



**LENA MARIA NILSSON**

*From Sweden to France*



Project: **Sami dietary patterns, public health and food security in the Arctic region**

Research topic: **Medecine & Health**

Swedish Institution: **Umeå University**

French Institution: **Uni of Rouen, Uni of Montpellier, IARC Lyon**

Dates of mobility: **03/11/2016 to 30/11/2016**

Program: **Eva de la Gardie**



## PRESENTATION

Since 2013, [Lena Maria Nilsson](#) is Project coordinator at the [Arctic Center](#) of [Umeå University](#). Her research is on the links between dietary patterns (e.g. Sami diet, coffee) and public health, as well as food security in the Arctic region. She obtained her PhD in Public Health from Umeå University in 2012.

## ACTIVITIES IN FRANCE

Nilsson started her mobility to France by visiting Rouen, hosted by [Dr. Yvette Vaguet](#) from the research unit [UMR IDEES 6266](#) at the [University of Rouen Normandy](#). Nilsson held a seminar on food and water security in the Arctic at the lab.

Subsequently, she visited Montpellier, where she was hosted by [Dr. Sylvie Blangy](#). They planned a research collaboration on the use of wild plants and berries for health and food security. They also discussed the development of the Inuit-Saami exchange program, and a joint application to the [NORDREGIO fund](#) and to the French-Norwegian fund.

She then visited the International Agency for Research on Cancer ([IARC](#)) in Lyon and [Dr. Laure Dossus](#), chair of the [EPIC](#) working group on breast cancer. From the same group, she met [Dr. Nadia Slimani](#), [Dr. Augustin Scalbert](#), [Dr. Inge Huybrechts](#), [Dr. Sabina Rinaldi](#) and [Dr. Magdalena Stepien](#). She also held a seminar on “Diet and cancer in the Circumpolar North”. She informed Dr. Scalbert on Coffee brewing techniques data available in Umeå, which proved useful for his research.

She finished by meeting with [Dr. Marie-Christine Boutron-Ruault](#) at EPIC France’s [team in Paris](#) and her office at the National Institute of Health and Medical Research ([INSERM](#)) research team intitled Health across Generations, at [Gustave Roussy](#) Cancer Institute and Hospital. They discussed the relationship between diet and chronic diseases, including cancer and tailoring dietary advice for different ethnicities. During all visits, the 9<sup>th</sup> International Congress on Arctic Social Sciences ([ICASS](#)), organized in Umeå, was discussed and many French counterparts were invited.