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Dr Misina's current interests include diabetes prevention, obesity prevention, health promotion and screening in general practice. She is involved in the METABOLAT project in Latvia that is developing primary prevention programme including various research projects on type 2 diabetes nationwide.

She has done her Master of Public Health in London School of Hygiene and Public Health in 2004 and her Master thesis was on the secondary prevention of obesity and overweight. Her research topics have been obesity prevention and teenage pregnancy. In addition, Dr Misina has been intensively involved in teaching in broad spectrum of public health areas, for example in smoking cessation. Majority of a problem-based teaching has taken place in the University of Hong Kong both for undergraduate and postgraduate students.