

## 1. Personal details

Name: Lagström (nee Pynnönen), Hanna Kaarina

Year of birth, nationality: 1961, Finnish

ORDIC ID: [orcid.org/0000-0002-5069-6582](https://orcid.org/0000-0002-5069-6582)

## 2. Degrees and professorship

- University Pedagogic in Medical Sciences, 10 credits, University of Turku, June 2017
- 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
- Master of Science in Food Science (MSc), University of Helsinki, main subject nutrition, May 1993

## 3. Current position

- Senior Researcher (erityisasiantuntija) University of Turku, Department of Clinical Medicine, Public Health, January 1, 2017-
- Senior Researcher University of Turku, Medical Faculty, Functional Food Forum, January 1, 2023-(20%)

## 4. Language skills

- Finnish (Native language)
- English (B2)
- Swedish (B2)
- Norwegian (B1)
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## 5. 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, 1994-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)

## 6. Career breaks

- Maternity and child care leave years 1985-1988 and 08/1992 – 03/1994 (Daughters born in 1985, 1986 and 1992)

## 7. Personal research funding and grants

- 2025 State Research Funding, The wellbeing services county of Southwest Finland (28 608 €)
- 2024 Signe&Ane Gyllenberg Foundation (20000€)
- 2024 Turku University Foundation (8756 €)
- 2024 State Research Funding, The wellbeing services county of Southwest Finland (22 000 €)
- 2023 Turku University Foundation (5400 €)
- 2023 Juho Vainio Foundation (30 000 €)
- 2023 State Research Funding, Turku University Hospital (8 200 €)
- 2022 State Research Funding, Turku University Hospital (10 000 €)
- 2021 State Research Funding, Turku University Hospital (10 000 €)
- 2021 Juho Vainio Foundation (30 000 €)
- 2020 Juho Vainio Foundation (30 000 €)
- 2020 Academy of Finland (Grant Number 321409), Academy research 4 years (521 213 €)
- 2019 Juho Vainio Foundation (30 000 €)
- 2017 NIH (Grant Number 1R21HD088953-01A1, PI Lars Bode), PI of Finnish group (49667 €)
- 2016 Finnish Cultural Foundation, Varsinais-Suomi Regional Fund (12000 €)
- 2015 State Research Funding, Turku University Hospital (9500 €)
- 2014 State Research Funding, Turku University Hospital (7500 €)
- 2014 Turku University Foundation (3000 €)
- 2013-2014 NordForsk, (107000€ to the Nordic consort, PI Agneta Hörnell, Umeå, Sweden)
- 2013 Finnish Cultural Foundation (23000 €)
- 2013 Juho Vainio Foundation (22500€)
- 2013: National Institute for Health and Welfare (20000 €, PI Arja Lyytikäinen, Jyväskylä, Finland )
- 2012: National Institute for Health and Welfare (20000 €, PI Arja Lyytikäinen, Jyväskylä, Finland )
- 2011 The Diabetes Research Foundation (12500 €)
- 2010 Signe&Ane Gyllenberg Foundation (9000 €)
- 2009 National Institute for Health and Welfare (20000 €)
- 2009 Yrjö Jahnsson Foundation (15000 €)
- 2008 Juho Vainio Foundation Säätiö (20000 €)
- 2008 Yrjö Jahnsson Foundation (15000 €)
- 2008: Sohlberg Foundation (50000 €)
- 2008: Academy of Finland (Grant Number 121569), Academy research 4 years (240 000 €)
- 2007 Turku University Foundation (4000 €)
- 2007 Finnish Cultural Foundation Varsinais-Suomi Regional fund (5000 €)
- 2004: Academy of Finland, postdoctoral fellowship funding (180 000 €)

## 8. Publications

144 articles in international and national peer-reviewed journals. H-index: 37

## 9 Research supervision and leadership experience

- Supervision of PhD students
  - Ongoing (8):
    - MSc Saara Karjalainen, University of Turku, Faculty of Medicine, September 2025 (main supervisor)
    - MD Riina Orrela, University of Turku, Faculty of Medicine, September 2025 (supervisor)
    - MSc Tiina Ceder, University of Turku, Faculty of Medicine, September 2025 (main supervisor)
    - MSc Iida Laine, University of Turku, Faculty of Medicine, August 2025- (supervisor)
    - MSc Terhi Kolari University of Turku, Faculty of Medicine, May 2024- (main supervisor)
    - MSc Esa-Pekka Nykänen, University of Turku, Faculty of Medicine, August 2023- (main supervisor)
    - MSc Minka Ovaska, University of Turku, Faculty of Medicine, October 2022- (main supervisor)
    - Master of Health Care Anu Vaihekoski, University of Turku, Faculty of Medicine, September 2020-(main supervisor)

- **Completed (9):**
  - MSc Saija Tarro, University of Turku, Faculty of Medicine, September 2024- (main supervisor)
  - MSc Tanja Matarma, University of Turku, Faculty of Medicine, March 2020 (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 or similar
  - Ongoing (4): University of Tuku/Clinical Medicine
  - Completed (15) in different Universities and research fields (University of Turku/Department of Geography and Geology, University of Jyväskylä/ Faculty of Sport and Health Sciences, University of Eastern Finland/ Institute of Public Health and Clinical Nutrition, University of Helsinki/ Department of Food and Environmental Sciences, University of Turku/ Health Biosciences)
- Leader of research group
  - One of founding members of the Finnish STEP follow-up study (in Finnish: *Hyvän kasvun avaimet*) and PI the STEPS Study (since year 2007)
  - 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.
  - Chair of Flavoria Scientific advisory Bord January 1, 2023

## 10. Teaching experience

- Pedagogic training: University pedagogic training, University of Turku, 10 ECTS, June 2017
- 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
  - Currently I'm involved in graduate-level teaching in prevention of chronic diseases and health promotion as a lectures and group work supervisor) for medical students. I also teach at the Turku Brain and Mind Centre, University of Turku "Nutrition and Brain course, 5 ECTS" for neuroscience students for which I am actively involved in planning, teaching and developing. In addition, I'm involved in developing and teach in the "Critical evaluation of health information" at the Open University.
  - Earlier teaching experience includes geriatric nutrition (2018, 2019) at the Open University, school nutrition for teacher (2017-2018) at the Faculty of Education, basic knowledge of nutrition (2004-2006) at the Faculty of Medicine and Open University as well as at Turku University of Applied Sciences (197-1998). The real opportunity to develop as a teacher have been the years as Senior lecturer in Degree Programme on Health Biosciences Department where my responsibility was developing and teaching the content of several courses (basics of nutrition science, prevention and clinical nutrition, research methods of nutrition science and functional).
- Mentoring
  - Acting as a mentor to MSc Student (University of Turku), year 2014

**11. 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)

**12. Other key scientific or academic merits**

- Dissertations (PhD) opponent (3):
  - University of Helsinki, Faculty of Medicine (April 2021) MSc Mirka Maukonen "Association of chronotype with dietary habits, obesity and genetics"
  - University of Helsinki, Department of Food and Nutrition (February 2020) MSc Maria Heikkilä "Nutrition knowledge and skills among young endurance athletes"
  - University of Eastern Finland, Faculty of Health Sciences (January 2016) MSc Tanja Tilles-Tirkkonen "Balanced eating patterns and their promotion in school-aged children and adolescents"
- Adjunct professorship statement (4):
  - University of Eastern Finland (March 2024): PhD Tanja-Tilles-Tirkkonen (health promotion)
  - University of Helsinki (January 2022): PhD Henna Vepsäläinen (nutrition)
  - University of Helsinki (May 2019): PhD Carola Ray (nutrition)
  - University of Tampere (November 2014): MD, PhD Susanna Lehtinen-Jacks (epidemiology)
- PhD thesis pre-examiner (15):
  - University of Helsinki, Department of Food and Nutrition (year 2023): Master of Food Sciences Riikka Pajulahti
  - University of Helsinki, Faculty of Medicine (year 2023): Master of Social Sciences Suvi Parikka
  - Tampere University, Faculty of Medicine and Health Technology (year 2022): Medical Doctor Laura Räisänen
  - University of Eastern Finland, Institute of Public Health and Clinical Nutrition (year 2022): Master of Health Sciences Kaisa Kähkönen
  - University of Helsinki, Department of Food and Nutrition (year 2022): Master of Food Sciences Susanna Kunvik
  - University of Helsinki, Faculty of Medicine (year 2020): Master of Food Sciences Laura Sares-Jäske
  - University of Helsinki, Department of Food and Nutrition (year 2019): MSc Folasade Adebayo
  - University of Helsinki, Department of Food and Nutrition (year 2018): Master of Food Sciences Henna Vepsäläinen
  - University of Helsinki, Faculty of Medicine (year 2018): Master of Food Sciences Niina Kaartinen
  - University of Helsinki, Faculty of Medicine (year 2016): Master of Social Sciences Elviira Lehto
  - University of Eastern Finland (year 2014): MSc Aino-Maija Eloranta
  - University of Eastern Finland (year 2012): MD Eeva Korpi-Hyövälti
  - University of Eastern Finland (year 2011): MSc Marja Kalavainen
  - University of Tampere (year 2010): MSc Anne Taulu
  - University of Turku (year 2007): MD Anu Huure
- Member of monitor group of Doctoral Thesis
  - 4 ongoing (University of Jyväskylä/1, University of Helsinki/2, University of Turku/2)
- 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 Europe, Nominated Review Panel Member two times (Open Call OC-2018-1, Open Call OC-2021-1, Open Call OC-2022-1)

### 13. Memberships and positions of trust in scientific societies

- Member of Children, young people and learning thematic group at the University of Turku (2025-)
- Member of the Ethics Committee for Human Sciences at the University of Turku, Health Care Division (2022-2025)
- Member of Sustainable development education working group at the University of Turku (2020-2024)
- Member of Health Campus Turku research working group at the University of Turku (2020-2024)
- Nordic Nutrition Recommendation 2022/Invited specialist for co-chapter author to renew dietary guidelines (2020-2023)
- Appointed expert in the national early nutrition promotion and monitoring -working group, National Institute for Health and Welfare, Finland (2020-2024)
- Member of the Ethics Committee for Human Sciences at the University of Turku, Health Care Division (2019-2022)
- 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 (2015-2019)
- 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)

### 14. 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](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)
  - Saaristomerén Melojat ry (local canoeing association), member of the board and Junior activities Division (2001-2010)