

Curriculum vitae and track record

Helga Birgit Bjørnarå

01.10.1984 | Female | Norwegian | Orchid id: 0000-0003-0069-0892 | Cristin id: 576815

KEY QUALIFICATIONS

Public health, Health promotion, Lifestyle behaviors, Physical activity, Active transport, Nutrition, Sustainability, Social inequalities, Inclusion, Digital health technologies, Quantitative methods, Qualitative methods, Evaluation of public health measures

EDUCATION

2016	PhD in Health Science Faculty of Health and Sport Sciences, University of Agder, Norway
2012	MSc in Public Health Faculty of Health and Sport Sciences, University of Agder, Norway
2009	BSc in Public Health Faculty of Health and Sport Sciences, University of Agder, Norway
2006	Social studies (60 ECTs) Faculty of Social Sciences, University of Agder, Norway
2005	Sport studies (60 ECTs) Faculty of Health and Sport Sciences, University of Agder, Norway

CURRENT AND PREVIOUS POSITIONS

2022-	Senior researcher NORCE Norwegian Research Centre
2020–2021	Researcher (3 months engagement) Department of Health and Inequalities & Centre for Evaluation of Public Health Measures, Norwegian Institute of Public Health, Oslo
2020	Associate professor (6 months engagement) Faculty of Health and Sports Sciences, University of Agder, Norway
2017–2019	Postdoctoral research fellow Faculty of Health and Sport Sciences, University of Agder, Norway
2013–2016	PhD student Faculty of Health and Sport Sciences, University of Agder, Norway
2012–2013	Public Health Adviser Chief County Executive, (Aust-) Agder County, Norway

PROJECTS

2022-2023	Researcher; «Modell for simulering av behov for og tilgang på tilgjengelige boliger for eldre», Husbanken
2022-2023	Researcher; «Komparative studier Nord-Jæren, Trondheim og Bergen av bymiljøpakker og mobilitet», Bymiljøpakke Nord-Jæren, Miljøpakke Trondheim og Miljøløftet Bergen
2022-2023	Researcher; «Likestillingsmonitor – Tiltak i arbeids- og næringsliv», Sparebanken Sør
2022-2023	Researcher; «Ivaretagelse av perspektiver om kjønns-og seksualitetsmangfold i utdanningene», UiA v/Senter for likestilling
2022-2023	Researcher; «Plastfrie opplevelser - plastfrie arrangementer», Forskningsmobilisering Agder
2022	Researcher; «BUA-nettverkets omdømmeundersøkelse 2022», BUA-nettverket
2022	Researcher; «Evaluering og følgeforskning av forsøk med fritidskortordninger»,

- Barne-, ungdoms- og familiedirektoratet
- 2017–2019 **Researcher and project coordinator;** «From Cars to Bikes», Postdoctoral research project, University of Agder and Stiftelsen Dam, through Norwegian Health Association
- 2013–2016 **Researcher and project coordinator;** «Healthy and Sustainable Lifestyle», PhD-project, University of Agder
- 2012–2013 **Research assistant;** «European Energy balance Research to prevent excessive weight Gain among Youth», EU 7th Framework Programme (HEALTH-2007-3.3-1). Wrote my Master Thesis «Breakfast Habits and Screen Activities» on parental data collected in WP7; *Cross-European research on obesogenic family and school environments*, University of Agder

SUPERVISING

- 2018–2019 Co-supervisor for master student in Public Health, University of Agder
2017–2018 Co-supervisor for master student in Public Health, University of Agder

LECTURES

- 2020 Teaching the subject **ERN 127**; Food, globalization and sustainability, University of Agder

REFEREE

- 2018 Referee for **Medicine and Science in Sports and Exercise**

Scientific papers in peer reviewed journals:

1. **Bjørnarå HB**, Westergren T, Sejersted E, Torstveit MK, Hansen BH, Berntsen S, Bere E. Does organized sports participation in childhood and adolescence positively influence health? A review of reviews (2021). *Preventive Medicine Reports*.
2. **Bjørnarå HB**, Berntsen S, te Velde SJ, Fyhri A, Isaksen K, Deforche B, Andersen LB, Bere E. The impact of weather conditions on everyday cycling with different bike types in parents of young children participating in the CARTOBIKE randomized controlled trial (2021). *International Journal of Sustainable Transportation*.
<https://doi.org/10.1080/15568318.2021.1999538>
3. **Bjørnarå HB**, Westergren T, Fegran L, te Velde SJ, Fyhri A, Deforche B, Andersen LB, Berntsen S, Bere E. Cumbersome but desirable – breaking the code of everyday cycling (2020). *Plos One*. <https://doi.org/10.1371/journal.pone.0239127>
4. **Bjørnarå HB**, Berntsen S, te Velde SJ, Fyhri A, Deforche B, Andersen LB, Bere E. From cars to bikes – the effect of an intervention providing access to different bike types: a randomized controlled trial (2019). *Plos One*.
<https://doi.org/10.1371/journal.pone.0219304>
5. **Bjørnarå HB**, Torstveit MK, Bere E. Healthy and sustainable diet and physical activity: the rationale for and experiences from developing a combined summary score (2018). *Scandinavian Journal of Public Health*. <https://doi.org/10.1177/1403494818785056>
6. **Bjørnarå HB**, Berntsen S, te Velde SJ, Fegran L, Fyhri A, Deforche B, Andersen LB, Bere E. From cars to bikes – the feasibility and effect of using e-bikes, longtail bikes and traditional bikes for transportation among parents of children attending kindergarten: design of a randomized cross-over trial (2017). *BMC Public Health*. **17**: 981. Doi: [10.1186/s12889-017-4995-z](https://doi.org/10.1186/s12889-017-4995-z)
7. **Bjørnarå HB**, Torstveit MK, Bere E. Fysisk aktivitet og vektreduksjon (2017). *Tidsskriftet Den Norske Legeforening*. **137**: 785-6. Doi: [10.4045/tidsskr.17.0378](https://doi.org/10.4045/tidsskr.17.0378)
8. **Bjørnarå HB**, Øverby NC, Stea TH, Torstveit MK, Hillesund E, Andersen LF, Berntsen S, Bere E. The association between adherence to the New Nordic Diet and diet quality (2016). *Food and Nutrition Research*. **60**: 31017 <http://dx.doi.org/10.3402/fnr.v60.31017>
9. **Bjørnarå HB**, Torstveit MK, Stea TH, Bere E. Is there such a thing as sustainable physical activity? (2016). *Scandinavian Journal of Medicine and Science in Sports*.
doi: [10.1111/sms.12669](https://doi.org/10.1111/sms.12669)
10. **Bjørnarå HB**, Hillesund E, Torstveit MK, Stea TH, Øverby NC, Bere E. An assessment of the test-retest reliability of the New Nordic Diet score (2015). *Food and Nutrition Research*. ISSN 1654-6628. 59 doi: [10.3402/fnr.v59.28397](https://doi.org/10.3402/fnr.v59.28397)
11. **Bjørnarå HB**, Vik FN, Brug J, Manios Y, de Bourdeaudhuij I, Jan N, Maes L, Moreno LA, Dössegger A, Bere E. The association between breakfast skipping and television viewing at breakfast with weight status among parents of 10-12-year-olds in eight European countries;

the ENERGY (European Energy balance Research to prevent excessive weight Gain among Youth) cross-sectional study (2013). *Public Health Nutrition*. ISSN 1368-9800. 17 (4), s 906-914 doi: 10.1017/S136898001300061X

12. Jahre AB, Bere E, Nordengen S, Solbraa A, Andersen LB, Riiser A, **Bjørnarå HB**. Public employees in South-Western Norway using an e-bike or a regular bike for commuting – A cross-sectional comparison on sociodemographic factors, commuting frequency and commuting distance (2019). *Preventive Medicine Reports*. <https://doi.org/10.1016/j.pmedr.2019.100881>
13. Helland SH, Bere E, **Bjørnarå HB**, Øverby NC. Food neophobia and its association with intake of fish and other selected foods in a Norwegian sample of toddlers. A cross-sectional study (2017). *Appetite*. <http://dx.doi.org/10.1016/j.appet.2017.03.025>
14. Djupegot IL, Nenseth CB, Bere E, **Bjørnarå HB**, Helland SH, Øverby NC, Torstveit MK, Stea TH. The association between time scarcity, sociodemographic correlates and consumption of ultra-processed foods among parents in Norway: a cross-sectional study (2016). *BMC Public Health*.
15. Vik FN, **Bjørnarå HB**, Øverby NC, Lien N, Odysseas A, Maes L, Jan N, Kovacs E, Moreno L, Dössegger A, Manios Y, Brug J, Bere E. Associations between eating meals, watching TV while eating meals and weight status among children, ages 10-12 years in eight European countries: the ENERGY cross-sectional study (2013). *International Journal of Behavioral Nutrition and Physical Activity*. ISSN: 1479-5868, 10 s- doi: 10.1186/1479-5868-10-58.

Dissertations:

1. **Bjørnarå, HB**. *Healthy and sustainable diet and physical activity – methodological considerations and development of a combined summary score*. 2016 (Doctoral dissertation). University of Agder, Kristiansand
2. **Bjørnarå, HB**. *Breakfast habits and screen activities; an assessment of the association between breakfast habits and weight status among parents of 10-12 year olds, and the test- retest reliability of questions measuring screen activities at meals among school-aged children and one of their parents*. 2012 (Unpublished master thesis). University of Agder, Kristiansand

Book chapters:

1. Sundfør HB, Fyhri A and **Bjørnarå HB**. Chapter eleven - E-bikes—good for public health? In: Nieuwenhuijsen MJ and Khreis H, (eds.). *Advances in Transportation and Health*. Elsevier, 2020, p. 251-66.

Scientific reports:

1. Erdvik I and **Bjørnarå HB**. BUA-nettverkets omdømmeundersøkelse: Resultater fra 2022, NORCE Norwegian Research Center (2022). ISBN:978-82-8408-229-5

Conference presentations:

1. *Oral/symposium*: **Bjørnarå HB**, Berntsen S, te Velde SJ, Fegran L, Fyhri A, Deforche B, Andersen LB, Bere E. E-bikes for family transportation: Project From Cars to Bikes. International Society of Behavioral Nutrition and Physical Activity 2019, Prague, June 2019.
2. *Poster*: **Bjørnarå HB**, Berntsen S, te Velde SJ, Fegran L, Fyhri A, Deforche B, Andersen LB, Bere E. From cars to bikes – the feasibility and effect of using e-bikes, longtail bikes and traditional bikes for transportation among parents of children attending kindergarten.

International Society of physical Activity and Health 2018, London, October 2018.

3. *Poster: Bjørnarå HB*, Torstveit MK, Stea TH, Øverby NC, Bere E. The Healthy and Sustainable Dietary and Physical Activity habits (HSDPA) score and socio-demographic correlates. Nordic Nutrition Conference 2016, Gothenburg, June 2016.
4. *Poster: Djupegot I*, Nenseth CB, **Bjørnarå HB**, Stea TH, Bere E. Time scarcity and use of ultra-processed food products among Norwegian parents: a cross-sectional study. Nordic Nutrition Conference 2016, Gothenburg, June 2016.
5. *Poster: Bjørnarå HB*, Hillesund ER, Torstveit MK, Stea TH, Øverby NC, Bere E. Test-retest reliability of the New Nordic Diet (NND) score. International Society of Behavioral Nutrition and Physical Activity 2015, Edinburgh, June 2015.
6. *Poster: Bjørnarå HB*, Vik FN, Brug J, Manios Y, de Bourdeaudhuij I, Jan N, Maes L, Moreno LA, Dössegger A, Bere E. The association between breakfast skipping and television viewing at breakfast with weight status among parents of 10-12 year olds in eight European countries; the ENERGY cross-sectional study. Nordic Nutrition Conference, Reykjavik, June 2012

Applications for external funding:

1. *The effectiveness of providing free school meal programs to adolescents*. The Research Council of Norway, call; Collaborative Project to Meet Societal and Industry-related Challenges. February 2021. Project owner: Norwegian Institute of Public Health. Rejected.
2. *E-biking for active and healthy ageing – increasing physical activity in older adults*. The Research Council of Norway, call; Collaborative Project to Meet Societal and Industry-related Challenges. February 2021. Project owner: Norwegian Institute of Public Health. Rejected.
3. *From cars to bikes – the feasibility and effect of using e-bikes, traditional bikes and longtail bikes for transportation among parents of children attending kindergarten*. StiftelsenDam, through Norwegian Health Association. 2016. Granted.
4. *Sugar-sweetened beverages and non-calorie alternatives – time trends, determinants and socio-demographic disparities*. StiftelsenDam, through Norwegian Diabetes Association, 2012. Rejected.
5. *Førde Active Transport (FACT) Study*. The Research Council of Norway, call; Collaborative Project to Meet Societal and Industry-related Challenges. 2016. Project owner: Western Norway University of Applied Sciences. Rejected.

Other contributions (e.g., chronicles, popular texts):

1. **Bjørnarå HB**, Bere E. Samfunnet sparer 26 kroner per km når vi sykler. fvn.no, 2017: <https://www.fvn.no/mening/i/7WaKB/Samfunnet-sparer-26-kroner-per-km-nar-vi-sykler>
2. **Bjørnarå HB**, Berntsen S, Bere E. Gi lastesykkelen en sjanse. forskning.no, 2016: <http://forskning.no/meninger/kronikk/2016/12/gi-lastesykkelen-en-sjanse>
3. **Bjørnarå HB**, Torstveit MK, Stea TH, Bere E. Fysisk aktivitet er ikke nødvendigvis bærekraftig. forskning.no, 2016: <http://forskning.no/meninger/kronikk/2016/05/fysisk-aktivitet-er-ikke-nodvendigvis-baerekraftig>
4. **Bjørnarå HB**, Helland SH. Livsstil, tidsnød og sånt. Fædrelandsvennen (papirutgaven) og fvn.no, 2014: http://www.fvn.no/mening/debatt/Livsstil_-tidsnod-og-sant-2695751.html#.VEgZx92loKA.facebook
5. Helland SH, **Bjørnarå HB**. Please, si det er pølse idag. Agderposten (papirutgaven) og agderposten.no, 2014: <http://www.agderposten.no/meninger/please-si-det-er-polse-i-dag-1.1341867>