



The Impact of the Physical Environment on Lifestyle and Psychophysiology

Symposium held by The Swedish Behavioral Medicine Society in collaboration with the Danish, Norwegian and Finnish Behavioral Medicine Societies, and under the aegis of the Swedish Social Medicine Society. Sponsored by the International Society for Behavioral Medicine (ISBM, www.isbm.info)

Thursday, March 29, 2012, 9.00-16.00, Swedish Society of Medicine (www.sls.se), Klara Östra krykogata 10

9.00-9.10 Registration

9.10.-9.20 **Welcome**

**Anne H Berman, PhD, Associate professor, Clinical Psychology, Karolinska Institutet
President, Swedish Behavioral Medicine Society**

**Per-Olof Östergren, MD, PhD, Professor, Social Medicine, Lund University
Swedish Society for Social Medicine, Swedish Behavioral Medicine Society**

9.20-9.50 **Jonas E. Andersson, PhD, School of Architecture, Royal School of Technology (KTH)
The physical environment and the frail elderly – planning for an empathic architecture**

9.50-10.20 **Torbjörn Åkerstedt, MD, PhD, Professor, Stress Research, Stress Research Institute,
Stockholm University
The importance of light for human health**

10.20-10.40 Refreshments

10.40-11.05 **Tomi Mäkinen, PhD, National Institute of Health and Welfare, Helsinki, Finland
The physical living environment and physical activity in Finland:
Preliminary results from a regional survey from 2010**

11.05-11.30 **Mats Lekander, PhD, Mats Lekander, Professor, Health Psychology, Stress Research Institute
Stockholm University and Osher Center for Integrative Medicine, Karolinska Institutet
Micro-organisms and allergens in the environment - do they influence behaviour?**

11.30-11.55 **Maria Emelin, PhD, Professor, Global Health, Dept of Social Medicine and Global Health,
Lund University
The built environment and social capital**

12.00-13.00 Lunch

13.00-13.25 **Mathilda Anestedt, PhD, Swedish University of Agricultural Sciences
Access to green areas as a pre-condition for health**

13.25-13.50 **Camilla Ihlebaek, PhD, Professor, Public Health, Norwegian University of Life Sciences (UMB)
Green Care - using the farm environment for rehabilitation**

13.50-14.15 Refreshments and informal speed-dating

14.15-14.40 **Jasper Schipperijn, PhD, Institute of Sports Science and Clinical Biomechanics,
The University of Southern Denmark
Including physical environment in behavioral analyses – possibilities, challenges and
examples**

14.40-15.00 **Concluding discussion with panelists (moderator P-O Östergren)**

15.00-16.00 **Årsmöte SBF (öppet för alla, rösträtt SBF medlemmar)**