



## 1 FULL NAME AND DATE

*Full name:* Tommi Ensio Mäki-Opas (born Mäkinen)  
*Gender:* Male  
*Date of writing the CV:* 15.1.2020

## 2 DATE AND PLACE OF BIRTH, NATIONALITY AND CURRENT RESIDENCE

*Date and place of birth:* 10.3.1979, Vantaa, Finland  
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## 3 EDUCATION AND DEGREES AWARDED:

- *Specialist Qualification in Management (Johtamisen erikoisammattitutkinto, JET), OMNIA Espoo, Ministry of Health and Social Affairs (STM), 26.4.2016*
- *Title of Docent, Health Policy, University of Helsinki, Department of Social Research, 27.4.2015*
- *PhD (Public Health), University of Helsinki, Faculty of Medicine, Hjelt-institute, PhD-thesis on "Trends and Explanations for Socioeconomic Differences in Physical Activity", 18.1.2011*
- *M.Soc.Sc. (Social Policy), University of Helsinki, Faculty of Social Sciences, Department of Social Policy, Master's thesis on "The associations of childhood and adulthood circumstances on functioning", 22.2.2006*

## 4 OTHER EDUCATION, TRAINING AND SKILLS:

- *University pedagogit training, 10 ECT, 1.9.2017-28.5.2018*
- *Specialty expertise: sociology of health and medicine, health and wellbeing promotion, social and health policy, socioecological approach, social inequalities, determinants, trends, measurement*
- *Management and project coordination; human and financial resources*
- *Population-based studies: planning, design, collection, measurement*
- *Population registers (socioeconomic, living conditions, health and wellbeing)*
- *Geographical Information Systems (GIS) (SYKE, LIPAS, TK)*
- *Advanced statistical methods (multivariable regression models and structural equation modelling)*
- *Statistical programs (SAS, SPSS, STATA, MPLUS) as well as spatial modelling (ArcGIS and QGIS)*

**5 LANGUAGES**

**Finnish** = mother tongue

**English** = academic

**Swedish** = sufficient

**Germany** = sufficient

**6 CURRENT POSITION:**

**Research director, House of Effectiveness**, Department of Social Sciences, University of Eastern Finland, 1.1.2019-, development of theory and methodologies of effectiveness research, research and education on effective promotion of health and wellbeing as well as social and health services integration, and leader of the House of Effectiveness network (<http://www.uef.fi/en/web/uef-vaikuttavuuden-talo/>).

**7 PREVIOUS WORK EXPERIENCE RELEVANT FOR APPLIED POSITION:**

- **University of Eastern Finland, Department of Social Sciences, “Inclusive Promotion of Health and Wellbeing”**, Research director, funded by Academy of Finland, Strategic Research Council, 1.9.2016-31.3.2019, Research director responsible of comparative and consolidative research, assisting in budgeting, financial resources and project management.
- **National Institute for Health and Welfare (THL)**, Department of Health, Health Monitoring Unit, Senior researcher and post-doctoral researcher, 1.9.2013–30.8.2016, Post-doctoral research project funded by Academy of Finland on “Built Environment and Green Areas as Determinants for Cycling and Walking among Finns and Dutch – A Longitudinal Study Using Geographic Information Systems (BEGACYS, [www.thl.fi/begacys](http://www.thl.fi/begacys))”, as principal investigator is responsible of scientific work, reporting, budgeting and financial resources.
- **National Institute for Health and Welfare (THL)**, Department of Health, Health Monitoring Unit, Assistant head of the unit, 1.9.2013-30.8.2016
- **Part time parental leave:**
  - 1.8.2015-31.12.2015 (60% working time)
  - 1.12.2012-31.5.2013 (60% working time)
- **University of Bern, Institute for Social and Preventive Medicine (ISPM)**, Visiting researcher, 16.6.2016-30.6.2016, research collaboration according to the post-doctoral research plan (BEGACYS), conducting analyses on “longitudinal associations between environment and physical activity”, and networking with Professor Thomas Abel and his research team
- **University of Amsterdam, Academic Medical Centre (AMC)**, Visiting researcher, 31.8.2015-11.9.2015, research collaboration according to the post-doctoral research plan (BEGACYS), conducting analyses on “neighbourhood-level safety and physical activity” and networking with Professor Anton Kunst and his research team.
- **National Public Health Institute (KTL)**, researcher, 6.3.2006-
- **Statistics Finland**, statistician assistant, 23.5.2005-28.2.2006
- **University of Helsinki**, Helsinki Health Study, research assistant, 7.6.2002-30.3.2005

**8 RESEARCH FUNDING, LEADERSHIP AND SUPERVISION**

I have both independently and as a part of research group been **successful to receive competitive supplement funding from various sources** (Doctoral Programs in Public Health, Ministry of Education and Culture, Academy of Finland, Prime Minister's Office) for the years 2016-2019:

- Research project funding, "Socioeconomic determinants of physical activity among Finnish men and women since the 1970s", 2006-2010, Ministry of Culture and Education, **180 000€**, PI Ritva Prättälä, *part of the research team*
- Funding for PhD dissertation, 3 year paid doctoral student position, 2008–2010, Doctoral Programs in Public Health (DPPH), Finland, **79 000€**, PI Tomi Mäki-Opas
- Research project funding, 4 year research project grant, 2009–2012, "Impact of Work and Socioeconomic Circumstances on Physical Activity and Fitness at Different Life Stages" (WOSPA), the Work research program organized by Academy of Finland and Ministry of Education and Culture, Finland, **400 000 €**, PI Ritva Prättälä, *part of the research team*
- Research project funding, one-year research project grant, 2012–2013, "Ennustavat liikuntapaikkojen läheisyys väestön liikuntaa? Paikkatietoaineistoon perustuva väestötutkimus", Ministry of Education and Culture, Finland, **50 000 €**, PI Katja Borodulin, *part of the research team*
- Postdoctoral funding, three year postdoctoral research project, 1.9.2013–30.8.2016, research topic "Built environment and Green Areas as Determinants for Cycling and Walking among Finns and Dutch – A longitudinal Study Using Geographic Information Systems" (BEGACYS), Academy of Finland, **279 000 €**, PI Tomi Mäki-Opas
- Comprehensive Reform of State Research Institutes and Research Funding, 2015, Social inequalities in physical inactivity and unhealthy food behaviours – individual, social and society level predictors and costs, Prime Minister's Office, **275 000€**, PI Katja Borodulin, *part of the research team*
- Research Project Funding, 3 years, 2017-2019, "Determinants, Patterning and Future Predictions of Sedentary Behaviour" Ministry of Education and Culture, Finland, **190 000€**, PI Katja Borodulin, *funding as a part of research team*

Currently, I work as **Research director** at UEF//House development, my tasks includes development of theory and methodologies of effectiveness research, research and education on effective promotion of health and wellbeing as well as social and health services integration, and my responsibilities as the leader of the House of Effectiveness network also include future planning, coordination and management. My previous research and work experience also support the academic leadership:

- Research director, Inclusive Promotion of Health and Wellbeing" (PROMEQ, 2016-2019), which is funded by the Strategic Research Council, Academy of Finland by 3.8 milj. euros for years 2016-2019, PROMEQ was led by the UEF and involved four other Finnish universities and two research institutes, total 40 personnel, included also national stakeholder activities and international networking as well as collaboration (UK, Switzerland, Australia).
- Principal investigator in three year postdoctoral research project, THL, 1.9.2013–30.8.2016, in charge of scientific reporting, management of human and financial resources as well as reporting to the Academy of Finland, 20 personnel research group, collaboration with Finnish Environment Institute (SYKE), University of Amsterdam, Academic Medical Centre and University of Bern, Institute for Social and Preventive Medicine,
- Field manager, THL, National Health 2011 health examination survey, 2011-2012, management of fieldwork staff (three fieldwork groups consisting each of 20 people), assisting in human and financial resources

- Leader of the expert network (national expert network, formerly to co-ordinator), THL, Lifestyles, 2014-
- Assistant head of the unit, THL, several units, 2011-, management of human and financial resources as well as planning of the Unit's strategy and key tasks in the future

My supervision experience consists of supervision of bachelor and master degree and PhD-students in public health, sociology, and lately also in social work. *Supervision and evaluation experience* (UEF 2016-, UH 2013-2015, THL 2011-2019\*):

- Bachelor degrees (2016-2019, over 10 persons)
- Master's degree (Anssi Haapala, UH, Kaisa Pulkkinen JYU, Heidi Saarela, UH)
- PhD-students (Tiina Ahonen 2018-, UEF, Tiina Häyrinen 2019-, UEF, Säde Stenlund, 2019-, UTU, steering group)
- Supporting post-doctoral researchers (Heini Wennman, THL, Heli Valkeinen, THL, Janne Härkönen, THL, Kirsi Talala, THL, Laura Kestilä, THL, Pauliina Husu, UKK) (\*supervision was not my main task at THL)

## 9 MERITS IN TEACHING AND PEDAGOGICAL COMPETENCE

In my pedagogical thinking, I provide alternatives perspectives and approaches as well as theories and methodologies for students to utilize. In teaching, I try to enhance deep learning by utilizing case-based learning and problem-based learning methods by "constructive alignment". I have finalized the **University pedagogical training (10 ECTS)** by 28.5.2018.

Over the 10 years, I have planned and conducted **courses for bachelor-, master- and post-graduate students** over 10 years. I have also utilized student's feedback to **further develop my lectures and learning exercises as well as course planning and course schedules**. I have also acted as a **assistant teacher for statistical methods** (factor, regression models etc.) and teaching the practical lessons and exercises using statistical programs (SPSS) at the University of Helsinki. Below some relevant information of my courses, lectures and seminars:

### Courses, lectures and seminar organized:

- Planned course "Perspectives on Health and Wellbeing Promotion" (2 ECT), 2018-2019, University of Eastern Finland
- *Teacher, bachelor thesis course in social work (5 ECT)*, University of Eastern Finland, 2017-
- *Visiting lecturer, Welfare, Health and Management –doctoral program*, University of Eastern Finland, 2017-
- Planned lecture series of "*Social inequalities in health and physical activity*", University of Helsinki, Department of Social Sciences, 2015 (5 ECT)
- Assistant lecturer, *Statistical methods for Social Scientists*, teaching the practical lessons (factor, regression models etc.) and exercises using statistical programs (SPSS) at the University of Helsinki, Department of Social Sciences (5 ECTS)
- *Visiting lecture, Master's thesis course*, University of Helsinki, 2013-
- Physical activity seminar, Shared seminar together with THL, Hjelt-institute and University of Helsinki

I have also contributed in **development of a new teaching modules** (including learning objectives and exercises, case-based and problems-based learning) regarding effectiveness, health and wellbeing promotion and social inequalities in health and wellbeing. A new teaching module related "Perspectives on Health and Wellbeing promotion" is starting in Autumn 2018. "Effectiveness research methods and methodologies" (UEF 2017-)

My **teaching evaluation (Teachin demo in English, 17.04.2018)** was done during the UP2 pedagogic course. I received positive feedback of having good presentation skills, **demonstrating clear learning objectives and well aligned content** as well as able to successfully **use activating learning methods**. My main development challenges in teaching, according to the feedback, were keeping in the time limit and having too much things in the slides. In previous career, I have been visiting research in University of Amsterdam and in University of Bern, and kept **visiting lectures** there on my research topics. Currently in UEF I have kept Finnish and English lectures for students in the **post-doctoral program** of Welfare, Health and Management (WELMA).

I have **produced teaching materials** for my own use but also provided materials for students using E-platforms and slideshare-services. Recently, I have also produced together with colleagues **textbook** on health sociology (“Terveyssosiologian linjoja, edited by Karvonen, Kestilä & Mäki-Opas) and I am currently developing new open online course MOOC Effectiveness at UEF, finalized in year 2020.

## 10 AWARDS, PRIZES AND HONOURS

I was awarded as the young physical activity researcher award by the Finnish Society of Sports Sciences in year 2008.

## 11 OTHER ACADEMIC MERITS

My other academy merits include **organizing national and international scientific conferences** and seminars (European Society for Health and Medical Sociology, Finnish Society for Social Medicine). In addition, I have been active in participating **discussion in international and national scientific communities** (European society for health and medical sociology, ESHMS and European Public Health Association, and Finnish Association Social Policy) and being part of **evaluation board of scientific research projects** (Ministry of Education and Culture, National Institute for Health and Welfare). I have also contribute to development of health and physical activity monitoring in EU, health and physical activity promotion among disadvantaged groups (e.g. WHO Europe, European commission). Below, the most relevant information regarding other merits:

- *Evaluation of PhD dissertation*, Olli Pietiläinen, 2019, University of Helsinki
- *Evaluation of title of docent*, Hilla Sumanen, 2018, University of Helsinki, Department of Social Sciences
- *Evaluation of PhD dissertation*, Karoliina Kaasalainen, 2017, University of Jyväskylä,
- *Evaluation of Master’s thesis in social work*, Seija Honkanen, University of Eastern Finland, 2017
- *Mentor for graduate students*, University of Helsinki, 2016-, mentor for the research and expert work of health and welfare, determinants for social inequalities in health, ethnic minorities, health and wellbeing promotion
- Annual Effectiveness Research Conference, 2018-, University of Eastern Finland, Coordinator and member of the organizing committee
- European Society for Health and Medical Sociology (ESHMS), 15<sup>th</sup> Annual Conference in 2014, at Helsinki, Finland, member of the organizing committee
- Finnish Society for Social Medicine,
  - Behavioral Medicine Section, 2008–, member of the board
  - Sociology of Health Section, 2014–, member of the board
- European Public Health Association, member, 2014-
- Finnish Council for Physical Activity and Sport, Physical activity and Sports Medicine section, 2011-2015, Ministry of Education and Culture, Expert member

- Scientific evaluation board, Health 2000 and Welfare (THL), 2012-2016, Physical activity and health behaviours expert member of the scientific board
- Regular Reviewer for scientific and scholarly journals, for example BMC Public health, International Journal of Behavioral Nutrition and Physical Activity, Preventive Medicine, European Journal of Public Health, Journal of Health and Place, and Journal of Sport Sciences

## 12 SCIENTIFIC AND SOCIETAL IMPACT OF RESEARCH

My research activities aims to provide a better understanding of the **causal mechanisms of social inequalities for health and wellbeing**. My publications have examined the role of **individual, environmental and societal factors** for health inequalities and inequalities in physical activity, fitness, obesity and sedentary behaviours. This kind of research provided important information to which extent health and wellbeing inequalities are due to individual's own choice, capabilities or due to the chances and structural conditions provided or maintained by society, community or by policies. Moreover, how **health and wellbeing promotion** should be implemented to provide and develop universal solutions for all and targeted solutions for disadvantaged groups. Moreover, I have significantly contributed in planning, and collection and reporting of national surveys and health examination datasets (e.g. Health 2011 Study, Regional Health and Wellbeing Study, Child Monitoring Study, FinHealth Study, Inclusive Health and Wellbeing Promotion Study).

The track record of my publications demonstrates my merits in scientific work and shows high-level scientific competence in the fields of **health sociology, health and wellbeing promotion, social epidemiology and social policy** as well as **advance use of statistical methods**. By this date, I have produced **total 94 publications**:

Number of peer-reviewed scientific articles:	38
Non-refereed scientific articles:	12
Scientific books	2
Publications intended for professional communities	27
Publications intended for the general public	24
Theses	2
Audiovisual material, ICT software	3
<b>Total:</b>	<b>108</b>

## 13 POSITIONS OF TRUST IN SOCIETY AND OTHER SOCIETAL MERITS

Throughout my research and expert career, I have actively **participated into discussions in the society and hold position of trust in societal working groups** regarding physical activity and health and wellbeing promotion as well as development of national action plans and policies. In national policy level, I have been active in **developing strategies and policies** to promote cycling and walking at population level, to promote **healthy and sustainable environments** and diminish social inequalities in health and wellbeing as well as inequalities in physical activity (e.g. promotion of health enhancing physical activity at municipalities, national strategy for cycling and walking).

### **Below few of the relevant positions in society:**

- House of Effectiveness, Societal Advisory Board, 2019-, expert secretary
- Preventive alcohol and drug program (EPTT-hanke), 2019-, indicator development, member of advisory board
- Eastern Finland Wellbeing Power Plant (Hyvinvointivoimala), 2019-, koulutusryhmän jäsen

- PALOMA-project, THL, 2019-, expert and mentor for effectiveness evaluation as well as development of new innovative solutions
- City of Kuopio, Wellbeing 2020 program, 2019-, member of the advisory board
- City of Kuopio, Kuopio Living Lab and Kuopio Health, 2019, member of the advisory board
- SITRA ALUMNI and SITRA LAB 2019, member of the expert group who aimed to provide new innovative solution to tackle wicked social problems, example of inequalities among children and youth
- ESR Nuoret pystyy, member of the advisory board
- PROMEQ, Societal Advisory Board, 2016-2019, dissemination of the results and promotion of health equity and health and wellbeing promotion of vulnerable groups, expert secretary
  - Ministry of Economic Affairs and Employment (TEM)
  - Ministry of Social Affairs and Health (STM)
  - SOTE-areas (EKSOTE, SiunSOTE, KSSOTE)
  - Partner cities (Kuopio, Jyväskylä, Vantaa, Kouvola)
  - NGOs (SOSTE, Anti Art, PKSOTU, Finnish Mental Health Association)
- Finland Cycles (Suomi Pyöräilee) -working group, 2009–, Expert member
- New Steps to Dynamic City – Universal Designs as Part of Walking Design, Verne Transport Research Centre, 2014–2015, Steering group, expert member
- National action plan for cycling and walking (Kävelyn ja pyöräilyn valtakunnallinen toimenpidesuunnitelma), Finnish Transport Agency, 2014–2015, Steering group, expert member
- University and Polytechnic Physical Activity plan -working, Ministry of Education and Culture, 2009–2010, Expert member
- School travel and physical activity plan (LOOP) -working group, Ministry of Transport and Communications, 2010–2011, Expert member
- Child Health Monitoring Project, THL, 2009-, Physical activity expert
- Surveillance of physical activity levels and patterns in Europe, WHO Europe, 2009, Expert member
- Promotion of physical activity across disadvantaged groups, Who Europe, 2011, Expert Member