



Curriculum Vitae

Personal information **Marcel Ballin**

Work experience

1. Employer: Swedish Medical Products Agency
 - Start date: 02, 2025
 - End date: -
 - Position: Analyst and epidemiologist
 - Activities: Project leader and contributor to pharmacoepidemiological research on safety and effectiveness of medications.
 - Country: Sweden
2. Employer: Centre for Epidemiology and Community Medicine, Region Stockholm
 - Start date: 09, 2023
 - End date: 01, 2025
 - Position: Analyst
 - Activities: Contributing to design and conduct of a pragmatic randomised trial. Contributing with methodological expertise.
 - Country: Sweden
3. Employer: Life Medicine Unit, Region Västerbotten
 - Start date: 09, 2019
 - End date: 06, 2021
 - Position: Project staff
 - Activities: Design and conduct of an EU-funded public health project.
 - Country: Sweden

Education and training

1. Subject: Department of Community Medicine and Rehabilitation, Umeå University
 - Start date: 09, 2019
 - End date: 06, 2023
 - Qualification: PhD in medical sciences, geriatric medicine
 - Country: Sweden
2. Subject: Department of Community Medicine and Rehabilitation, Umeå University
 - Start date: 09, 2018
 - End date: 06, 2019
 - Qualification: MSc in medical sciences, sports medicine
 - Country: Sweden
3. Subject: Department of Community Medicine and Rehabilitation, Umeå University
 - Start date: 09, 2015
 - End date: 06, 2018
 - Qualification: BSc in medical sciences, sports medicine
 - Country: Sweden

Additional information

Publications

1. Edholm P, Wennberg P, **Ballin M**, [co-authors], Herraiz-Adillo A. Active commuting and atherosclerosis in a population-based sample of middle-aged adults: the Swedish CardioPulmonary bioImage Study (SCAPIS). **Br J Sports Med.** 2026; <https://pubmed.ncbi.nlm.nih.gov/41633804/>
2. Nordström P, **Ballin M**, Ahlqvist VH, Nordström A. Fracture risk prediction, treatment thresholds, and the role of bone mineral density: a comparative analysis of FRAX and SHAFRE. **J Bone Miner Metab.** 2026; <https://pubmed.ncbi.nlm.nih.gov/41484180/>
3. Rast EJ, [co-authors], **Ballin M**, [co-authors], Lee BK. Association of neurodevelopmental conditions with Alzheimer's disease and related dementia and Parkinson's disease. **J Gerontol A Biol Sci Med Sci.** 2025; <https://pubmed.ncbi.nlm.nih.gov/41429566/>
4. Herraiz-Adillo A, Eriksson H, Ahlqvist VH, **Ballin M**, [co-authors], Henriksson P. Adolescent Blood Pressure and Middle-Age Atherosclerosis. **JAMA Cardiol.** 2025; <https://pubmed.ncbi.nlm.nih.gov/41259058/>
5. **Ballin M**, Nordström A, Ahlqvist VH. Authors' reply. **Eur J Prev Cardiol.** 2025; zwaf535. <https://pubmed.ncbi.nlm.nih.gov/40852856/>
6. **Ballin M**, Ahlqvist VH, Berglind D, Brunström M, Herraiz-Adillo A, Henriksson P, Neovius M, Nordström A, Ortega FB, Nordström P. Cardiorespiratory fitness in adolescence and risk of type 2 diabetes in late

adulthood in one million Swedish men: nationwide sibling controlled cohort study. **BMJ Med.** 2025; 4(1), e001313. <https://pubmed.ncbi.nlm.nih.gov/40791770/>

7. **Ballin M**, Ekblom Ö, Nordström A, Ahlqvist VH, Nordström P. Overstated association between adolescent physical fitness and adulthood depression risk due to familial factors. **J Intern Med.** 2025; 298(3):200-213. <https://pubmed.ncbi.nlm.nih.gov/40635170/>
8. **Ballin M**, Berglind D, Henriksson P, Neovius M, Nordström A, Ortega FB, Sillanpää E, Nordström P, Ahlqvist VH. Adolescent cardiorespiratory fitness and risk of cancer in late adulthood: a nationwide sibling-controlled cohort study in Sweden. **PLoS Med.** 2025; 22(5): e1004597. <https://pubmed.ncbi.nlm.nih.gov/40338834/>
9. **Ballin M**, Nordström A, Nordström P, Ahlqvist VH. Cardiorespiratory fitness and premature mortality: widespread bias identified using negative control outcomes and sibling comparisons. **Eur J Prev Cardiol.** 2025. <https://pubmed.ncbi.nlm.nih.gov/40368403/>
10. Matton A, [co-authors], **Ballin M**, [co-authors], Kivipelto M. Mechanisms of interventions targeting modifiable factors for dementia risk reduction. **Mol Neurodegener.** 2025; 20, 75.
11. Ahlqvist VH and **Ballin M**. Polygenic risk analysis in physical activity and health: why are the same results interpreted differently? **Br J Sports Med.** 2025; 59(3):139-140. <https://pubmed.ncbi.nlm.nih.gov/39472032/>
12. Nordström P, **Ballin M**, Nordström A. Associations between Balance Measures and Risk of Fractures in 70-Year-Old Individuals. **J Clin Endocrinol Metab.** 2024; <https://pubmed.ncbi.nlm.nih.gov/39471351/>
13. **Ballin M**, [co-authors], Augustsson H. Health dialogue intervention versus opportunistic screening in primary care for type 2 diabetes and cardiovascular disease prevention in settings with low socioeconomic status (DETECT): study protocol for a pragmatic, cluster-randomized trial. **Trials.** 2024; 25, 672. <https://pubmed.ncbi.nlm.nih.gov/39394167/>
14. Nordström P, Ahlqvist VH, **Ballin M**, Nordström A. A novel clinical prediction model for hip fractures: a development and validation study in the total population of Sweden. **EClinicalMedicine.** 2024; 77:102877. <https://pubmed.ncbi.nlm.nih.gov/39430614/>
15. Kepp KP, Aavitsland P, **Ballin M**, [co-authors], Ioannidis JP. Panel stacking is a threat to consensus statement validity. **J Clin Epidemiol.** 2024; Jun 17:111428. <https://pubmed.ncbi.nlm.nih.gov/38897481/>
16. **Ballin M**, Neovius M, Ortega FB, Henriksson P, Nordström A, Berglind D, Nordström P, Ahlqvist VH. Genetic and Environmental Factors and Cardiovascular Disease Risk in Adolescents. **JAMA Netw Open.** 2023; 6(11):e2343947. <https://pubmed.ncbi.nlm.nih.gov/37976057/>
17. Nordström P, **Ballin M**, Nordström A. Safety and effectiveness of monovalent COVID-19 mRNA vaccination and risk factors for hospitalisation caused by the omicron variant in 0.8 million adolescents: A nationwide cohort study in Sweden. **PLoS Med.** 2023; 20(2):e1004127. <https://pubmed.ncbi.nlm.nih.gov/36802397/>
18. Paluch AE, Bajpai S, **Ballin M**, [co-authors], Fulton JE. Prospective Association of Daily Steps and Cardiovascular Disease: A Harmonized Meta-Analysis. **Circ.** 2023; 147(2):122-31. <https://pubmed.ncbi.nlm.nih.gov/36537288/>
19. **Ballin M***, Ioannidis JP, Bergman J, Kivipelto M, Nordström A, Nordström P. Time-varying risk of death after SARS-CoV-2-infection in Swedish long-term care facility residents: a matched cohort study. **BMJ Open.** 2022; 12(11):e066258. <https://pubmed.ncbi.nlm.nih.gov/36424110/>
20. Nordström P, **Ballin M***, Nordström A. Effectiveness of a fourth dose of mRNA COVID-19 vaccine against all-cause mortality in long-term care facility residents and in the oldest old: a nationwide, retrospective cohort study in Sweden. **Lancet Reg Health Eur.** 2022; 21:100466. <https://pubmed.ncbi.nlm.nih.gov/35855494/>
21. Nordström P, **Ballin M**, Nordström A. Risk of SARS-CoV-2 reinfection and COVID-19 hospitalisation in individuals with natural and hybrid immunity: a retrospective, total population cohort study in Sweden. **Lancet Infect Dis.** 2022; 22(6):781-790. <https://pubmed.ncbi.nlm.nih.gov/35366962/>
22. Paluch AE, [co-authors], **Ballin M**, [co-authors], Fulton JE. Daily steps and all-cause mortality: a meta-analysis of 15 international cohorts. **Lancet Public Health.** 2022; 7(3):e219-228. <https://pubmed.ncbi.nlm.nih.gov/35247352/>
23. Nordström P, **Ballin M**, Nordström A. Risk of infection, hospitalisation, and death up to 9 months after a second dose of COVID-19 vaccine: a retrospective, total population cohort study in Sweden. **Lancet.** 2022; 399(10327):814-823. <https://pubmed.ncbi.nlm.nih.gov/35131043/>

24. Nordström P, Bergman J, **Ballin M**, Nordström A. Trends in Hip Fracture Incidence, Length of Hospital Stay, and 30-Day Mortality in Sweden from 1998-2017: A Nationwide Cohort Study. **Calcif Tissue Int**. 2022; 111(1):21-28. <https://pubmed.ncbi.nlm.nih.gov/35166892/>
25. **Ballin M**, Antonsson A, Rosenqvist V, Nordström P, Nordström A. Association of dog ownership with accelerometer-measured physical activity and daily steps in 70-year-old individuals: a population-based cross-sectional study. **BMC Public Health**. 2021; 21:2313. <https://pubmed.ncbi.nlm.nih.gov/34933682/>
26. Nordström P, **Ballin M**, Nordström A. Effectiveness of heterologous ChAdOx1 nCoV-19 and mRNA prime-boost vaccination against symptomatic Covid-19 infection in Sweden: A nationwide cohort study. **Lancet Reg Health Eur**. 2021; 11:100249. <https://pubmed.ncbi.nlm.nih.gov/34693387/>
27. Nordström P, **Ballin M**, Nordström A. Association Between Risk of COVID-19 Infection in Nonimmune Individuals and COVID-19 Immunity in Their Family Members. **JAMA Intern Med**. 2021; 181(12):1589-1595. <https://pubmed.ncbi.nlm.nih.gov/34633407/>
28. **Ballin M** and Nordström P. Does exercise prevent major non-communicable disease and premature mortality? A critical review based on results from randomized controlled trials. **J Intern Med**. 2021; 290(6):1112-1129. <https://pubmed.ncbi.nlm.nih.gov/34242442/>
29. **Ballin M**, Bergman J, Kivipelto M, Nordström A, Nordström P. Excess Mortality After COVID-19 in Swedish Long-Term Care Facilities. **J Am Med Dir Assoc**. 2021; 22(8):1574-1580. <https://pubmed.ncbi.nlm.nih.gov/34174196/>
30. **Ballin M**, Nordström P, Niklasson J, Nordström A. Associations of Visceral Adipose Tissue and Skeletal Muscle Density with Incident Stroke, Myocardial Infarction, and All-Cause Mortality in Community-Dwelling 70-Year-Old Individuals: A Prospective Cohort Study. **J Am Heart Assoc**. 2021; 10(9):e020065. <https://pubmed.ncbi.nlm.nih.gov/33870709/>
31. Bergman J, **Ballin M**, Nordström A, Nordström P. Risk factors for COVID-19 diagnosis, hospitalization and subsequent all-cause mortality in Sweden: a nationwide study. **Eur J Epidemiol**. 2021; 36(3):287-298. <https://pubmed.ncbi.nlm.nih.gov/33704634/>
32. **Ballin M**, Nordström P, Nordström A. Associations of Light, Moderate-to-Vigorous and Total Physical Activity with the Prevalence of Metabolic Syndrome in 4,652 Community-Dwelling 70-Year-Olds: A Population-Based Cross-Sectional Study. **J Aging Phys Act**. 2021; 29(5):735-743. <https://pubmed.ncbi.nlm.nih.gov/33412513/>
33. **Ballin M**, Nordström P, Niklasson J, Nordström A. Associations of Objectively Measured Physical Activity and Sedentary Time with the Risk of Stroke, Myocardial Infarction or All-Cause Mortality in 70-Year-Old Men and Women: A Prospective Cohort Study. **Sports Med**. 2021; 51(2):339-349. <https://pubmed.ncbi.nlm.nih.gov/33063268/>
34. **Ballin M**, Nordström P, Niklasson J, Alamäki A, Condell J, Tedesco S, Nordström A. Daily step count and incident diabetes in community-dwelling 70-year-olds: a prospective cohort study. **BMC Public Health**. 2020; 20:1830. <https://pubmed.ncbi.nlm.nih.gov/33256704/>
35. **Ballin M**, Hult A, Björk S, Lundberg E, Nordström P, Nordström A. Web-based exercise versus supervised exercise for decreasing visceral adipose tissue in older adults with central obesity: a randomized controlled trial. **BMC Geriatr**. 2020; 20:173. <https://pubmed.ncbi.nlm.nih.gov/32398024/>
36. **Ballin M**, Hult A, Björk S, Dinsmore J, Nordström P, Nordström A. Digital exercise interventions for improving measures of central obesity: a systematic review. **Int J Public Health**. 2020; 65(5):593-607. <https://pubmed.ncbi.nlm.nih.gov/32410008/>
37. Nordström P, Bergman J, **Ballin M**, Björk S, Nordström A. Bone - Specific Drugs and Osteonecrosis of Sites Other Than the Jaw: A Nationwide Cohort Study. **J Bone Miner Res**. 2020; 35(9):1703-1710. <https://pubmed.ncbi.nlm.nih.gov/32379370/>
38. **Ballin M**, Nordström A, Nordström P. Cardiovascular Disease and All-Cause Mortality in Male Twins with Discordant Cardiorespiratory Fitness: A Nationwide Cohort Study. **Am J Epidemiol**. 2020; 189(10):1114-1123. <https://pubmed.ncbi.nlm.nih.gov/32286630/>
39. **Ballin M**, Lundberg E, Sörlén N, Nordström P, Hult A, Nordström A. Effects of interval training on quality of life and cardiometabolic risk markers in older adults: a randomized controlled trial. **Clin Interv Aging**. 2019; 14:1589-1599. <https://pubmed.ncbi.nlm.nih.gov/31564841/>
40. **Ballin M**, Lundberg E, Sörlén N, Nordström P, Hult A, Nordström A. Effects of Interval Training on Visceral

Adipose Tissue in Centrally Obese 70-Year-Old Individuals: A Randomized Controlled Trial. **J Am Geriatr Soc.** 2019; 67(8):1625-1631. <https://pubmed.ncbi.nlm.nih.gov/31012497/>

Projects

Memberships

Other Relevant Information