

Welcome to the InSyNC Doctoral Programme

InSyNC – Integrating Sustainability in Nutrition Care is a national doctoral programme in collaboration between Uppsala University, Gothenburg University and Umeå University.

The InSyNC programme, financed by the Swedish Research Council, is the very first national doctoral programme in nutrition and dietetics in Sweden. The programme is permeated by the overarching theme "Integrating sustainability into nutrition care", with research projects and activities within three sub-themes: Nutrition and eating through life, Nutrition in health promotion work and Access to high-quality nutrition care through digitization and innovation.

Ten doctoral students are employed at the different HEI:s in the following areas:

Uppsala University

- Karin Jontell. The practice of the clinical dietitian within cancer care
- Ylva Törner. The fathers role in child health care (Barnhälsovården)
- Annelie Turesson. Diet and physical activity for healthy ageing
- Gideon Onyedikachi Ihome. Dietitians' global application of nutrition informatics – [the INIS study](#)

Gothenburg University

- Naman Limani. Fat intake and effects on blood lipids and inflammation
- André Hesselink. Intake of vitamin D – strategies for sustainable health and climate
- Maja Sandberg. Reproduction and cardiometabolic risk in women

Umeå university

- Sophie Cairns. Facilitate person-centered group-based education regarding nutritional care for people with chronic diseases
- Ana Karina Pastrana Polo. When struggling to put food on the table – nutritional and social aspects among families in Sweden living in food insecurity
- Mikaela Dietrichson. Nutritional assessment of malnutrition in clinical practice

For more information about the InSyNC Doctoral Programme, contact project leader [Elin Lövestam](#).

Activities in the InSyNC Doctoral Programme

The doctoral candidates enrolled in the InSyNC doctoral programme are integrated into a collaborative network comprising ten doctoral students specializing in nutrition and dietetics, alongside their respective advisors. These candidates are employed at one of the three Higher Education Institutions (HEIs) and adhere to the comprehensive syllabus established for doctoral-level studies within their specific department. They engage consistently in various educational and extracurricular activities alongside their peers within the InSyNC programme. The programme is supported by two advisory committees, featuring both international and national experts, many of whom contribute as guest speakers and collaborative partners in discussions. The research school's activities encompass a range of courses, seminars, and symposiums.

Courses

Within the InSyNC programme, participants can earn a total of 15 credits through the following courses:

- Qualitative and quantitative methods (Spring 2024)
- Sustainable development for healthcare professions (Spring 2025)
- Didactics of dietetics (Spring 2026)
- Digitization and innovation within the dietetic profession (Autumn 2026)

Some of the courses within the InSyNC programme will be available to PhD students not enrolled in the programme. For additional details, please contact the coordinator Elin Lövestam.

Seminars

The InSyNC programme will have three joint digital seminars each year. Articles, data collection, analysis methods and other topics of value for the doctoral students will be discussed at the seminars. External lecturers can also be invited to the seminars. The InSyNC doctoral students will have a great influence on how the seminars are planned in terms of both form and content.

Symposia

At least two physical symposia and one additional digital symposia will take place during the InSyNC programme. Internationally leading researchers are invited as

guest speakers, and the InSyNC doctoral students are provided the possibility to present and discuss their research projects.