



**STINA ENGELHEART** is a dietitian focusing on nutrition in older individuals. After graduating from the basic education to be a registered dietitian, at Uppsala University in 2003 she worked in the geriatric field in a research environment. These first experiences made her stay in that field, mostly focusing on research and development of social and geriatric care. However, it took about 10 years from the dietitian degree to start the doctoral education – and almost additional 10 years to complete it. This is her PhD thesis in Medical sciences with the title Nutritional status in a functional perspective. A study in a cohort of older people in home health care.

This thesis is based on a genuine interest in the complexity of nutritional status, including the question of what an optimal nutritional status may be in older individuals as well as in prevention of malnutrition, nutritional care and treatment. As more geriatric care is carried out in primary care and in home health care, so should prevention as well as the treatment of malnutrition and other non-optimal nutritional status.

This thesis suggests a model for nutritional status assessment, possible to use as a mindset. The model has been used as a basis when analysing nutritional status in older people in municipality organised home health care. The nutritional status of the participants has been followed regularly during three years after initially receiving home health care.

For this research project Stina had the privilege to combine research with work as a dietitian in the municipality elderly care unit in Örebro kommun. This is a synergy of science and practice, just as it should be in clinical research at its best.

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STINA ENGELHEART Nutritional status in a functional perspective

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Doctoral Dissertation

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### A study in a cohort of older people in home health care

STINA ENGELHEART  
*Medical Science with a specialisation in Medicine*



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