



Rasmus Stenlid

Postdoctoral Scholar, Epidemiology

Bio

BIO

Rasmus Stenlid, MD, RD, PhD, is a Postdoctoral Researcher in the Department of Epidemiology and Population Health at Stanford School of Medicine. A physician by training, Dr. Stenlid's research focuses on preventing and treating diabetes, obesity, and heart disease. His research includes randomized clinical trials, with an emphasis on GLP-1 therapies and nutritional interventions. In addition, Dr. Stenlid investigates biomarkers of future cardiovascular events, as well as the pathophysiological links between obesity, diabetes, and cardiovascular disease.

PROFESSIONAL EDUCATION

- Doctor of Philosophy, Uppsala Universitet (2025)
- Doctor of Medicine, Karolinska Institutet (2021)
- PhD, Uppsala University (2025)
- MD, Karolinska Institutet (2021)
- RD, Uppsala University (2015)

STANFORD ADVISORS

- Lisa Rosas, Postdoctoral Faculty Sponsor

Publications

PUBLICATIONS

- **The GLP-1 Agonist Exenatide Is Associated with Improved Adherence to Health Behavior and Lifestyle Treatment in Adolescents with Obesity: A Randomized Controlled Trial.** *Obesity facts*
Stenlid, R., Cerenius, S. Y., Torbahn, G., Aydin, B. K., Ciba, I., Vilén, H., Mörwald, K., Geiersberger, S., Roomp, K., Cadamuro, J., Gomahr, J., Lischka, J., Weghuber, et al
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- **Combining GLP-1 Receptor Agonists and Health-Behaviour and Lifestyle Therapy Yields Higher Adherence and Reduces Session Needs for Successful Weight Management in Adolescence: An Observational Real-World Single-Center Study.** *Pediatric obesity*
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- **Evaluation of BMI Growth Charts for Children Living with Severe Obesity.** *Childhood obesity (Print)*
Engsner, M., Ciba, I., Aydin, B., Stenlid, R., Söderhäll, J., Bergsten, P., Forslund, A.
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- **Asthma diagnosis is not associated with reduced beta-cell function in children and adolescents with obesity.** *Pediatric allergy and immunology : official publication of the European Society of Pediatric Allergy and Immunology*

- Manell, H., Stenlid, R., Alving, K.
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- **Cardiometabolic risk stratification in pediatric obesity: evaluating the clinical utility of fasting insulin and BMI-SDS.** *Cardiovascular diabetology*
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 - **Obesity-related subclinical hypothyroidism in childhood: Elevated triglycerides but not basal metabolic rate.** *Pediatric research*
Tersander, B., Olsson, R., Aydin, B. K., Stenlid, R., Ciba, I., Manell, H.
2025; 98 (1): 182-187
 - **Hormonal Crossroads in Inborn Errors of the Metabolism Impact of Puberty and Dietary Interventions on Metabolic Health.** *Metabolites*
Lundqvist, T., Stenlid, R., Halldin, M.
2025; 15 (4)
 - **Metformin restores prohormone processing enzymes and normalizes aberrations in secretion of proinsulin and insulin in palmitate-exposed human islets.** *Diabetes, obesity & metabolism*
Wen, Q., Chowdhury, A. I., Aydin, B., Shekha, M., Stenlid, R., Forslund, A., Bergsten, P.
2023; 25 (12): 3757-3765
 - **Adolescents with obesity treated with exenatide maintain endogenous GLP-1, reduce DPP-4, and improve glycemic control.** *Frontiers in endocrinology*
Stenlid, R., Cerenius, S. Y., Wen, Q., Aydin, B. K., Manell, H., Chowdhury, A., Kristinsson, H., Ciba, I., Gjessing, E. S., Mörwald, K., Gomahr, J., Heu, V., Weghuber, et al
2023; 14: 1293093
 - **Screening for Inflammatory Markers Identifies IL-18R α as a Potential Link between Exenatide and Its Anti-Inflammatory Effect: New Results from the Combat-JUDO Randomized Controlled Trial.** *Annals of nutrition & metabolism*
Stenlid, R., Cerenius, S. Y., Manell, H., Küçükemre Aydin, B., Mörwald, K., Gomahr, J., Höghammar Mitkas, M., Eriksson, I., Ciba, I., Geiersberger, S., Thivel, D., Weghuber, D., Bergsten, et al
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 - **Metformin Can Attenuate Beta-Cell Hypersecretion-Implications for Treatment of Children with Obesity.** *Metabolites*
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 - **Low Fasting Concentrations of Glucagon in Patients with Very Long-Chain Acyl-CoA Dehydrogenase Deficiency.** *Metabolites*
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 - **Adherence to Treatment Recommendations in Chronic Disease: What Is (Im)Possible? Expert Conclusions from the 30th ECOG Workshop 2021.** *Annals of nutrition & metabolism*
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 - **High levels of FSH before puberty are associated with increased risk of metabolic syndrome during pubertal transition.** *Pediatric obesity*
Aydin, B. K., Stenlid, R., Ciba, I., Cerenius, S. Y., Dahlbom, M., Bergsten, P., Nergårdh, R., Forslund, A.
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 - **Altered mitochondrial metabolism in peripheral blood cells from patients with inborn errors of β -oxidation.** *Clinical and translational science*
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 - **High DPP-4 Concentrations in Adolescents Are Associated With Low Intact GLP-1.** *The Journal of clinical endocrinology and metabolism*
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 - **Altered Plasma Levels of Glucagon, GLP-1 and Glicentin During OGTT in Adolescents With Obesity and Type 2 Diabetes.** *The Journal of clinical endocrinology and metabolism*

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