forskning till kliniska och epidemiologiska studier. Den mindre konferensmiljön skapade en familjär atmosfär som underlättade vetenskapliga diskussioner och nätverkande. För mig var särskilt sessionerna om mätning av D-vitaminstatus värdefulla, där aktuella metoder, metaboliter och laboratorieanalyser diskuterades.
Samtliga deltagare från vår avdelning bidrog till de vetenskapliga programmen genom muntliga presentationer och posterpresentationer. Jag höll en muntlig presentation vid International Congress of Nutrition och presenterade en poster vid Vitamin D Workshop. Presentationerna byggde på två studier som ingår i min avhandling och baseras på den populationsbaserade kohorten GraviD samt den randomiserade interventionsstudien PREDIN. Studierna fokuserar på D-vitamin under graviditet och på hur gravida med risk för D-vitaminbrist kan identifieras för att möjliggöra effektiva förebyggande insatser inom mödrahälsovården.
Vår gruppledare Hanna Augustin och min doktorandkollega André Hesselink deltog också vid båda konferenserna och bidrog med flera presentationer. De redovisade bland annat resultat från Livsmedelsverkets Riksmaten Småbarn om D-vitaminstatus, D-vitaminintag och klimatpåverkan från olika D-vitaminkällor hos barn 18 månader och 4 år, samt resultat från uppföljningen av barnen i GraviD-kohorten om sambandet mellan ultraprocessad mat och kardiometabol hälsa i skolåldern.

Under Vitamin D Workshop i Strasbourg pågick samtidigt fotbolls-VM, och att befinna sig i Frankrike när Sverige mötte Frankrike bidrog till en festlig stämning även utanför konferensprogrammet. Vitamin D Workshop blev dessutom ett fint avstamp efter min disputation. Bara några veckor tidigare, den 12 juni 2026, disputerade jag med avhandlingen The role of food, fortification, and supplements for nutrition in pregnancy and childhood, with a focus on vitamin D. Att få presentera delar av avhandlingsarbetet för internationella kollegor och diskutera resultaten med ledande forskare inom området blev ett inspirerande sätt att inleda nästa steg i forskarkarriären.

Jag vill slutligen rikta ett varmt tack till SVEP för resebidraget, som gjorde mitt deltagande vid båda konferenserna möjligt.

Kurser och konferenser

Namn	Datum	Plats	Hemsida
2026			
EUPHA - European Public Health Conference	10-13 november	Bilbao, Spain	Announcement-Bilbao-2026.pdf
Registerforskning 2026	24 november	Stockholm	https://registration.invajo.com/66d60e0c-0ade-475d-8870-d112fe06e2cd?page=e06fe0cf-090b-4a85-8c97-c6964b2a9d2d
2027			
Winter school in epidemiology	18-23 maj	Wengen, Svejts	epi-winterschool.org/
Kvalitetsregister för forskning - Apotekarsocieteten	28 april	Stockholm	Kvalitetsregister för forskning - Apotekarsocieteten
Summer course in epidemiology	14 juni-2 juli	Firenze, Italien	www.epee.org
Annual meeting - International society of pharmacoepidemiology	21-25 augusti	Seattle USA	ISPE Annual Meeting-pharmacoepi.org - International Society for Pharmacoepidemiology
World congress of epidemiology	31 augusti-3 september	Medellin, Kolumbia	WCE 2027 | World Congress of Epidemiology
Society for Social medicine and population health	15-17 september	Aberdeen, Skotland	Society for Social Medicine & Population Health ::Annual Conference