

1. Personal details

- Lagström (nee Pynnönen), Hanna Kaarina
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2. Education and degrees completed

- University Pedagogic in Medical Sciences, 10 credits, University of Turku, June 2017
- Academic leadership –development program, University of Turku, March 20, 2007- May 15, 2008
- Adjunct professor in Clinical Nutrition, University of Turku, Department of medicine, March 2007 onward
- Doctor of Philosophy (PhD), University of Turku, Department of Medicine, March 1999
- Public Health Studies, 15 credits, University of Turku, April 2000
- Educational Science, 16 credits, University of Turku, May 1998
- Master of Science in Food Science (MSc), University of Helsinki, main subject nutrition, May 1993
- Matriculation examination, Kangasala upper secondary school, December 1980

3. Current position

- Senior Researcher (erityisasiantuntija) University of Turku, Department of Clinical Medicine, Public Health, January 1, 2017-

4. Previous work experience

- Senior Researcher (erityisasiantuntija) University of Turku, Department of Clinical Medicine, January 1, 2016-December 31, 2016
- Research Director (tutkimusjohtaja) University of Turku, Turku Institute of Child and Youth Research, January 1, 2007- December 31, 2015
- Research doctor (tutkijatohtori), University of Turku, Finnish Academy, September 1, 2004-December 31, 2006
- Post doc Nutrition Researcher (post doc tutkija), University of Turku, Research Centre of Applied and Preventive Cardiovascular Medicine and Turku University Hospital, Department of Pediatrics, March 10, 2003-August 31, 2004
- Project Manager (projektipäällikkö), University of Turku, CRST (Clinical Research Services Turku), April 1, 2002- March 9, 2003
- Senior lecturer (yliassistentti), University of Turku, Degree Programme on Health Biosciences Department of Biochemistry and Food Chemistry, August 1, 2000 –March 31, 2002
- Senior Nutrition Researcher (ravitsemustutkija), University of Turku, Department of Biochemistry and Food Chemistry, August 16, 1999 –July 31, 2000
- Researcher (tutkija), University of Turku, Institute of Clinical Medicine, STRIP –project, March 1, 1999- April 30, 1999
- PhD Student as Nutrition Researcher (väitöskirjatutkija), University of Turku, Research Centre of Applied and Preventive, STRIP –project, March 14, 1999-February 28, 1999
- Research assistant (tutkimusapulainen), University of Helsinki and Cederroth Ltd April 1, 1992- June 30, 1992
- Research assistant (tutkimusapulainen), Government Nutrition and Catering Service, April 18, 1991– March 20.1992)
- Research Assistant (tutkimusapulainen), Government Nutrition and Catering Service, May 7, 1990 – August 31, 1990)

5. Leadership and supervision experience

- Supervised doctoral dissertations
 - MSc Tanja Matarma, University of Turku, Faculty of Medicine, 2013-estimated 2019 (secondary supervisor)
 - MSc (Food chemistry), Tuuli Puolimatka University of Turku, Faculty of Mathematics and Natural Sciences, 2010- (secondary supervisor)
 - PhD (biochemistry), Shikha Pundir, University of Auckland, Liggins Institute, New Zealand August 2017 (co-supervisor)
 - PhD Jenni Vaarno University of Turku, Faculty of Medicine Turku, Finland, June 2016 (main supervisor).

- PhD Johanna Mäkelä (nee Leppälä), University of Turku, Faculty of Medicine Turku, Finland, September 2015, (main supervisor).
- PhD Sanna Talvia, University of Turku, Faculty of Medicine Turku, Finland, February 2011 (main supervisor)
- PhD Soile Ruottinen, University of Turku, Faculty of Medicine Turku, Finland, March 2013 (secondary supervisor).
- MD, PhD Maarit Hakanen, University of Turku, Faculty of Medicine Turku, Finland, October 2009 (main supervisor)
- PhD Katja Pakkala, University of Turku, Faculty of Medicine Turku, Finland, November 2009 (secondary supervisor)
- Supervised master thesis
 - Josefin Reuter, University of Jyväskylä, Faculty of Sport and Health Sciences, 2018-
 - Maija Kurki, University of Jyväskylä, Faculty of Sport and Health Sciences, 2018-
 - Aino Niemi, University of Eastern Finland, Faculty of Health Sciences, Institute of Public Health and Clinical Nutrition, 2018-
 - Sanna Luoto, University of Helsinki, Department of Food and Environmental Sciences, Nutrition, 2016
 - Sanna Roito,, University of Helsinki, Department of Food and Environmental Sciences, Nutrition, 2013
 - Johanna Leppälä, University of Turku, Faculty of Medicine, Health Biosciences, 2008
 - Leena Simola University of Helsinki, Department of Food and Environmental Sciences, Nutrition, 2006
 - Marika Lyly, University of Helsinki, Department of Food and Environmental Sciences, Nutrition, 2000
- Leader of research group
 - ProMeal, the Nordic School Food Research, leader of Finland sub-study (data collection years 2013-2014, collaboration continues)
 - Southwest Finland Birth Cohort 2008-2010 (N=14946 children will be followed by registers). One of the four PIs.
 - One of founding members of the Finnish STEP follow-up study (in Finnish: *Hyvän kasvun aaimet*) and PI the STEPS Study (since year 2007)

6. Teaching experience

- Trial lecture
 - Docent, clinical nutrition (2006), University of Turku, mark as *good skills*.
 - Senior lecturer (2000), University of Turku, mark as *good skills*.
- Teaching assignments
 - University of Turku, Open University and Faculty of Medicine, geriatric nutrition (2018)
 - University of Turku, Faculty of Education, specialization training for teachers of school nutrition (2017-2018)
 - University of Turku, Faculty of Medicine, group work supervisor for medical students at the health promotion course (2017, 2018)
 - Several training sessions for various professional groups (for example The Finnish Medical Convention (Lääkäripäivät) 2004, 2007 and 2009, National Nutrition Meeting (Valtakunnalliset ravitsemuspäivät) 2004, 2006 and 2012, Finnish Dental Congress (Hammaslääkäripäivät) 2013, for daycare, maternity and child welfare clinics personnel)
 - University of Turku, Open University and Faculty of Medicine, The teacher in charge of nutrition education (2004-2006)
 - Turku University of Applied Sciences, Faculty of Health Care and Turku Vocational Institute: Teaching Nutrition as part-time lecturer (1997-1998 and 2002)
- Mentoring
 - Acting as a mentor to MSc Student (University of Turku), year 2014

7. Experience of organizing scientific meetings

- Chair of the VII International Conference on Childhood Studies, 6 - 8 June 2016 Turku, Finland (260 participants)

- Chair of the National Conference on Childhood Studies, 2 - 3 June 2008 Turku, Finland (210 participants)

8. Other key scientific or academic merits

- Dissertations (PhD) opponent:
 - University of Eastern Finland, Faculty of Health Sciences (January 2016) MHS Tanja Tilles-Tirkkonen "Balanced eating patterns and their promotion in school-aged children and adolescents"
- Adjunct professorship statement:
 - University of Helsinki (May 2019): PhD Carola Ray (nutrition)
 - University of Tampere (year2014): MD, PhD Susanna Lehtinen-Jacks (epidemiology)
- PhD thesis pre-examiner
 - University of Helsinki, Department of Food and Nutrition (year 2018); Master of Food Sciences Henna Vepsäläinen "Food environment and whole-diet in children – studies on parental role modelling and food availability"
 - University of Helsinki, Faculty of Medicine (year 2018); Master of Food Sciences Niina Kaartinen "Carbohydrates in the diet of Finnish adults – focus on intake assessment, and association with remaining diet and obesity"
 - University of Helsinki, Faculty of Medicine (year 2016): Master of Social Sciences Elviira Lehto "The associations between schoolchildren's fruit and vegetable intake and psychosocial factors – shaped by gender, socioeconomic background and an intervention".
 - University of Eastern Finland (year2012): MD Eeva Korpi-Hyövähti "Elämäntapaohjauksen merkitys raskausdiabeteksen riskiryhmään kuuluvilla naisilla –Syö yhden, liiku kahden puolesta".
 - University of Eastern Finland (year2011): MSc Marja Kalavainen "Treatment of obesity in children. A study on the efficacy of family-based group program compared with routine counselling".
 - University of Tampere (year2010): MSc Anne Taulu "Small-group form of nutrition and physical activity intervention for children of overweight and obesity prevention"
 - University of Turku (year2007): MD Anu Huure "The hygiene hypothesis: Reinforcing health counselling against allergy in early infancy"
- Referee for scientific journals
 - Several Ad Hoc referee annually (Obesity Research and Clinical Practice, Preventive Medicine, European Journal of Clinical Nutrition, Public Health Nutrition, Acta Paediatrica, Scandinavian Journal of Nutrition, The Open Nutrition Journal, Diabetologia, British Journal of Nutrition, International Journal of Obesity)
- International peer review committees
 - COST Association, Nominated Review Panel Member (Biomedical Networks for a Healthier Population: from Prevention to Treatment, Open Call OC-2018-1), Europe (2018)

9. Memberships and positions of trust in scientific societies

- Appointed expert in the national early nutrition monitoring group, National Institute for Health and Welfare, Finland (2017-2019)
- Member of the Ethics Committee of Youth and Childhood Research, Finnish Youth Research Society (2015-2018)
- The Academy of Finland, SKIDIKIDS –research program evaluation, group member for evaluation planning, Finland (2017)
- Scientific Advisor for Nestlé Infant Nutrition, Europe (2015-ongoing)
- Invited Specialist, National Institute for Health and Welfare, working group to renew dietary guidelines for children and mothers, Finland (2012-2016)
- Sapere food education Member of steering group, leading by the Central Finland Health Care District, Finland (2010-2013)
- Nordic Nutrition Recommendation/Invited specialist for working group to renew dietary guidelines for children, Nordic Countries (2010-2012)

- Invited Specialist, National Institute for Health and Welfare, working group to renew Finnish growth standards, Finland (2010-2011)
- The Academy of Finland, preparation SKIDIKIDS –research program (Child's health and wellbeing), invited specialist, Finland (2008-2009)
- Finnish Heart Association Promoting Healthy Living/ Member of steering group of family based program, Finland (2006-ongoing)
- City of Turku/ Prevention program of childhood obesity/ Member of steering group, Finland (2006-2008)
- The Association of Clinical and Public Health Nutritionists in Finland President, Finland (2005-2006)
- Invited Specialist, Finnish Academy and The Finnish Medical Society Duodecim, Consensus meeting of OBESITY, Finland (2005)
- The Association of Clinical and Public Health Nutritionists in Finland President of the education work group, Finland (2004)
- The Association of Clinical and Public Health Nutritionists in Finland Vice president, Finland (2003-2004)
- Invited Specialist, Ministry of Health working group on dietary guidelines for children and mothers, Finland (2001-2003)
- The Association of Clinical and Public Health Nutritionists in Finland Member of executive committee, Finland (2001-2002)
- Member of executive team of the STRIP intervention project, Finland (2001-ongoing)
- Invited Specialist, Ministry of Health working group on dietary guidelines for children and mothers, Finland (1995-1997)

10. Other merits

- International experience
 - Visiting Senior Research (10/2015-12/2015) at the Liggins Institute, University of Auckland; New Zealand
 - Lived in France (01/1999 – 08/1999) due to husband's work assignment.
 - Study visit (3 weeks, 1996) in Toowoomba, Australia to exploring nutritional research project of children.
 - Lived in Norway (03/1986 – 07/1988) due to husband's work assignment.
- Societal impact
 - Results of the STRIP study are highly recognized in Finnish dietary guidelines for children and e.g. in the latest guidelines for cardiovascular health and risk reduction in children and adolescents, please see http://www.nhlbi.nih.gov/guidelines/cvd_ped/peds_guidelines_full.pdf
 - Working as nutrition specialist in Finnish Heart Association planning material to family prevention program at welfare clinics based on the dietary interventions of the STRIP project (2005-2006)
- Position of Trust
 - Secretary of Local Town House Society (2011-2015)
 - Dieettimedia Ltd Chairman of the Board, Finland (2005-2006)
 - Finnish Canoe Federation, member of the board and Flatwater Division (2004-2010)
 - Saaristomeren Melojat ry (local canoeing association), member of the board and Junior activities Division (2001-2010)
- Linguistic skills
 - Finnish: mother tongue
 - Swedish: good (family members tongue)
 - English: good

11. Link to CV

- https://research.utu.fi/converis/portal/Person/872085?auxfun=&lang=fi_FI