

Erik Hemmingsson is an associate professor in obesity research at the Swedish School of Sports and Health Sciences, with PhDs from the University of Bristol, UK, and Karolinska Institutet, Sweden. The majority of my work during the last five years has centred on obesity aetiology, mainly during early childhood, since this is arguably the most critical period in obesity development. Key areas have included the potent role of socioeconomic position, family dynamics, stress, adversity and the formation of unhealthy eating habits, and the subsequent development of obesity. Links between stress and psychological aspects with body weight regulation theories have also been explored. The majority of these studies have used meta-analytic or epidemiological designs, mainly to inform prevention efforts but also some aspects of treatment (for example, added therapeutic support). I have also been involved in launching nation-wide initiatives to prevent obesity, particularly in vulnerable families, mainly through alterations in environmental factors, such as diet and added social security policies.