

Ylva Trolle Lagerros

Professor Ylva Trolle Lagerros is a distinguished Swedish epidemiologist specializing in clinical epidemiology at Karolinska Institutet.

Her research examines how lifestyle influences future disease risk and how health can be improved through clinical intervention studies. She has conducted extensive work on obesity, diabetes, physical activity, and diet, exploring their links to health and disease. Her expertise also includes developing and validating methods to measure physical activity and dietary habits in large populations.

Trolle Lagerros has contributed to several digital health initiatives, including evaluating mobile apps that support lifestyle changes in patients with type 2 diabetes and pre-diabetes. She has supervised numerous PhD students and continues to contribute significantly to research and teaching at Karolinska Institutet, as well as to clinical practice, with a particular focus on people living with obesity.