

MONICA HUNSBERGER



Personal Information

Date of birth: 13/04/1973

Place of birth: Green Bay, Wisconsin, USA

Nationality: American and Swedish

Home address: Andra Långgatan 4D, Göteborg 41303

Work postal address: Box 453, S 40530 Göteborg

Visiting Address: Arvid Wallgrens Backe, Hus 7, Plan 3

Phone number: +46 (0)703382411

E-mail: monica.hunsberger@gu.se

Education

2017 Global MBA University of Bologna, Bologna, Italy

2007 PhD Public Health Oregon State University, Corvallis, Oregon, USA

2005 Registered Dietitian University of Washington, Washington, USA

2000 Master's Public Health Oregon State University, Corvallis, Oregon, USA

1995 Nutritional Science Bachelors University of Wisconsin, Green Bay, Wisconsin, USA

Work Experience

08/2010 – Present

Associate Professor/Docent, University of Gothenburg – Gothenburg, Sweden

Researcher I. Family Study and Lecturer of Public Health Epidemiology and Nutrition

Master's in Public Health Program Director

06/2018- Present

Founder of EATGOT

Offering Food Tours and Social Dining in Gothenburg, Sweden

www.eatgot.com

06/2016 – 11/2016

Future Food Institute Food Innovation Summer School Mediterranean

Community Manager and Instructor Summer School Mediterranean 2016 in collaboration with the University of Messina and You Can Group

06/2007-06/2010

Assistant Professor- Oregon Health and Science University

Department of Medicine, Division of Endocrinology, Clinical Nutrition and Metabolism

Graduate Program in Human Nutrition

08/2005- 08/2011

Health Education Faculty

Portland Community College, Portland Oregon

Distance Education

06/2003-12/2001

Adjunct Faculty
University of Idaho, Department of Family and Consumer Science

06/2002-06/2003
Graduate Research Assistant
Department of Public Health
Oregon State University, Corvallis, Oregon, USA

01/1998-12/2001
Lifeforce Natural Food's Deli Manager
Salem, Oregon, USA

06/1992-04/1996
Caffè Espresso server
Green Bay, WI, USA

10/1993-06/1997
La Bonne Femme server
Green Bay, WI, USA

Development Courses
Sahlgrenska Academy

REAL Research Leadership Training 2018-2019
Program Director's Leadership training course 2017-2018

1. Pedagogic courses 1 (5 hp) 2013-06-10
2. Pedagogic course 2 (5 hp) 2013-06-20
3. Doctoral student mentorship training (5hp) 2013-06-28

Other

Human Investigators Program (2008) offered by Oregon Health & Science University

Special Area Curriculum Committee (2005-2007) Portland Community College-Public Health

Quality Matters (2007) Best practice in online learning course offered at Portland Community College

Learning Styles workshop (2006) Oregon Department of Higher Education hosted by Portland Community College

Teaching and Learning Center (2005-2007) ongoing pedagogic seminars at Portland Community College

Publications

Do, S., Coumans, J.M.J., Börnhorst, C. **Hunsberger M**, *et al.* Associations
Between Psychosocial Well-Being, Stressful Life Events and Emotion-Driven

Impulsiveness in European Adolescents. *J Youth Adolescence* **51**, 1106–1117 (2022). <https://doi.org/10.1007/s10964-021-01533-w>

af Geijerstam A., Mehlig K., **Hunsberger M.**, Åberg M., & Lissner L. (2022). Children in the household and risk of severe COVID-19 during the first three waves of the pandemic: a prospective registry-based cohort study of 1.5 million Swedish men. *BMJ open*, *12*(8), e063640.

Stahlmann K, Lissner L, Bogl LH, Mehlig K, Kaprio J, Klosowska JC, Moreno LA, Veidebaum T, Solea A, Molnár D, Lauria F, **Hunsberger M.** Family structure in relation to body mass index and metabolic score in European children and adolescents. *Pediatric Obesity*.:e12963.

Fridolfsson J, Buck C, **Hunsberger M.**, Baran J, Lauria F, Molnar D, Moreno LA, Börjesson M, Lissner L, Arvidsson D. High-intensity activity is more strongly associated with metabolic health in children compared to sedentary time: a cross-sectional study of the I. Family cohort. *International Journal of Behavioral Nutrition and Physical Activity*. 2021 Dec;18(1):1-3.

González-Gil EM, Moreno LA, Nappo A, Santabárbara J, Wolters M, Russo P, De Henauw S, Veidebaum T, Molnar D, **Hunsberger M.**, Fraterman A. Impaired metabolic health over-time and high abdominal fat are prospectively associated with high-sensitivity C-reactive protein in children: The IDEFICS study. *Pediatric obesity*. 2021 Nov;16(11): e12817.

Thumann BF, Buck C, De Henauw S, Hadjigeorgiou C, Hebestreit A, Lauria F, Lissner L, Molnár D, Moreno LA, Veidebaum T, Ahrens W, **Hunsberger M.** Cross-sectional associations between objectively measured sleep characteristics and body mass index in European children and adolescents. *Sleep Medicine*. 2021 Aug 1; 84:32-9.

Do S, Coumans JM, Börnhorst C, Pohlabein H, Reisch LA, Danner UN, Russo P, Veidebaum T, Tornaritis M, Molnár D, **Hunsberger M.** Associations Between Psychosocial Well-Being, Stressful Life Events and Emotion-Driven Impulsiveness in European Adolescents. *Journal of Youth and Adolescence*. 2021 Nov 9:1-2.

Guzmán V, Lissner L, Arvidsson L, Hebestreit A, Solea A, Lauria F, Kaprio J, Reisch LA, Moreno L, Felső R, De Henauw S, **Hunsberger M.** Associations of Sleep Duration and Screen Time with Incidence of Overweight in European Children: The IDEFICS/I. Family Cohort. *Obesity facts*. 2021 Nov 1:1-7.

Lauria F, Russo MD, Formisano A, De Henauw S, Hebestreit A, Hunsberger M, Krogh V, Intemann T, Lissner L, Molnar D, Moreno LA. Ultra-processed foods consumption and diet quality of European children, adolescents and adults: Results from the I. Family study. *Nutrition, Metabolism and Cardiovascular Diseases*. 2021 Oct 28;31(11):3031-43.

Mbumba V, Lissner L, **Hunsberger M.** Parental investment can moderate the negative effects of low socioeconomic status on children's health: an analysis of Kenyan national data. *Journal of Global Health Reports*. 2021 Nov 9;5:e2021097.

Ngwa CH, Panneh M, Eiben G, Rosén M, **Hunsberger M.** Milk Cereal Drink Feeding Practices: A Descriptive Study Among Swedish Children participating in the IDEFICS-I. Family Study. *Journal of Food Science & Technology*. 2021;5(7):293-8.

Thumann BF, Michels N, Felsó R, **Hunsberger M**, Kaprio J, Moreno LA, et al. Associations between sleep duration and insulin resistance in European children and adolescents considering the mediating role of abdominal obesity. *PLoS one*. 2020;15(6):e0235049.

Stahlmann K, Hebestreit A, DeHenauw S, **Hunsberger M**, Kaprio J, Lissner L, et al. A cross-sectional study of obesogenic behaviours and family rules according to family structure in European children. *International Journal of Behavioral Nutrition and Physical Activity*. 2020;17(1):1-12.

Mehlig K, Nehmtallah T, Rosvall M, **Hunsberger M**, Rosengren A, Lissner L. Negative life events predict weight gain in a 13-year follow-up of an adult Swedish population. *Journal of psychosomatic research*. 2020; 132:109973.

Mehlig K, Blomqvist I, Klingberg S, Bianchi M, Sjoms J, **Hunsberger M**, et al. Secular trends in diet-related greenhouse gas emission estimates since 2000—a shift towards sustainable diets in Sweden. *Public Health Nutrition*. 2020:1-6.

Iacomino G, Lauria F, Russo P, Marena P, Venezia A, Iannaccone N, **Hunsberger M**, et al. Circulating miRNAs are associated with sleep duration in children/adolescents: Results of the I. Family Study. *Experimental physiology*. 2020;105(2):347-56.

Hunsberger M, Mehlig K, Björkelund C, Lissner L. Regular versus episodic drinking in Swedish women: Reporting of regular drinking may be less biased by social desirability. *Alcohol*. 2020;86:57-63.

Gwozdz W, Reisch L, Eiben G, **Hunsberger M**, Konstabel K, Kovacs E, et al. The effect of smileys as motivational incentives on children's fruit and vegetable choice, consumption and waste: A field experiment in schools in five European countries. *Food Policy*. 2020;96:101852.

Elsayed HAG, Lissner L, Mehlig K, Thumann BF, Hebestreit A, Pala V, **Hunsberger M**, et al. Relationship between perception of emotional home atmosphere and fruit and vegetable consumption in European adolescents: Results from the I. Family survey. *Public health nutrition*. 2020;23(1):53-62.

Cheng L, Pohlmann H, Ahrens W, Russo P, Veidebaum T, Hadjigeorgiou C, **Hunsberger M**, et al. Cross-sectional and longitudinal associations between sleep duration, sleep quality, and bone stiffness in European children and adolescents. *Osteoporosis International*. 2020:1-11.

Aspelund T, Gudnason V. Repositioning of the global epicentre of non-optimal cholesterol. *Nature*. 2020. Note: contributing author

Thumann BF, Börnhorst C, Michels N, Veidebaum T, Solea A, Reisch L, **Hunsberger M**, et al. Cross-sectional and longitudinal associations between psychosocial well-being and sleep in European children and adolescents. *Journal of sleep research*. 2019;28(2):e12783.

Scholle O, Jilani H, Riedel O, Banaschewski T, Hadjigeorgiou C, **Hunsberger M**, et al. Use of nutritional supplements in youth with medicated and unmedicated attention-deficit/hyperactivity disorder. *Journal of child and adolescent psychopharmacology*. 2019;29(1):58-65.

Jilani H, Pohlabein H, De Henauw S, Eiben G, **Hunsberger M**, Molnar D, et al. Relative validity of a food and beverage preference questionnaire to characterize taste phenotypes in children adolescents and adults. *Nutrients*. 2019;11(7):1453.

Fridolfsson J, Börjesson M, Buck C, Ekblom Ö, Ekblom-Bak E, **Hunsberger M**, et al. Effects of frequency filtering on intensity and noise in accelerometer-based physical activity measurements. *Sensors*. 2019;19(9):2186.

Coumans JM, Danner UN, Hadjigeorgiou C, Hebestreit A, **Hunsberger M**, Intemann T, et al. Emotion-driven impulsiveness but not decision-making ability and cognitive inflexibility predicts weight status in adults. *Appetite*. 2019;142:104367.

Arvidsson D, Fridolfsson J, Buck C, Ekblom Ö, Ekblom-Bak E, Lissner L, **Hunsberger M**, et al. Reexamination of accelerometer calibration with energy expenditure as criterion: VO₂net instead of MET for age-equivalent physical activity intensity. *Sensors*. 2019;19(15):3377.

Papoutsou S, Savva SC, **Hunsberger M**, Jilani H, Michels N, Ahrens W, et al. Timing of solid food introduction and association with later childhood overweight and obesity: The IDEFICS study. *Maternal & child nutrition*. 2018;14(1):e12471.

Mehlig K, Bogl LH, **Hunsberger M**, Ahrens W, De Henauw S, Iguacel I, et al. Children's propensity to consume sugar and fat predicts regular alcohol consumption in adolescence. *Public health nutrition*. 2018;21(17):3202-9.

Coumans JM, Danner UN, Intemann T, De Decker A, Hadjigeorgiou C, **Hunsberger M**, et al. Emotion-driven impulsiveness and snack food consumption of European adolescents: Results from the I. Family study. *Appetite*. 2018;123:152-9.

Iguacel I, Michels N, Fernández-Alvira JM, Bammann K, De Henauw S, Felsó R, **Hunsberger M**, et al. Associations between social vulnerabilities and psychosocial problems in European children. Results from the IDEFICS study. *European child & adolescent psychiatry*. 2017;26(9):1105-17.

Hebestreit A, Intemann T, Siani A, De Henauw S, Eiben G, Kourides YA, **Hunsberger M**, et al., Dietary patterns of European children and their parents in association with family food environment: Results from the I. family study. *Nutrients*. 2017;9(2):126.

Arvidsson L, Eiben G, **Hunsberger M**, De Bourdeaudhuij I, Molnar D, Jilani H, et al. Bidirectional associations between psychosocial well-being and adherence to healthy dietary guidelines in European children: prospective findings from the IDEFICS study. *BMC Public Health*. 2017;17(1):1-11.

Ahrens W, Siani A, Adan R, De Henauw S, Eiben G, Gwozdz W, **Hunsberger M**, et al. Cohort Profile: The transition from childhood to adolescence in European children—how I. Family extends the IDEFICS cohort. *International journal of epidemiology*. 2017;46(5):1394-5j.

Zaqout M, Vyncke K, Moreno LA, De Miguel-Etayo P, Lauria F, Molnar D, **Hunsberger M**, et al. Determinant factors of physical fitness in European children. *International journal of*

public health. 2016;61(5):573-82.

Lehtinen-Jacks S, Agelii ML, **Hunsberger M**, Zetterberg H, Lissner L. Serum 25-hydroxy vitamin D levels in middle-aged women in relationship to adiposity and height trajectories over three decades. *European journal of clinical nutrition*. 2016;70(6):709-14.

Hunsberger M, Lehtinen-Jacks S, Mehlig K, Gwozdz W, Russo P, Michels N, et al. Bidirectional associations between psychosocial well-being and body mass index in European children: longitudinal findings from the IDEFICS study. *BMC Public Health*. 2016;16(1):1-10.

Arvidsson L, Birkhed D, **Hunsberger M**, Lanfer A, Lissner L, Mehlig K, et al. BMI, eating habits and sleep in relation to salivary counts of mutans streptococci in children—the IDEFICS Sweden study. *Public health nutrition*. 2016;19(6):1088-92.

Michels N, De Henauw S, Eiben G, Hadjigeorgiou C, Hense S, **Hunsberger M**, et al. Effect of the IDEFICS multilevel obesity prevention on children's sleep duration. *Obesity reviews*. 2015;16:68-77.

Leu M, Mehlig K, **Hunsberger M**, Torinsson Naluai Å, Blennow K, Zetterberg H, et al. Quality assessment of 25 (OH) D, insulin, total cholesterol, triglycerides, and potassium in 40-year-old frozen serum. *Epidemiology Research International*. 2015;2015.

Kovács E, **Hunsberger M**, Reisch L, Gwozdz W, Eiben G, De Bourdeaudhuij I, et al. Adherence to combined lifestyle factors and their contribution to obesity in the IDEFICS study. *Obesity reviews*. 2015; 16:138-50.

Hunsberger M, O'Malley J, Block T, Norris JC. Relative validation of Block Kids Food Screener for dietary assessment in children and adolescents. *Maternal & child nutrition*. 2015;11(2):260-70.

Hunsberger M, Mehlig K, Börnhorst C, Hebestreit A, Moreno L, Veidebaum T, et al. Dietary carbohydrate and nocturnal sleep duration in relation to children's BMI: findings from the IDEFICS study in eight European countries. *Nutrients*. 2015;7(12):10223-36.

Hunsberger M, McGinnis P, Smith J, Beamer BA, O'Malley J. Calorie labeling in a rural middle school influences food selection: Findings from community-based participatory research. *Journal of obesity*. 2015;2015.

Wiberger M, Eiben G, Lissner L, Mehlig K, Papoutsou S, **Hunsberger M**. Children consuming milk cereal drink are at increased risk for overweight: the IDEFICS Sweden study, on behalf of the IDEFICS Consortium. *Scandinavian journal of public health*. 2014;42(6):518-24.

Hunsberger M, Tognon G, Lissner L. Low-fat diets in obesity management and weight control. *Managing and Preventing Obesity: Behavioural Factors and Dietary Interventions*. 2014:91.

Hunsberger M, McGinnis P, Smith J, Beamer BA, O'Malley J. Elementary school children's recess schedule and dietary intake at lunch: A community-based participatory research partnership pilot study. *BMC Public Health*. 2014;14(1):1-7.

Hunsberger M. Early feeding practices and family structure: associations with overweight in children. *Proceedings of the Nutrition Society.* 2014;73(1):132-6.

Formisano A, Hunsberger M, Bammann K, Vanaelst B, Molnar D, Moreno LA, et al. Family structure and childhood obesity: results of the IDEFICS Project. *Public health nutrition.* 2014;17(10):2307-15.

Bammann K, Peplies J, De Henauw S, **Hunsberger M**, Molnar D, Moreno LA, et al. Early life course risk factors for childhood obesity: the IDEFICS case-control study. *PloS one.* 2014;9(2):e86914.

Hunsberger M, Pena P, Lissner L, Grafström L, Vanaelst B, Börnhorst C, et al. Validity of self-reported lunch recalls in Swedish school children aged 6–8 years. *Nutrition journal.* 2013;12(1):1-7.

Hunsberger M, Lanfer A, Reeske A, Veidebaum T, Russo P, Hadjigeorgiou C, et al. Infant feeding practices and prevalence of obesity in eight European countries—the IDEFICS study. *Public health nutrition.* 2013;16(2):219-27.

Hunsberger M, Donatelle RJ, Lindsay K, Rosenberg KD. Physician care patterns and adherence to postpartum glucose testing after gestational diabetes mellitus in Oregon. *PLoS One.* 2012;7(10):e47052.

Hunsberger M, Formisano A, Reisch L, Bammann K, Moreno L, De Henauw S, et al. Overweight in singletons compared to children with siblings: the IDEFICS study. *Nutrition & diabetes.* 2012;2(7):e35-e.

McGinnis PB, **Hunsberger M**, Davis M, Smith J, Beamer BA, Hastings DD. Transitioning from CHIP to CHIRP: blending community health development with community-based participatory research. *Family & community health.* 2010;33(3):228.

Hunsberger M, Rosenberg KD, Donatelle RJ. Racial/ethnic disparities in gestational diabetes mellitus: findings from a population-based survey. *Women's Health Issues.* 2010;20(5):323-8.

Hunsberger M. An assessment of risk factors for gestational diabetes mellitus (GDM) and provider practices for post-GDM care. 2007.

Donatelle RJ, Hudson D, Dobie S, Goodall A, **Hunsberger M**, Oswald K. Incentives in smoking cessation: status of the field and implications for research and practice with pregnant smokers. *Nicotine & Tobacco Research.* 2004;6(Suppl_2):S163-S79.

Textbook Contributions

Hunsberger M, Tognon G, Lissner L. Low fat diets in obesity management and weight control-Chapter 6. *Managing and Preventing Obesity. Behavioral Factors and Dietary Interventions.* Edited by Timothy Gill. Woodhead Publishing Series in Food Science, Technology and Nutrition: Number 270.

Hunsberger M. Nutrition-Chapter 8. Access to Health 12th Edition by Donatelle RJ 2011.

Hunsberger M. Power Point and Companion Text. Health the Basics, 5th Edition by Donatelle RJ 2002

Hunsberger M. "Genetically Modified Organisms". Health the Basics, 4th Edition by Donatelle RJ 2001.

Funding

Mistra Sustainable Consumption 2020-2022 (50% salary)

Swedish Research Council for Health, Working Life and Welfare 6 year grant (50% salary) 2014 to 2020

Mary von Sydows Foundation 150000 SEK

Sahlgrenska Academy internationella gästforskarprogrammet, Authority: Samhällsm. o folkhälsa, 300:-tkr, 2011-2012

The Swedish Foundation for International Cooperation in Research and Higher Education 2010-2011

Sahlgrenska Academy Amount: 69000:- SEK, Contribution and time: Developed research and teaching across the academy

Northwest Health Foundation, Responsible Authority: Oregon Health & Science University, Amount: \$250,000.00 USD, Contribution and time period: I was the primary investigator for this study from 2008-2010 with 25% FTE dedicated

Nutrition Quest, Responsible Authority: Oregon Health & Science University, Amount: \$5000 USD, Contribution and time: Primary investigator during 2009-2010

National and international collaboration projects

I.Family Study Follow-up 2018-ongoing

I.Family-International collaboration funded by EU 7th programme framework collaborating with Belgium, Cyprus, Italy, Estonia, Germany, Spain and Hungary –this is a continuation of IDEFICS study, children are being followed longitudinally from 2012-2017 when enrollment began

Identification and prevention of Dietary-and lifestyle-induced health **EF**fects in Children and infant**S** (IDEFICS) funded by EU 6th programme framework-publications are listed at <http://www.idefics.eu/Idefics/> 2005-2012

Nutrition Quest collaboration between industry and academic. Nutrition Quest is a USA based company which produces validated tools to assess diet and physical activity. Received funding and this work resulted in a publication <https://nutritionquest.com/>

Northwest Health Foundation, a public health research think-tank –received funding for a two year research grant in the USA collaboration with Native American tribes, public health agencies and academia. A Community-based participatory research approach

Merits

Full-scholarship MBA 2015-2016

Docentur 2014

Supervision

PhD

Kin Thiri Maung, supervisor

Agnes af Geijerstam, co-supervisor

Sophia Nguyen Thi Ngoc Phuong, co-supervisor

Louise Arvidsson, completed October 2018

Masters Supervision

Hadil A Ghazy Elsayed MPH

Tina Nehmtallah MPH

Viveka Guzmán MGH

Irene Blomqvist MGH

Maria MacGregor MGH

Yolanda Sanchez Castro MGH

Maja Wiberger MPH

Pablo Pena, Erasmus Mundus MSc Programme SefoTech Nutrition

Christy Murphy, Oregon Health & Science University

Erica Strobl, Oregon Health & Science University

Bachelor Supervision

Czara Kennedy, Dublin Institute Technology and Trinity College of Dublin, Ireland

Caoimhe Ní Dhuibhir, Dublin Institute Technology and Trinity College of Dublin, Ireland

Karen Lindsay, Dublin Institute Technology and Trinity College of Dublin, Ireland

Maryclare Healy, Dublin Institute Technology and Trinity College of Dublin, Ireland

Grace Hallinan, Dublin Institute Technology and Trinity College of Dublin, Ireland

Erasmus Exchange

Dublin Institute of Technology, Dietetics Program 2011 and 2012

Service

Resursrestaurangen board member 2017 to 2020

Folkkök “the peoples kitchen” volunteer cook 2017 to 2020

House steering group 2017 to 2019

Professional Women’s Group Gothenburg 2010 to 2014

Oregon State Nutrition and Dietetic Association President 2010 to 2011

Oregon State Nutrition and Dietetic Association President-elect 2009 to 2010

Oregon State National Policy and Governance Chair 2007 to 2009

Menu Labeling Evaluation Stakeholder Group- Department of Human Services 2007

Hunger and Environmental Nutrition Representative 2008

Oregon Nutrition Policy Alliance member 2005 to 2010

American Heart Association Spokesperson 2008 to 2010

Experience Teaching at University of Gothenburg

Course leader Methods Course, Quantitative and Qualitative MGH102

Course leader practical work experience course MPH302

Course leader Master's thesis in public health economics MPH401

Course leader Quantitative Methods MPH221

Course and Program development work:

Methods courses for both the MPH and MGH

Thesis courses for both the MPH and MGH

Practical work experience: Intervention planning and evaluation MPH302

Master's in Global Health Development work 2016-2018

Historically:

Course leader Special Topics in Global Health

Course leader Gender analysis in health sciences

Course leader sport and nutrition, post graduate level

Course leader Special topics in Epidemiological Methods

Lecturer: Clinical Nutrition level 2, Develop master's level article review classes in Clinical Nutrition Program (2010-2014)

Lecturer: Qualitative Research Methods 2010-2013 (contributed with a number of lectures and workshops: focus groups, phenomenology, interviewing, and using Nvivo)

Lecturer: Body composition and sport nutrition lectues, 2011, 2012, and 2013 for Institutionen för Neurovetenskap och Fysiologi/Fysioterapi