ANNA KATARINA MELIN
DEPARTMENT OF SPORT SCIENCE, LINNAEUS UNIVERSITY, VÄXJÖ/KALMAR, SWEDEN

Academic Position
Professor

Current Research and Affiliations

Head of the multidisciplinary research group Sustainable Sport and Performance.

Principal investigator

Relative Energy Deficiency in Swedish elite sport – the REDs Sweden project, funded by the Swedish Research Council of Sport and the Swedish Olympic Committee.

Girls are not small boys. An educational intervention study in adolescent girls, their coaches and parents, funded by the Kamprad Family Research Foundation.

REDs 15-year follow up. A follow up of a sample of female endurance athletes with REDs, funded by the Swedish Research Council of Sport.

Member of the medical advisory board of the Oslo Health Centre of Sport, Norway.

Member of the International Olympic Committee (IOC) REDs Expert Group.

Research Fellow of the Swedish Olympic Committee.

Founder and head of the ECSS Special Interest Group of REDs.

Teaching

I mainly teach within sport nutrition related topics at BSc, MSc and PhD both at the Linnaeus University and other universities such as the Swedish School of Sport and Health Sciences and Mid Sweden University. I frequently lecture in societal settings such as courses targeting elite coaches and health and performance team.

Student mentoring

PhD students 5

MSc students 21

Publications

52 peer-reviewed articles. According to Google scholar, the h-index November 2025 is 25, and the work has been cited ~6000 times.

More than 50 conference contributions of which 30 as invited speaker.

Contribution to Position Stand and Consensus Statements

The International Olympic Committee expert group on REDs 2018 and 2023.

The International Association of Athletics Federations 2019: Nutrition for Athletics.

The Federation Internationale of Natation Associations 2014: Nutrition for Aquatic Athletes.

Assignments for Scientific Journals

Member of the Editorial Board of BMJ Open Sport & Exercise Medicine 2023- .

Member of the Editorial Board of Nutrients section 'Sports Nutrition' 2021-2024.

Member of the Editorial Board of Frontiers in Sports and Active Living 2021- .