



ULRIKA FERNBERG was born in 1979 and since 2001 she is a registered biomedical scientist. Ulrika received a Degree of Master of Science in Medical Science at Örebro University in 2014. She started her doctoral studies in 2014 at the School of Medical Sciences, and periodically during her research she worked part time as a lecturer at the Department of Medical Diagnostics at the School of Health Sciences. Ulrika is associated to the Cardiovascular Research Centre (CVRC) at Örebro University.

Atherosclerosis is a complex, chronic vessel wall disease that often leads to severe and acute cardiovascular diseases (CVD), such as myocardial infarction and stroke. The atherosclerotic process is slow, starts already in childhood, and develops over decades. CVD are the most common cause of death, both globally and in Sweden. Since most of the risk factors for atherosclerosis are preventable, it is of great importance to highlight the benefits of a healthy lifestyle to young adults who are about to create their own habits.

A general concern about physical inactivity, low cardiorespiratory fitness (CRF), and high body mass are supported by reports of an increased incidence and prevalence of obesity worldwide. In addition to this, the proportion of Swedish adults with low CRF almost doubled the last 20 years and the decline in CRF is more pronounced in the youngest age group.

The scientific work presented in this thesis was carried out to investigate the impact of different lifestyle related factors on vascular status, especially arterial stiffness, in young Swedish adults. In total 840 young adults in the age range 18-25 years were recruited to the cross-sectional Lifestyle, Biomarkers, and Atherosclerosis (LBA) study, to examine vascular status, biomarkers, and lifestyle related factors.

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Arterial stiffness and risk factors for cardiovascular disease in young adults

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Medical Science with a specialisation in Biomedicine



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