LINA ÖSTLUND-LAGERSTRÖM has her background in sport science - BSc in Sports Science and MSc in Sports Physiology and Medicine. In early 2012 she got the opportunity to start her PhD studies in the Nutrition and Physical Activity Research Centre (NUPARC) at Örebro University. The goal of NUPARC is to explore the importance of physical activity and nutrition in order to reach optimal health among older adults. The PhD education within NUPARC is implemented through ‘Problem Based Learning’ and is performed in an interdisciplinary fashion.

In addition Lina has belonged to the Nutrition-Gut-Brain Interactions Research Centre (NGBI). The main goal of NGBI is to produce new knowledge on the topic of nutrition-microbe-gut-brain interactions. The research centre has a special focus on intestinal disorders such as irritable bowel syndrome, inflammatory bowel disease, and gut function in ageing.

Doctoral Dissertation

"The gut matters"
- an interdisciplinary approach to health and gut function in older adults

LINA ÖSTLUND-LAGERSTRÖM
Medical Science with a specialisation in Medicine