As an epidemiologist, Astrid studies health and disease in whole populations. In many ways, it’s like being a physician but rather than focusing on one person at a time, she looks at large groups of people all at once. Astrid’s specialty centers around long-lasting diseases that affect the heart, kidneys, and brain, all diseases related to blood. Most recently, she’s focused on learning more about how the health of our brains changes in the long term.

FUN FACT: Astrid’s work focuses a lot on supporting and learning about minority communities and how the disparities in economic and educational opportunities may affect their health.