



PERSONAL DETAILS

- Kolehmainen (Tiainen)
- Jaana Marjukka
- <https://orcid.org/0000-0002-3770-2538>
- Date of the CV: 24.9.2022

DEGREES

- Title of Docent of Clinical Nutrition 2009, University of Eastern Finland (UEF, former University of Kuopio), Faculty of Health Sciences, Institute of Public Health and Clinical Nutrition (PHCN)
- PhD 2003, University of Kuopio (UK), Faculty of Medicine, Department of Clinical Nutrition (DCN)
- Authorized nutritionist 1993, Valvira – National Supervisory Authority for welfare and health
- MSc in clinical nutrition 1993, UK, DCN

LANGUAGE SKILLS

- Native language: Finnish
- English: Independent user in understanding and listening, reading, speaking and writing
- Swedish: Basic user in understanding and listening, speaking, reading and writing

CURRENT EMPLOYMENT

- Professor (Food and Health), UEF/PHCN 1.1. 2020-;
(<https://uefconnect.uef.fi/en/person/marjukka.kolehmainen/>)

PREVIOUS WORK EXPERIENCE

- 1.9.2016-31.12.2021 Senior scientist as the external consultant, VTT, Technical Research Centre, Finland;
- 1.7.2017-31.12.2019 Professor (Nutrition), UEF/PHCN; 1.9.2016-30.6.2017 Acting Professor in Nutrition, UEF/PHCN; 1.1.2016-31.8.2016 Senior Scientist (50%), UEF/PHCN, AND Senior Scientist (50%), VTT;
- 15.5.2012-31.12.2015 Senior Scientist (20%), VTT; 1.8.2008-31.12.2015 Senior Scientist (80%), UEF/PHCN;
- 1993-2012 Senior Scientist (7 years), Postdoctoral researcher/Academy of Finland (3 years), Project manager, PhD-student, Research assistant UK/DCN
- Researcher visits at INSERM Unit 449, Faculté de Médecine, R.T.H. Laennec, Lyon, France, Dr. Hubert Vidal's research group/PhD-student: 2000 and 1999

CAREER BREAKS

- Maternity leaves January, 2004-January, 2005, and February, 2002-January, 2003

RESEARCH FUNDING AND GRANTS

- *Horizon Europe RIA*: Innovative pulse and cereal-based food fermentations for human health and sustainable diets, HealthFerm, 2022-2026, 700 000€; *Finnish Cultural Foundation*: Comprehensive health effects of long-term consumption of oats in metabolically challenged volunteers – gut-mediated metabolomics and vitality, OAT-GUT-BRAIN, 2022-2023, 80 000€ ; *Academy of Finland*: Climate smart food and nutrition research infrastructure, FOODNUTRI, 2022-2024, 500 000€; *Academy of Finland*: Digestion and bioavailability of proteins in plant cell cultures, Cell2Eat, 2021-2025, 430 000€; *Academy of Finland*: Climate smart food and nutrition research infrastructure, FOODNUTRI, 2020-2021, 65 000€; *Horizon 2020 RIA*: Dynamic longitudinal exposome trajectories in cardiovascular and metabolic Non-communicable diseases, Longitools, 2020-2024, 1 000 000 €; *Marie Skodowska Curie -actions, ITN*: BestTreat, 2018-2022, 180 000€; *EU regional Funding*: FoodValley research ecosystem, 2018-2020, 950 000€; *Finnish Funding Agency for Technology and*

Innovation: I choose and environment supports me, 2015-2017, 300 000€; Finnish Funding Agency for Technology and Innovation: Creating business of vitality at all ages – Vital Selfie, 2015-2018, 350 000€; Strategic Center for Science, Technology and Innovation in Health and Well-being: Mind and Body-program, Tekes, 2010-2014, 1 500 000€; Finnish Funding Agency for Technology and Innovation: Personalised dietary solutions for improvement of nutrition and wellbeing in aging, 2015-2016 (co-PI/PI: Törrönen Riitta); Finnish Funding Agency for Technology and Innovation: From senses to product experience, Tekes, 2014-2015 (co-PI/PI: Törrönen Riitta); Nordic Centre of Excellence (NCoE) on Systems biology in controlled dietary interventions and cohort studies - SYSDIET, Nordforsk, 2007-2013 (Consortium & Scientific manager/PI: Uusitupa Matti); Academy of Finland: Systems biology approach to understand dietary modulation, (key role in planning, practical work, reporting/PI: Matti Uusitupa), 2007-2010; Academy of Finland: Postdoctoral fellow, 2005–2008; Finnish Funding Agency for Technology and Innovation: Functional genomics and nutritional factors (Project manager/PI: Kaisa Poutanen), 2003-2005.

RESEARCH OUTPUT

- ca. **150 peer-reviewed publications** H-index being 43 (9.5.2022/Scopus).
- Gürdeniz G, et al. Analysis of the SYSDIET Healthy Nordic Diet randomized trial based on metabolic profiling reveal beneficial effects on glucose metabolism and blood lipids. *Clin Nutr* 2022;41:441-451. doi: 10.1016/j.clnu.2021.12.031.
- Ronkainen J, et al. LongITools: Dynamic longitudinal exposome trajectories in cardiovascular and metabolic non-communicable diseases. *Environ Epidemiol*. 2021;28:6(1):e184. doi: 10.1097/EE9.000000000000184. eCollection 2022 Feb.
- Järvelä-Reijonen E, et al. Sleep-time physiological recovery is associated with eating habits in distressed working-age Finns with overweight: secondary analysis of Elixir randomised controlled trial. *J Occup Med Toxicol* 2021;28;16(1):23. doi: 10.1186/s12995-021-00310-6.
- Näätänen M, et al. Post-weight loss changes in fasting appetite- and energy balance-related hormone concentrations and the effect of the macronutrient content of a weight maintenance diet: a randomised controlled trial. *Eur J Nutr*. 2020 Dec 2. doi: 10.1007/s00394-020-02438-3.
- Lappi J, et al. Blackcurrant (*Ribes nigrum*) lowers sugar-induced postprandial glycaemia independently and in a product with fermented quinoa: a randomized crossover trial. *Br J Nutr*. 2020 Nov 9:1-10. doi: 10.1017/S0007114520004468.
- Kundi ZM, et al. Dietary fiber from oat and rye brans ameliorate Western diet-induced body weight gain and hepatic inflammation by the modulation of short chain fatty acids, bile acids, and tryptophan metabolism. *Mol Nutr Food Res* <https://doi:10.1002/mnfr.201900580>.
- Järvelä-Reijonen E, , et al. The effects of acceptance and commitment therapy (ACT) intervention on inflammation and stress biomarkers: a randomized controlled trial. *J Behav Med* 2020;27:539–555.
- Noerman S, et al. Plasma lipid profile associates with the improvement of psychological wellbeing in individuals with perceived stress symptoms. *Sci Rep* 2020;10:2143, doi.org/10.1038/s41598-020-59051.
- Tuomainen M, et al. Quantitative assessment of betainized compounds and associations with dietary and metabolic biomarkers in the randomized study of the healthy Nordic diet (SYSDIET). *Am J Clin Nutr* 110;5:1108-1118. doi: 10.1093/ajcn/nqz179.
- Keski-Rahkonen P, et al. Decreased plasma serotonin and other metabolite changes in healthy adults after consumption of wholegrain rye: an untargeted metabolomics study. *Am J Clin Nutr* 2019;109:1630-1639.

- EP Patent Application No. 22169704.8 Title: METHODS FOR TREATMENT OF NON-ALCOHOLIC FATTY LIVER DISEASES (NAFLD) USING ADVANCED MICROBIOME THERAPEUTICS, Applicant: Danmarks Tekniske Universitet and University of Eastern Finland

RESEARCH SUPERVISION AND LEADERSHIP EXPERIENCE

- Leading Food and Health research group at the UEF.
- Supervising currently 2 post doctoral researcher; 1 finalised. Supervised Doctor of Philosophy: finalized 1 as main supervisor, 12 co-supervision; ongoing 3 as main supervisor, 4 as co-supervisor; recruiting currently 2 PhD-students for main supervision. Master of science: Supervised some 40 completed Master in Science theses, and currently supervising 6.
- HealthFerm-Project (Horizon Europe) 2022-2026, PI/UEF. OAT-GUT-BRAIN-project (FCF) 2022-2023, PI/UEF, 2022-2023 Cell2Eat-project (AoF) 2021-2025, PI/UEF. Coordinator of the Finland-China Food and Health network (Ministry of Education and Culture), Subgroup 1: Nutrition, health effects and food 2021-. Leader of the UEF strategic Research community of Forest and bioeconomy, Subgroup 3: Sustainable processes, products, and services 2021-. National Food research strategy: Leader of WG 1, 2020-. FOODNUTRI national research infrastructure: Leader of the platform for Physiological responses to food, 2020-2024. Longitools, H2020 RIA-project, PI/UEF, 2020-2024. Food Valley research ecosystem, PI/UEF, 2018-2021. I choose and environment supports me, PI/UEF, 2016-2017. Vital Selfie, PI/UEF, 2015-2017.
- PI and coordinator of large multicenter study in the national Mind and Body Elixir-multicenter intervention and responsible workpackage leader within Strategic Center for Science, Technology and Innovation in Health and Well-being: Mind and Body-program, 2010 – 2014. Consortium & Scientific manager in the Nordic Centre of Excellence SYSDIET, 2007 – 2013. UEF leader 2014 –course.

TEACHING MERITS

- Responsible of for example in MSc-level courses of Nutrition curriculum: Food for promoting health (English master-level course), 2018-; Food and nutrition in metabolism and organ function, 2018-;
- Organised several national and international PhD-level courses.

AWARDS AND HONOURS

- A good teacher reward by the Student association of nutrition students, Retikka ry, 2022;
- Member of Finnish Academy of science and letters, 2021-;
- Honorary member of The Association of Clinical and Public Health Nutritionists, 2020-.

OTHER KEY ACADEMIC MERITS

- *Evaluator or member of evaluation committees* for scientific positions: 3 positions during 2021, 2 during 2020, 1 during 2018.
- *Organised scientific meetings*: Nordic Nutrition Conference 2020/organising committee, December 13-16th, 2020, virtual; Environmental Sustainability of Food Systems and Diets, Helsinki, Finland December 16th, 2020, virtual; Power of Rye 2017, Åland, Finland, June 7th-8th, 2017; NuGOweek 2012, international scientific meeting: Nutrition, lifestyle and genes in the changing environment in Helsinki, Finland, August 28-31, 2012; COST BM0602 final scientific meeting of consortium in Kuopio, Finland, August 29-31, 2011;
- *Pre-examiner and opponent duties*: Acted as a Pre-examiner for 13 PhD-thesis evaluation and 8 opponent duties in Finland, Sweden, Norway, Denmark and Hong Kong, China.

- *Peer review committees:* The Swedish Research Council Formas, in panel 5: Food production, 2019-2022; VINNOVA (The Swedish Governmental Agency for Innovation Systems) for funded competence research centres (CRC) in Sweden, 2015.
- *Invited speeches:* some 20 in international and national scientific seminars and conferences.
- *Positions of trust:* Chair of Finnish Society of Nutrition Research, 2021-; Leader of WG1 within National Food research strategy, 2020-; Vice chair of the Federation of European Nutrition Societies working group 1, methods and concepts Vice-chair of Finnish Society of Nutrition Research, 2018-2020; Member of Steering group of the Faculty of Health Sciences, 2018-2021; Member and chair of Nutrition Committee of Finnish Diabetes Association 2015-2020; Vice-member of the Medical Ethics Committee of the Hospital District of Northern Savo, Kuopio, Finland, 2013-2021; Board member and vice chair of NuGO Association 2010-2021.