

# Course schedule

Period nr 1 (digital)

- 7/11 (9h00-10h:00) **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 (Ö203 and digital)

- 5/12 (13h00-16h00) **Oral presentations of selected research background**
- 6/12 (9h00-12h00) **Oral presentations of selected research background**
- 6/12 (13h00-16h00) **Oral presentations of selected research background**
- 7/12 (8h30-12h00) **Experimental study design & methodological considerations (Dr Andreas Nilsson, Dr Fawzi Kadi, Örebro Univ)**
- 15/1: **Deadline submission of written assignment**