

Personal details and date of CV

- Mäki-Opas (born Mäkinen)
- Tomi Ensio
- ORCID: <https://orcid.org/0000-0002-0472-719X>
- Date of CV: 17.6.2025

Degrees

- 1.8.2023, **Professor** (social and public policy, effectiveness research), University of Eastern Finland (UEF), phone 029 445 1111
- 26.4.2016, **Specialist Qualification in Management** (JET), OMNIA Espoo, Finland
- 27.4.2015, **Title of Docent** (Associate professor), health policy, University of Helsinki (UH), Department of Social Research, Finland
- 18.1.2011, **PhD (Public Health)**, University of Helsinki, Faculty of Medicine, PL 4, 00014, University of Helsinki

Current employment

- 1.10.2023-, **Professor** (social and public policy, effectiveness research), shared professor position with Social, Wellbeing and Rescue Services Research Centre, North Savo Wellbeing Services County (PSHVA, 50%) and UEF (50%).
- **Stage of academic research career:** IV (professor)

Previous work experience

- 16.1.2023-20.1.2023, **Visiting researcher**, Erasmus training, London School of Economics (LSE), Care Policy and Evaluation Centre (CPEC)
- 1.1.2019-31.8.2023, **Research director and leader**, [House of Effectiveness](#), Department of Social Sciences, University of Eastern Finland (UEF)
- 1.9.2016-31.8.2019, **Research director**, UEF, Department of Social Sciences, “Inclusive Promotion of Health and Wellbeing (PROMEQ)”, funded by Academy of Finland, Strategic Research Council
- 16.6.2016-30.6.2016, **Visiting researcher**, University of Bern, Institute for Social and Preventive Medicine,
- 31.8.2015-11.9.2015, **Visiting researcher**, University of Amsterdam, Academic Medical Centre,
- 1.3.2006–30.8.2016, **Senior researcher & researcher**, National Institute for Health and Welfare (THL), Department of Health, Health Monitoring Unit

Career breaks

- **Part-time parental leave:** 1.1.2013-31.5.2013 (50%) & 1.8.2015-31.12.2015 (50%)

Research funding and grants

- 1.9.2024-31.8.2028, Consortium, PREcision promotion of positive mental WELLbeing among high-risk adult population (PREWELL): Capabilities, gamification, and digital intervention, Finnish Research Council, Total Consortium **1.2 milj €**, Consortium PI Tomi Mäki-Opas
- 27.11.2023-31.12.2027, Consortium, EU Joint Action on Cardiovascular Diseases and Diabetes (JACARDI), UEF: **737 000 €** (Consortium total 66,2 milj. euros), WP7 task “Description and evaluation of data value, collection and integration”, task leader Tomi Mäki-Opas
- 1.1.2024-31.12.2025, Consortium, Paljon palveluita käytävien palveluketjun vaikuttavuus ja kustannusvaikuttavuus (PALVA, Effectiveness and cost-effectiveness of service pathway among high need patients) Recovery and Resilience Funding (RRP3), Total Consortium **1.5 milj. €**, Consortium PI Tomi Mäki-Opas

- 1.1.2023-31.12.2025, Consortium, Kansallinen Vaikuttavuuskeskus -verkosto (National Social and Health Services Center Network), UEF/PSHVA: **500 000 €** (Consortium total 2.0 milj. euros), Recovery and Resilience Funding (RRF2), Subproject on mental health promotion and type 2 diabetes, subproject leader Tomi Mäki-Opas
- 1.3.2022-31.3.2023, Consortium, Kulttuurihyvinvoinnin taloudellinen arviointi – arviointimenetelmät ja toimenpidesuosituksukset niiden jatkokehitykseen Suomessa (Economic evaluation of Culture Wellbeing: evaluation methods and recommendations for future development in Finland), **199 950 €** (UEF: 98 543), Valtioneuvoston kanslia, PI Janne Martikainen & subproject PI Mäki-Opas (interaction)
- 1.5.2022-31.12.2024, Consortium, Yhteiskunnan sosiaalisen laadun arviointi, hyvinvoinnin vahvistaminen ja kustannukset (Social Quality Evaluation, Wellbeing Promotion and Costs), STM, **397 747 €** (UEF 58 000), PI Anneli Kuusinen-Laukka, subproject PI Mäki-Opas
- 1.1.2021-30.6.2023, Research project, NouHätä! Nuorten turvallisuuskoulutuksen vaikuttavuus (NouHätä! – Effectiveness of Youth Fire Safety Education Program), Palosuojelurahasto, **200 656 €**, PI Alisa Puustinen, funding as a part of research team
- 1.7.2021-31.12.2023, Research project, Terveyssozialityön arvioinnin ja intervention vaikuttavuus näkyväksi (Evidencing Health Social Work and Interventions, Sostyö-Terva), VTR/STM, **392 438**, PI Janet Anand, funding as a part of research team
- 1.5.2021-31.8.2023, Consortium, Hyvällä Mielellä Pohjois-Savo (Mental Wellbeing Promotion in Northern Savonia), ESR-funding, **500 000 €** (total consortium 3.4 milj €), ESR-consortium, leader Helena Länsimies, City of Kuopio, subproject PI Mäki-Opas and research group
- 1.1.2021-31.12.2021, Consortium, Vaikuttavuuskeskus tukemaan SOTE-palveluiden kehittämistä (Effectiveness Center to Support the Development of Social and Health Services), Alhopen Säätiö, **100 000 €** (UEF 50 000), subproject PI Mäki-Opas and research group

Research output

A Peer-reviewed scientific articles	58
B Non-refereed scientific articles	17
C Scientific books (monographs)	2
D Publications intended for professional communities	28
E Publications intended for the general public, linked to the applicant's research	37
F Public artistic and design activities	0
G Theses	2
H Patents and invention disclosures	0
I Audiovisual material, ICT software	2
Total number of publications	146

Research supervision and leadership experience

- **Supervision:** supporting 6 post docs, 12 PhD students (undergoing), and steering group member of 2 PhD students
- **Master's thesis supervision:** over 11 students (finalized), 9 students (ongoing seminar)
- **Bachelor thesis supervision:** over 20 students (finalized)
- **Leadership experience:** PREWELL & PALVA consortium leader, JACARDI task leader, Hyvällä Mielellä Pohjois-Savo subproject PI, National effectiveness center to social and health services subproject PI and Effectiveness of social and health services research community leader

Teaching merits

- **University pedagogic training:** 10 ECTS in English, 2018

- **Teaching duties (UEF; TAU, UH):** Pro Gradu -seminar, "Effectiveness" group, UEF, Autumn 2022-, principal lecturer; Evaluation Course (5 ECTS), UH, effectiveness research and evaluation on social and health policies (2022-), visiting lecturer; Critical perspectives in Public Health (5 ECTS), TAU, effective wellbeing promotion (2022-), visiting lecturer; Effective health and wellbeing promotion (2 ECTS), UEF, Spring term (2017-), principal lecturer; UEF//Massive Open Online Course (MOOC) on Effectiveness (3 ECTS), UEF, 7.9.2020-, principal lecturer; Qualitative Research Methods for Doctoral Students, YHKA and FILO faculties (2020-), comprehensive effectiveness evaluation in social sciences, visiting lecturer; Effective Social and Health Services (5 ECT), effectiveness research designs and methods, visiting lecture; WELMA doctoral school (2017-), effectiveness research designs and methods, visiting lecturer
- **Producing teaching materials:** Textbook on health sociology edited by Karvonen, Kestilä & Mäki-Opas, Gaudeamus 2017; Chapters on textbook on "health promotion, inclusive approaches, effectiveness evaluation" edited by Patja, Absetz and Rautava, Duodecim, 2022; Chapter of textbook on "social marketing" edited by Knox, Kubacki, Rundle-Thiele, Sosiaalinen markkinointi: ihmisen ja yhteiskunnan yhteistä etu edistämässä (Social marketing Book), edited Taiminen, Sormunen & Mäki-Opas, THL reports, 2024

Awards and honours

- **House of Effectiveness:** Contributor for Open Science Award (2021); Ashoka, Finnish Change-maker Map (2021); Good practice for social and health services RDI (2019)

Other key academic merits, such as

- European Public Health Conference (EPH), 2024->, member of the scientific committee
- National Conference for Effectiveness Research, UEF, 2018-, head of organizing committee
- Invited Keynote Lectures: more than 20 lectures
- Evaluation of assistant or associate professor positions: 1
- Pre-examiner of PhD-dissertations: 5
- Evaluation of scientific competence of title of docent applications: 5
- Reviewer for scientific journals: TRIALS, SJPH, BMC, AJPM, EJPH, SLA, Frontiers in Sociology

Scientific and societal impact

- Ministry of Health and Social Affairs (STM), 2024, Social and Health Care Vision for 2030, round table expert
- STM, 2024-, National Health and Wellbeing Program (9 milj € euros), Scientific Advisory Board
- THL, 2022-2024, National Evaluation of Health Promotion, Advisory Group
- Vaikuttavuusseura (Effectiveness Association), 2024-, member of the board
- Ministry of Finance, Sustainable Growth Program for Finland, 2021, Advisory group
- Finnish Innovation Fund Sitra, 2020-, Alumni member
- Promotion of open data (PROMEQ): www.fsd.tuni.fi/en
- Publishing Policy Briefs: House of Effectiveness
- Finnish Society for Social Medicine, Society for Medicine, 2019-, chair
- Frontiers in Sociology, Review Editor for Medical Sociology, 2016-

Link to complete virtual CV: <https://uefconnect.uef.fi/en/person/tomi.maki-opas/>