

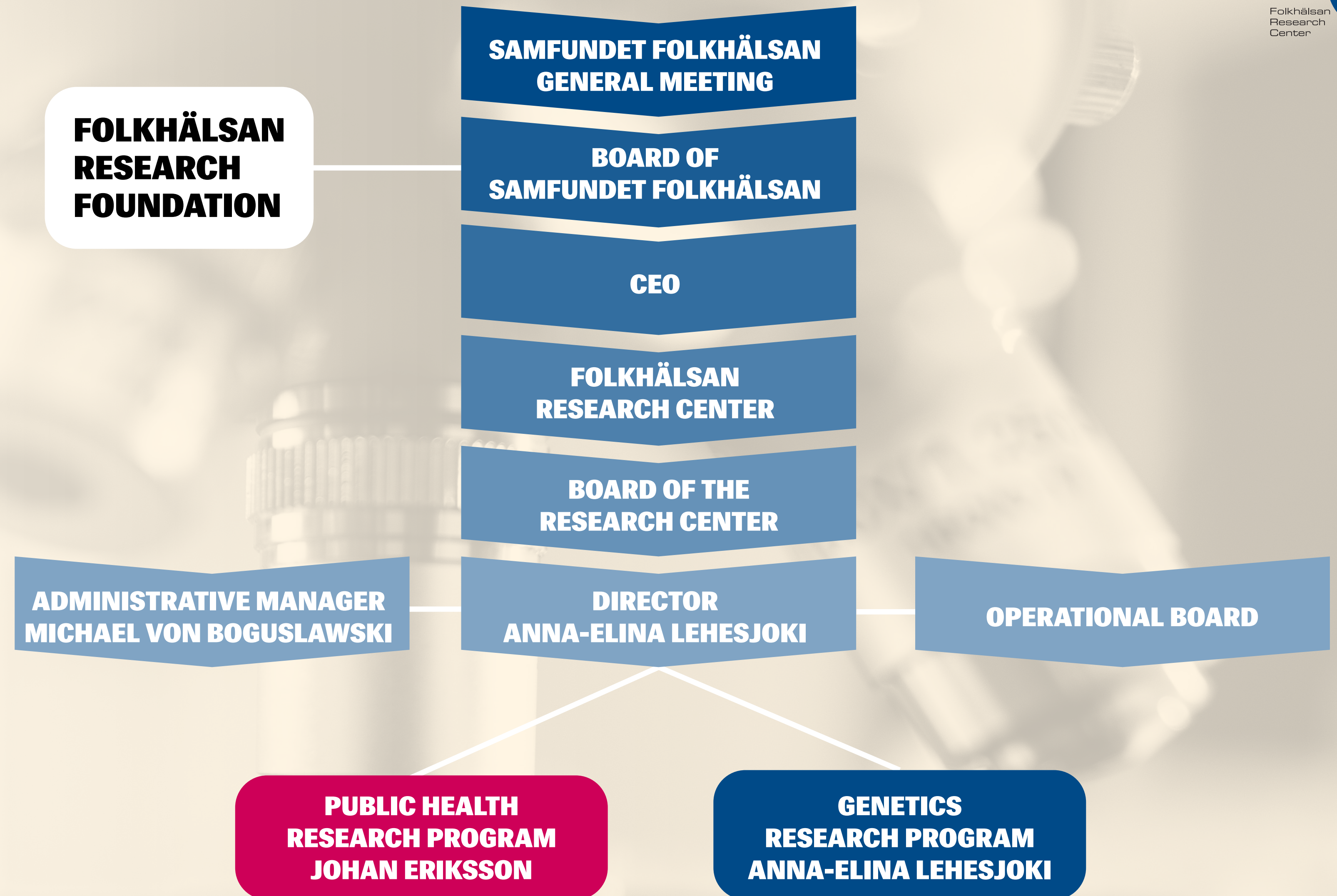


Folkhälsan Research Center 2024



One of the main fields of focus at Folkhälsan is scientific research.

The Folkhälsan Research Center is an internationally renowned unit with focus on genetics and public health research within two programs.



Research

Genetics Research

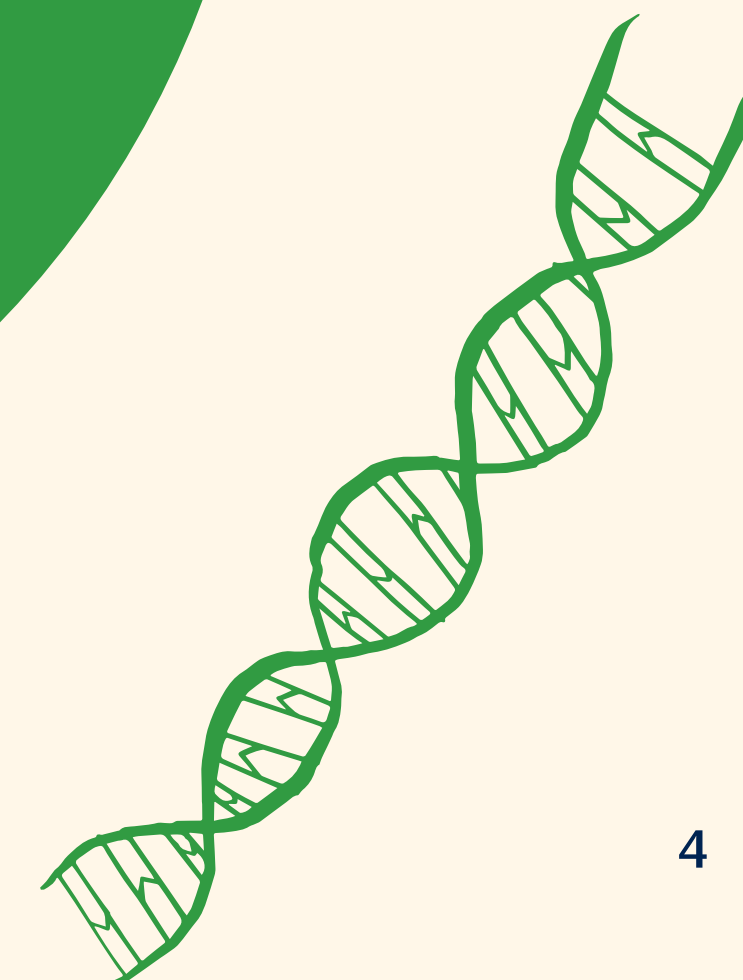
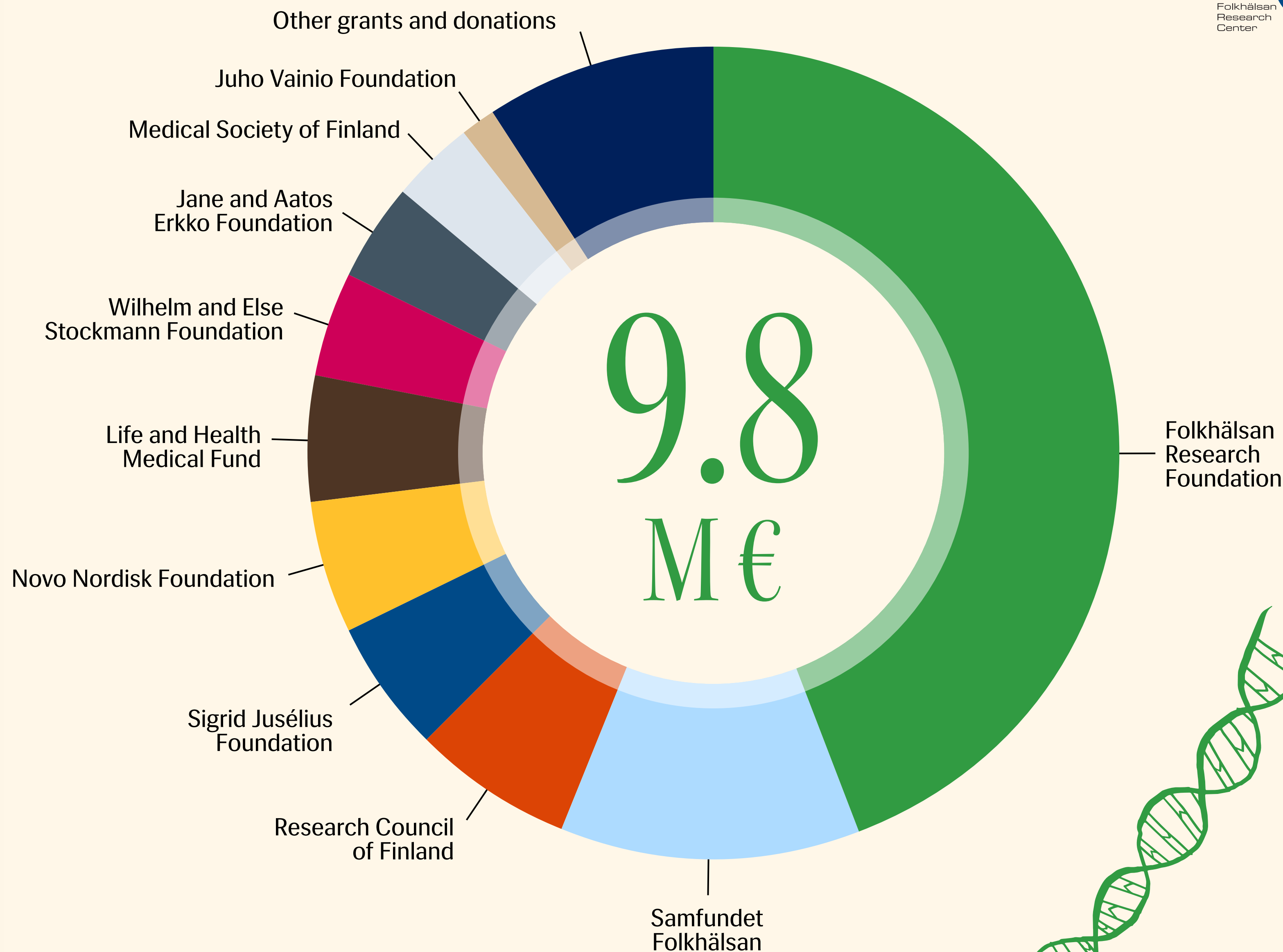
- Genetic causes and mechanisms of rare genetic diseases
- Genetic and lifestyle risk factors in diabetes and diabetic complications

Public Health Research

- Health promotion throughout the life course
- Health and disease from a life course perspective
- Active and healthy aging

Funding

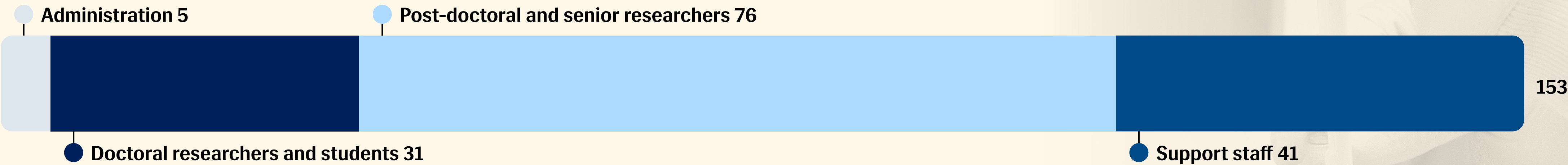
The total funding for 2024 was EUR 9.78 M.
External funding accounted for 44%, compared
to 45% in 2023. 44% was funded by the
Folkhälsan Research Foundation and 12% by the
Samfundet Folkhälsan's foundations.





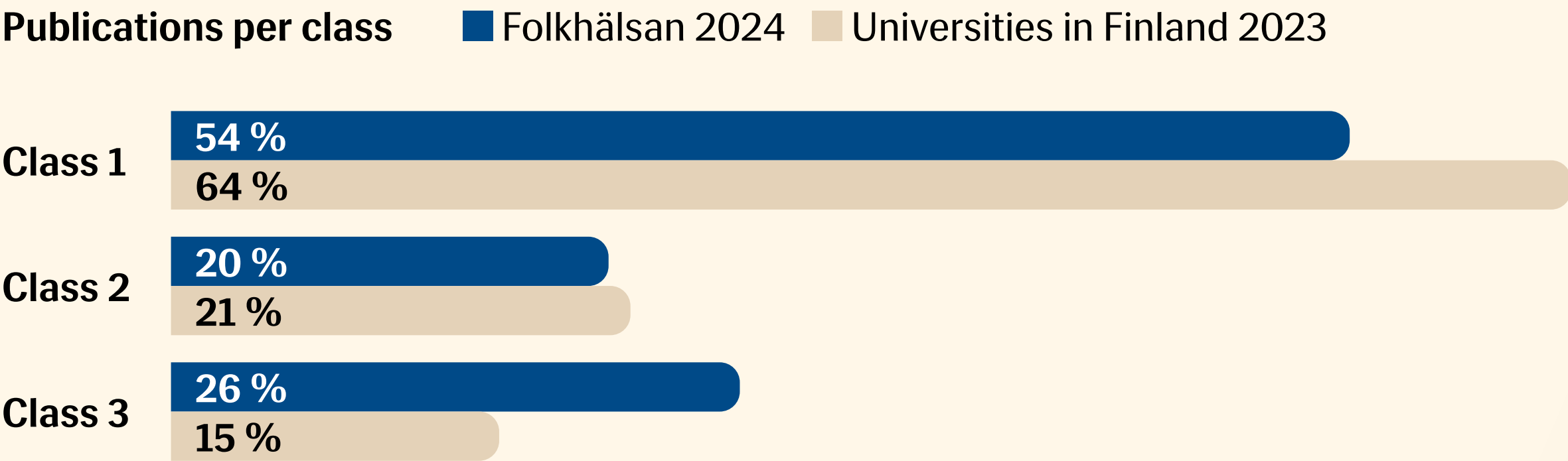
Personnel

The research center employed 153 persons in 2024, with a total of around 120 FTEs (Full-Time Equivalent). The research center also had 30 hourly employees. In addition, several doctoral students and other researchers were entirely externally funded, e.g. by University of Helsinki or private foundations.



Publications

The research groups published 186 peer-reviewed JuFo*-ranked articles. As in previous years, over a quarter of these belong to the highest class (class 3). For comparison, at the national level in 2023 approximately 15% of publications** in medicine and health sciences belonged to class 3.



View all our
publications here:



* The JuFo Publication Forum (Julkaisufoorumi) is a classification of publication channels created by the Finnish scientific community to support the quality assessment of academic research.

** All peer reviewed scientific articles in medicine and health sciences 2023 in all Finnish universities and universities of applied sciences. (Data for 2024 not yet available.) Source: Vipunen.

Doctoral Theses 2024

Pinja Elomaa: Simple devices for single-cell trapping and droplet digital PCR. Folkhälsan Research Center, University of Helsinki 8.5.2024.

Supervisors: Päivi Saavalainen, Ville Jokinen.

<https://helda.helsinki.fi/items/b594fde0-5582-4294-89f9-f88ba5ea9fd5>

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Natalia Hetemäki: Estrogen biosynthesis in subcutaneous and visceral adipose tissue in women. Folkhälsan Research Center, University of Helsinki 13.12.2024.

Supervisors: Hanna Savolainen-Peltonen, Tomi Mikkola, Matti J. Tikkanen.

<https://helda.helsinki.fi/items/d4c8c75b-7ffe-42ae-8b3a-a8279cba7434>

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Jenni Ikonen: Frailty and functioning as determinants of healthcare use. Folkhälsan Research Center, University of Helsinki 20.12.2024.

Supervisors: Markus Haapanen, Johan Eriksson, Otso Arponen.

<https://helda.helsinki.fi/items/af2d87a2-d552-4281-a40a-682eb31fd220>

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Cedric Korpijaakko: Cardiometabolic health and morbidity in offspring of women with type 1 diabetes. Folkhälsan Research Center, University of Helsinki 16.2.2024.

Supervisors: Merja Laine, Johan Eriksson.

<https://helda.helsinki.fi/items/96268e57-6b9d-43f1-bf74-a5bc9ae109c2>

Johanna Lehtonen: Genetic and functional studies of ultra-rare diseases. Folkhälsan Research Center, University of Helsinki 22.11.2024.

Supervisors: Janna Saarela, Katarina Pelin, Vilma-Lotta Lehtokari.

<https://helda.helsinki.fi/items/0afa45cb-5c5c-459b-b1d7-0c9037c32ed6>

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Salla Mikkola: Feline personality and problematic behaviour: Associations with demographic, genetic, and environmental factors. Folkhälsan Research Center, University of Helsinki 23.8.2024.

Supervisors: Hannes Lohi, Anna-Maija Virtala, Milla Salonen.

<https://helda.helsinki.fi/items/40a6b868-3f62-45ee-99a5-d7c2649a929b>

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Kaija Nissinen: Varhaiskasvatusikäisten lasten ruoankäyttö, ravintoaineiden saanti ja stressibiomarkkerit. Folkhälsan Research Center, University of Helsinki 10.1.2024.

Supervisors: Maijaliisa Erkkola, Leena Koivusilta, Eva Roos.

<https://helda.helsinki.fi/items/691cbe0c-dcdf-4d3a-91dc-2829f5a7cc3b>

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Viivi Saari: Growth, puberty, gynecological health, and fertility in women with apeced. Folkhälsan Research Center, University of Helsinki 23.2.2024.

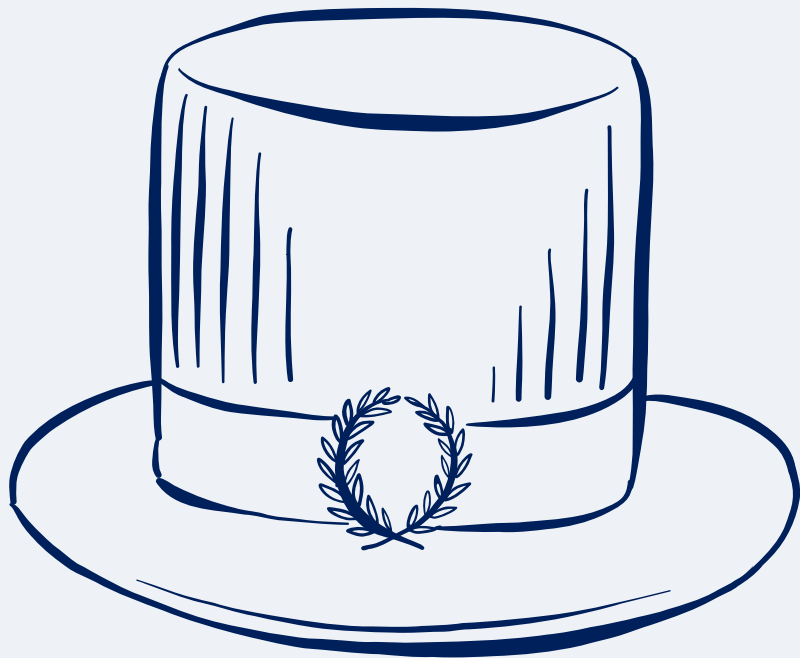
Supervisors: Saila Laakso, Elina Holopainen, Outi Mäkitie.

<https://helda.helsinki.fi/items/c4459d1e-d77a-428f-993e-158e29db7d7a>

Rebecka Ventin-Holmberg: Biomarkers of the gut fungal and bacterial composition in inflammatory bowel disease. Folkhälsan Research Center, University of Helsinki 16.8.2024.

Supervisors: Kaija-Leena Kolho, Päivi Saavalainen, Eija Nissilä.

<https://helda.helsinki.fi/items/c357db32-5d31-42db-b8d9-908f11c8bb3a>



Master's Theses 2024

Dan Hafez Abdel: Exploring eating frequencies and their associations with weight outcomes among Finnish preschool children. University of Helsinki.
Supervisors: Reetta Lehto, Anna Abdollahi.
<https://helda.helsinki.fi/items/4a7b3b19-d2f5-4826-bbd5-31069301bdbf>

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Emilia Ankkuri: Mental health, self-esteem, resilience, and physical growth in adolescence. University of Helsinki.
Supervisor: Jari Lahti.
<https://helda.helsinki.fi/items/c64cc51b-b86c-4788-8e06-661d032a54ed>

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Rebecka Bergdal: Cumulative glycemic exposure is associated with coronary artery disease in type 1 diabetes: a call for action. University of Helsinki.
Supervisors: Stefan Mutter, Per-Henrik Groop, Valma Harjutsalo.
<https://helda.helsinki.fi/items/99e818d8-2efe-483f-bec9-a836d21397bc>

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Emilia Franzén: Åldrandets inverkan på personer med typ 1-diabetes. University of Helsinki.
Supervisor: Lena Thorn.
<https://helda.helsinki.fi/items/6513a354-40da-4414-a7ea-3b7df0213177>

Swethaa Natraj Gayathri: Identifying biological pathomechanisms of TTN-affected myopathies using RNA-sequencing data. University of Helsinki.
Supervisors: Marco Savarese, Per-Harald Jonson.
<https://helda.helsinki.fi/items/03e94073-d11d-4f6c-bac5-065ec89f4c8c>

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Jenny Gustafsson: Vanhempien ja 3–4-vuotiaiden lasten digitaalisten medioiden käytön yhteydet lasten motorisiin taitoihin ja fyysiseen aktiivisuuteen. University of Jyväskylä.
Supervisor: Elina Engberg.
<https://jyx.jyu.fi/handle/123456789/96126>

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Isabella Herrlin: Familial clustering of microvascular complications in offspring of parents with type 1 diabetes: a population-based study. University of Helsinki.
Supervisor: Fanny Jansson Sigfrids.
<https://helda.helsinki.fi/items/92cf2369-0cd3-4a9c-8fb5-1506590d775d>

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Salla Kauhanen: Kotiympäristön ja perheen sosioekonomisen aseman yhteys 3–6- vuotiaiden lasten liikkumiseen. University of Jyväskylä.
Supervisor: Carola Ray.
<https://jyx.jyu.fi/handle/123456789/95986>

Minea Lassas: Validerad översättning av Michigan Neuropathy Screening Instrument till svenska och finska. University of Helsinki.
Supervisor: Lena Thorn.
<https://helda.helsinki.fi/items/83e836c6-a2df-4fca-97ca-38244d4d8556>

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Olivia Lilja: Genetic Variations in Human Opsin Genes: Understanding Color Vision Phenotypes and Defects. Tampere University.
Supervisors: Michael Backlund, Joni Turunen.
<https://trepo.tuni.fi/handle/10024/159755>

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Victoria Lillback: Gene prioritization for enhancing molecular diagnosis in rare skeletal muscle disease. University of Helsinki.
Supervisor: Marco Savarese.
<https://helda.helsinki.fi/items/639b4aa1-eb26-48f6-bbd7-85cbf4c9b01f>

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Roosa Louhi & Karoliina Uusitalo: 3–4-vuotiaiden lasten liikkumiskäyttäytymisen sekä motoristen taitojen eroavaisuudet kaupunki- ja maaseutu ympäristössä. University of Jyväskylä.
Supervisor: Elina Engberg.
<https://jyx.jyu.fi/handle/123456789/96049>





Heidi Niemi: The associations of nature visits and family physical activity with parental happiness: a cross-sectional study in Southern Finland. University of Jyväskylä.
Supervisor: Elina Engberg.
<https://jyx.jyu.fi/handle/123456789/95806>

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Ella Nippala: Insights into the transcriptomic landscape of fetal striated muscle. University of Helsinki.
Supervisors: Marco Savarese, Ali Oghabian.
<https://helda.helsinki.fi/items/cb5a225d-c3bd-492b-b623-b70f232d4adc>

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Heidi Peltonen: Genetics of hyperdontia in German shorthair pointers. University of Eastern Finland.
Supervisors: Hannes Lohi, Marjo Hytönen.
<https://erepo.uef.fi/server/api/core/bitstreams/f1650520-158f-441b-89a9-9643e8f6a44e/content>

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Jenny Ray: Opettajien kokemat ulkoilmaopetuksen terveyteen liittyviä hyötyjä oppilailla ja sen käyttö. University of Jyväskylä.
Supervisor: Nina Simonsen.
<https://jyx.jyu.fi/handle/123456789/97731>

Matias Seppälä: Excessive occupational sitting increases risk of cardiovascular events among individuals with type 1 diabetes. University of Helsinki.
Supervisor: Lena Thorn.
<https://helda.helsinki.fi/items/ad499b5f-e860-4e4d-854c-c67e85ba3b56>

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Teemu Turku: Identifying the disease-causing variant in a large family with a late-onset dominant distal myopathy. University of Helsinki.
Supervisors: Katarina Pelin, Peter Hackman.
<https://helda.helsinki.fi/items/cc17519d-4ecf-490c-9902-1c3a8b5d272f>

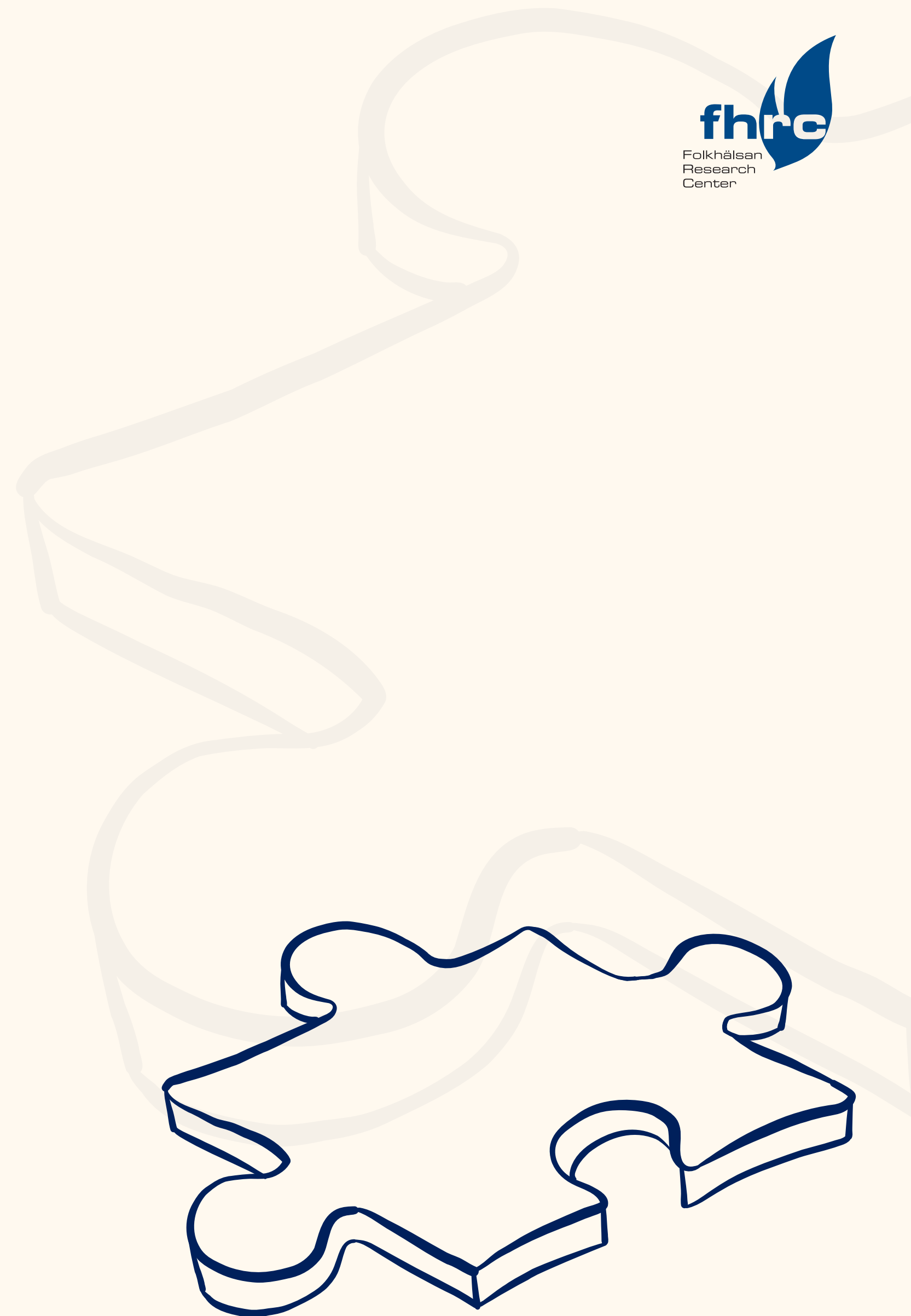
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Tuuli Vallo: Characterisation of a novel TFAP2C promoter. University of Helsinki.
Supervisor: Jere Weltner.
<https://helda.helsinki.fi/items/fd10faf2-2d27-415b-8fb0-e0ade31e1fe4>



Funders 2024

- Folkhälsan Research Foundation
- Samfundet Folkhälsan
- Diabetes Research Foundation
- Diabetes Wellness Suomi Foundation
- Evald and Hilda Nissi Foundation
- Finnish Cultural Foundation
- Finnish Society of Sciences and Letters
- Foundation for Pediatric Research
- Jan-Magnus Janssons fond/
Samfundet Folkhälsan
- Jane and Aatos Erkko Foundation
- Juho Vainio Foundation
- Life and Health Medical Fund
- Magnus Ehrnrooth Foundation
- Medical Society of Finland
- Munuaissäätö
- Paavo Nurmi Foundation
- Päivikki and Sakari Sohlberg Foundation
- Research Council of Finland
- Signe and Ane Gyllenberg Foundation
- Sigrid Jusélius Foundation
- Stiftelsen Leo, Mary och Mary-Ann Hackman
- Viktor Ollqvists Stiftelse
- Wellbeing Services County of Ostrobothnia
- Wilhelm and Else Stockmann Foundation
- Yrjö Jahnsson Foundation
- Åke, Sara och Christer Lönnqvists fond/
Föreningen Granatenhjelm
- Agria and Swedish Kennel Club Research Fund
for Companion Animals
- Association Française contre les Myopathies
- European Commission
- Innovate UK
- Juvenile Diabetes Research Foundation
- National Institutes of Health
- Novo Nordisk Foundation
- A number of interest associations for
dog and cat breeds
- Donations from private individuals





Read more about our research:
research.folkhalsan.fi