Course schedule

Period nr 1 (digital)

- 7/11 (9h00-10h00) Course introduction (Dr Andreas Nilsson, Pr Fawzi Kadi, Örebro Univ)
- 7/11 (10h15-12h00) Aging, inflammaging and nutrition (Dr Aurellia Santoro, Bologna Univ)
- 8/11 (10h00-12h00) Metabolic diseases, menopause, overweight and the role of diet (Pr Antonio Cano, Valencia Univ)
- 8/11 (13h00-15h00) Traditional food and health (Dr. Lena-Maria Nilsson, Umeå Univ)
- 9/11 (10h00-12h00) Role of diet in age-related loss of muscle mass and function and other forms of sarcopenia (Pr. Tommy Cederholm, Uppsala Univ)
- 9/11 (13h00-15h00) Promoting adequate nutritional intakes in elderly within community care settings (Dr. Sigrid Odencrantz, Örebro Univ)
- 10/11 (9h30-10h30) Nutritional biomarkers (Dr. Claudine Manach, INRAE, France)
- 10/11 (11h00-12h00) Importance of health-enhancing physical activity as a lifestyle factor (Dr. Andreas Nilsson, Örebro Univ)
- 10/11 (13h15-15h00) Behavioural aspects of importance for health promotion (Pr. Carol Holland, Lancaster Univ)
- 11/11 (8h30-10h00) Assessment of dietary behaviours (Dr. Marleen Lentjes, Örebro Univ)
- 11/11 (10h30 -12h00) Dietary interventions and molecular metabolites (Pr. Rikard Landberg, Chalmers Univ)
- 11/11 (14h00-15h30) Macro-level health-enhancing interventions by the government: Do they work? (Dr. Judit Vall-Castello, Barcelona Univ)
- 11/11 (15h45-16h15) Description of assignment & Information about course period nr2
Period nr 2 (on site)

- 5/12 (13h00-16h00) Workshop: planning of randomized controlled trials (Dr Andreas Nilsson, Pr Fawzi Kadi, Örebro Univ)
- 6/12 (9h00-12h00) Group work
- 6/12 (13h00-16h00) Group work
- 7/12 (9h00-12h00) Oral presentations of project plan
- 7/12 (13h00-16h00) Oral presentations of project plan
- 15/1: Deadline submission of written assignment