Paulina Nowicka

Professor (Chair) in Food Studies, Nutrition and Dietetics,
esp Communication of Dietetics, Uppsala University, Uppsala, Sweden
Associate Professor in Pediatric Science and Senior Researcher (Affiliated),
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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. Fall 2024-Winter 2025 on sabbatical at Stanford University.
2015-2018 Senior Researcher and Associate Professor in Pediatric Science, Division of Pediatrics, CLINTEC, Karolinska Institute, 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 Institute, 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

2026- Board member of the Swedish Society for Dieticians (DRF)
2024- Board member of the Swedish Obesity Society (Svensk förening för obesitasforskning)
2024- Member of the National Committee for Nutrition, the Swedish Royal Academy of Sciences
2025 President, 34th European Childhood Obesity Congress, ECOG, Uppsala, November 2025
2024 - Co-chair, Childhood Obesity Working Group, European Association for Study of Obesity
2024 - Associate Editor, Obesity Reviews
2021-2026 Member of the WHO Guideline Development Group, Childhood Obesity Guidelines for Primary Healthcare
2021-2023 Director of Doctoral Education, Department of Food Studies, Nutrition and Dietetics, Uppsala University, Uppsala, Sweden
2022-2023 Co-chair of the ISBNPA Congress 2023, Uppsala, Sweden
2021-2023 Member of the Research Committee (Forskningsutskottet), Faculty of Social Sciences, Uppsala University

2020-2023 Member of the Steering Committee for development of the new national guidelines for Obesity by Swedish National Board of Health and Welfare
2021- Member of Editorial Board, Childhood Obesity
2020- Member of the Recruitment Group for Professors, Faculty of Social Sciences, Uppsala University (2021 this group continued as Research Committee/Forskningsutskottet).
2019-2021 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)
2014-2015 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

90 (38 as senior author, 22 as first author) as following:

1. **Nowicka P**, Neuman N, Nordin K, Broholm H, Schollin C, Törner Le Priol Y, Ek A, Eli K. Listening to children with obesity: Lived experiences of hunger, cravings, and satiety. *BMC Pediatrics*. Accepted 26 June 2026.
2. Brissman M, Ek A, Wennborg S, Nordin K, Eli K, Janson A, **Nowicka P**. Metabolic risk factors are associated with weight status change over four years in children aged 4–6 years with obesity. *Acta Paediatrica*. Accepted 4 May 2026.
3. **Nowicka P**, Hemming Bäcklin E, Nordin K, Brissman M, Löf M, Eli K, Ek A. Balancing digital and in-person support: parents' perspectives on delivering childhood obesity treatment. *BMC Public Health*. 2026 May 20. Epub ahead of print.
4. Jansson A, Gómez-Martín M, …, **Nowicka P**, Collins CE. A systematic review identifying critical evidence gaps in reporting dietary change in randomised controlled trials prescribing liraglutide, semaglutide or tirzepatide. *Obesity Reviews* 2026 Jun;27(6):e70077.
5. Puhl R, Hassink S, Lischka J, Torbahn G, Ring-Dimitriou S, Braet C, Vlachopapadopoulou E, Handjieva-Darlenska T, Vania A0, Łuszczki E, Attila Molnár D, Thivel D, Weghuber D, **Nowicka P**. Parental communication in the prevention and treatment of child and adolescent obesity: A position statement of the European Childhood Obesity Group. *Pediatric Obesity* 2026 Jan;21(1):e70052.
6. Christenson A, Ramos Salas X, Tolvanen L, Järvholm K, **Nowicka P**. Bemötande av patienter med obesitas – kliniska implikationer av viktstigma. (Approach to patients with obesity – clinical

implications of weight stigma). *Läkartidningen.* (The Swedish Medical Journal). Accepted 3 Sept 2025.

7. Janson A, Järvholm K, Kindblom JM, **Nowicka P**, Sjögren L, Thorén A. Nya möjligheter i behandling av barn och ungdomar med obesitas. (New opportunities in the treatment of children and adolescents with obesity) *Läkartidningen.* (The Swedish Medical Journal). Accepted 3 Sept 2025.
8. Huang WY, Zhang D, Tremblay MS, Wong MCS, Sit CHP, Wong SWS, Chan DKC, Wong SHS; **Collaborative Author Group**. Developing international consensus on key indicators for a 24-hour movement behaviour report card in early childhood: A twin-panel Delphi study. *Sports Med Open*, 2025, 7;11(1):92.
9. Sjunnestrand M, Neuman N, Ek A, Nordin K, Ramos Salas X, Jarvholm K, Eli K, **Nowicka P**. Not for children's ears? Parents' insights into early childhood overweight and obesity treatment. *Scandinavian Journal of Primary Health Care*, 2025, 15:1-12.
10. Nylander C, **Nowicka P**, Derwig M. The prevalence of overweight among 4-year-olds during and after the COVID-19 pandemic was associated with socioeconomic burden – Results from three national Swedish cohorts. *Acta Paediatrica*, 2025, 114(3):555-561.
11. Manco M, Helgason T, Körner A, **Nowicka P**, O' Malley G, Baker JL. Time for a new framework to have an age-specific diagnosis of obesity in children. *Nature Medicine*, 2024, 30(12):3396.
12. Sjunnestrand M, Neuman N, Jarvholm K, Ek A, Nordin K, Ramos Salas X, Eli K, **Nowicka P**. "A balancing act": Parents' longitudinal perspectives of weight-related discussions with their children following obesity treatment. *BMC Public Health* 2024, 1695.
13. Sundbom M, Jarvholm K, Sjogren L, **Nowicka P**, Trolle Lagerros Y. Obesity treatment in adolescents and adults in the era of personalized medicine. *Journal of Internal Medicine* 2024, 296(2):139-155.
14. **Nowicka P**, Sjogren L, Bertilsson A-S, Jarvholm K, Sellberg F, Sundbom M, Thalén L, Trolle Lagerros Y. Systematic Development of National Guidelines for Obesity Care: The Swedish Approach. *Obesity Facts* 2024;17(2):183-190.
15. Taylor RM, Haslam RL, Herbert J, Whatnall MC, Trijsburg L, de Vries JHM, Josefsson MS, Koochek A, **Nowicka P**, Neuman N, Clarke ED, Burrows TL, Collins CE. Diet quality and cardiovascular outcomes: A systematic review and meta-analysis of cohort studies. *Nutrition & Dietetics* 2024, 81(1):35-50.
16. Ek A, Brissman M, Nordin K, Eli K, **Nowicka P**. A long-term follow-up of treatment for young children with obesity: A randomized controlled trial. *International Journal of Obesity* 2023; 47(11):1152-1160.
17. Pryor S, Savoye M, **Nowicka P**, Price G, Sharifi M, Yaesoubi R. Cost-effectiveness and long-term savings of the Bright Bodies pediatric weight management program. *Value in Health* 2023; 26(8):1183-1191.
18. Miregård J, **Nowicka P**, Nylander C. National data showed an increased prevalence of overweight and obesity among four-year-old Swedish children during the first year of COVID-19. *Acta Paediatrica* 2023;112(6):1269-1274.
19. Hemmingsson H, **Nowicka P**, Ulijaszek S, Sørensen TIA. The social origins of obesity within and across generations. *Obesity Reviews* 2023;24(1):e13514.
20. Tanas R, Gil B, Marsella M, **Nowicka P**, Pezzoli V, Phelan SM, Queirolo S, Stanford FC, Pettoello-Mantovani M, Bernasconi S. Addressing weight stigma and obesity based discrimination in children: preparing pediatricians to meet the challenge. *J Pediatrics* 2022, 248:135-136.e3.
21. Neuman N, Jörnvi A, Ek A, Nordin K, Eli K, **Nowicka P**. Children's experiences of meals after obesity treatment: A qualitative follow-up four years after a randomized controlled trial. *BMC Pediatrics* 2022: 342.
22. **Nowicka P**, Ek A, Jurca-Simina IE, Bouzas C, Argelich E, Nordin K, García S, Vasquez Barquero MY, Hoffer U, Reijs Richards H, Tur JA, Chirita-Emandi A, Eli K. Explaining the complex impact of the Covid-19 pandemic on children with overweight and obesity: a comparative ecological analysis of parents' perceptions in three countries. *BMC Public Health* 2022, 17;22(1):1000.

23. Somaraki M, Ek A, Sandvik P, Byrne R*, **Nowicka P***. How do young children eat after an obesity intervention? Validation of the Child Eating Behaviour Questionnaire using the Rasch Model in diverse samples from Australia and Sweden. *Appetite* 2022,1;169:105822 *Shared Senior Authorship.
24. Parrish S, Lavis A, Potter C, Ulijaszek S, **Nowicka P**, Eli K. How active can pre-schoolers be at home? Parents' and grandparents' perceptions of children's day-to-day activity, with implications for physical activity policy. *Social Science & Medicine* 2022, 292:114557.
25. Bergman K, **Nowicka P**, Eli K, Lövestam E. "Writing nutritionistically": A critical discourse analysis of lay people´s digital correspondence with the Swedish Food Agency. *Health* 2022 Sep;26(5):554-570.
26. **Nowicka P**, Ek A, Grafström E, Johansson T, Nordin K, Neuman N, Reijs Richards H, Eli K. How do interpersonal relationships affect children's weight management? A qualitative analysis of parents' long-term perceptions after obesity treatment. *Childhood Obesity* 2022,18(4):274-280
27. Sandvik P, Kuronen S, Reijs Richards H, , Eli K, Ek A, Somaraki M, **Nowicka P**. Associations of preschoolers' dietary patterns with eating behaviours and parental feeding practices at a 12-month follow-up of obesity treatment. *Appetite* 2021;168:105724.
28. **Nowicka P**, Keres J, Ek A, Nordin K, Sandvik P. Changing the home food environment: Parents' perspectives four years after starting obesity treatment for their preschool aged child. *International Journal of Environmental Research and Public Health* 2021, 18, 11293.
29. Somaraki M, Ek A, Eli K, Ljung S, Mildton V, Sandvik P, **Nowicka P**. Parenting and childhood obesity: Validation of a new questionnaire and evaluation of treatment effects during the preschool years. *PLOS ONE*, 2021, 16(9): e0257187.
30. Lacrimioara Serban C, Putnoky S, Ek A, Eli K, **Nowicka P**, Chirita-Emandi A. Making childhood obesity a priority: A qualitative study of healthcare professionals' perspectives on facilitating communication and improving treatment. *Frontiers in Public Health*, 2021, 9:652491.
31. 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, 21, 586.
32. 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, 22(2):e13153.
33. 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, 34(1):147-177.
34. 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.* 2021, 16(6):e12754.
35. 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
36. 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 42, 8, 1785-1800.
37. 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, 154:104746.
38. 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.

39. 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.
40. 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.
41. 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.
42. 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.
43. 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.
44. 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.
45. 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.
46. 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.
47. 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.
48. 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.
49. 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
50. 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
51. 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.
52. 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
53. 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
54. 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

55. 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
56. 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.
57. 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.
58. 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.
59. 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.
60. Svensson V, Sobko T, Ek A, Forssén M, Ekbom 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.
61. 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
62. 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.
63. 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.
64. *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
65. 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.
66. 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.
67. 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.
68. 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.
69. Svensson V, Ek A, Ekbom 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.
70. 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.

71. 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.
72. **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.
73. **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.
74. 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.
75. **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.
76. **Nowicka P** & Flodmark CE. Family therapy as a model for treating childhood obesity. *Clinical Child Psychology and Psychiatry*. 2011, 16 (1):129-145
77. *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.
78. **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.
79. **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.
80. 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.
81. **Nowicka P** & Marcus C. Beteendemodifikation - den enda rimliga terapin vid fetma hos barn och vuxna. *Läkartidningen*. 2011; 49 (108) 2581–2585.
82. 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.
83. **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.
84. **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.
85. **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.
86. **Nowicka P** & Flodmark CE. Family in pediatric obesity management – a literature review. *Int J Pediatr Obesity* 2008;3: 44-50.
87. **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
88. **Nowicka P**, Flodmark, CE. Physical activity – Key issues in treatment of childhood obesity. *Acta Paediatrica* 2007, 96, 39-45.
89. **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.

90. **Nowicka P**. Dietitians and exercise professionals and in the childhood obesity treatment team. *Acta Peadiatrica* 2005, 94, 23-29.

Publications in professional journals

1. **Nowicka P**. Nytt på forskningsfronten om övervikt oh obesitas hos barn. *Skolhälsan. En tidning från Riksföreningen för skolsköterskor*. 2025, 1, 16–18.
2. **Nowicka P**. 3 frågor & svar om övervikt och fetma hos barn. *Skolhälsan. En tidning från Riksföreningen för skolsköterskor*. 2021, 1, 8–10.
3. Lövestam E, Neuman N, **Nowicka P**. Kritisk dietetik – självreflektion, ödmjukhet och dialog. *Dietistaktuellt* 2018, 2, 46–48.
4. Jacobsson A, Jörvi A**, Nowicka P**. Dietisters erfarenhet av motiverande samtal inom öppenvård. *Dietistaktuellt* 2017, 26(3): 48–53.
5. Lövestam E, Neuman N, **Nowicka P**. Kritisk dietetik – att se mat och ätande bortom kalorier. *Dietistaktuellt* 2017, 3, 34–36.
6. **Nowicka P**. Föräldratekniker mot fetma hos förskolebarn. *Nordisk Nutrition*. 2014 (4), sid. 11–13.
7. **Nowicka P**, Ek A, Beteendemodifikation och barnfetma. Vart står vi idag? *Dietistaktuellt*, 2012, vol. XXI.
8. **Nowicka P**. Hur kan vi ta vara på föräldrar i behandlingen? Fem smakprov på familjeterapi. *Dietistaktuellt* 2009; 1,7-10.

Popular science books

1. **Nowicka P.** Hälsovikt för ditt barn. Vetenskap, verktyg och vägen framåt. Bonnier fakta, 2022, 1–256 pp
2. **Nowicka P** & Flodmark CE. Barnövervikt i praktiken – evidensbaserad familjeviktskola. Studentlitteratur, 2006, 1-282 pp

Invited Speaker or Chair at Scientific International Meetings

2025	34th ECOG Congress, 26-28 November, Uppsala, Sweden, 2025
2025	15th EFAD Congress, 24-25 October, Malmö, Sweden, 2025
2025	30th BASORD Congress, 26-28 September, Albena, Bulgaria, 2025
2025	32nd European Obesity Congress, 11-14, Malaga, Spain, May 2024
2024	International Weight Bias Summit, 23-25, Montreal, Canada, October 2024
2024	31st European Obesity Congress, 11-15, Venice, Italy, May 2024
2023	30th European Obesity Congress, 17-20, Dublin, Ireland, May 2023
2022	31st ECOG Congress, 2-3 November, Vichy, France
2021	EFAD congress, 26-28 October. Digital.
2021	7th Nordic Conference on Feeding Disorders in Infancy and Early Childhood, 26-27 August.
2020	Polish Obesity Congress „Otyłość dziecięca: „Od poczęcia do dorosłości", 2-4 November 2020.
2020	Swedish Dietetic Congress, DRF Congress, 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, Irland
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
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

Student supervision

Doctoral level

Ongoing

1. **My Sjunnestrand**, Uppsala University, Sweden. Main supervisor. Started November 2022.
2. **Ylva Törner,** Uppsala University, Sweden. Main supervisor. Started September 2023.
3. **Helena Johansson**, Uppsala University, Sweden. Co-supervisor. Started May 2025.

Completed

1. **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.

2. **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.

3. **Maria Somaraki**, Uppsala University, Sweden. Main supervisor.

Maria Somaraki defended her thesis entitled: "Parent-child feeding dynamics and childhood obesity" in December 2020.

Postdoctoral level

1. **Pernilla Sandvik**, Ph.D, postdoctoral fellow at Uppsala University, Sweden. From June 2017 until February 2019. Pernilla is now senior assistant professor at the Department of Food Studies, Nutrition and Dietetics.

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

3. **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.

4. **Markus Brissman**, Ph. D. postdoctoral fellow at Karolinska Institutet, Sweden. From June 2022 to December 2023. Markus is now a head of division at Karolinska University Hospital.

Funding

Vetenskapsrådet (Swedish Research Council)
5 600 000 SEK during 1/12/2024-30/11/2028
Role: Co-investigator. Investigator: Liselotte Schäfer-Elinder, Karolinska Institutet
Aim: To co-design and evaluate a novel model for family support (Co-fam) linking school and primary health care to effectively promote health and prevent and manage obesity among school aged children.

The Large Prevention Grant, The Swedish Heart and Lung Foundation
6 000 000 SEK in total during 2024-2026
Role: Co-investigator. Principal Investigator: Liselotte Schäfer-Elinder, Karolinska Institutet
Aim: To co-design and evaluate a novel model for family support (Co-fam) linking school and primary health care to effectively promote health and prevent and manage obesity among children 6-12 years.

Horizon 2020 European Union Funding for Research and Innovation
9 954 260 EUR during 1/6/2018-30/11/2022 (Co-Investigator)
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 – allocated funds 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, ìShizu Matsumuraîs Foundation, Magnus Bergvall Foundation, Society for Pediatric Care, Foundation "Barnahuset", 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
5 718 700 SEK in total during 15/12/2011-31/12/2022
Role: Principal Investigator
Karolinska Institutet, Sweden
Aim: To develop and evaluate clinical treatment programs for early obesity

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 Insititutet, 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