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Research interest

Aging, functional performance, functional limitation and disability, frailty, sarcopenia, muscle strength, physical exercise, inflammation, twin studies, genetics

Most important earlier employment

2008-2010 Post-Doctoral Researcher, FLARE-Fellow. Future Leaders of Ageing Research in Europe (FLARE), Tampere School of Public Health, University of Tampere, Finland. Principal investigator in a study “Inflammation, muscle strength and disability in older people”.

2/2007-12/2007 Researcher. Department of Health Sciences, University of Jyväskylä, Finland. European Network for Action on Ageing and Physical Activity, EUNAAPA-project.

10/2006- 2/2007 Researcher. National Public Health Institute, Health Promotion and Chronic Disease Prevention, Injury Prevention Unit, Helsinki, Finland.

Other selected affiliations

Visiting researcher in the Institute of Public Health, Department of Epidemiology, University of Southern Denmark, Odense, Denmark. Partner since 2009.

Awards and honors

2008-2010 FLARE-Fellow. European post-doctoral programme, Future Leaders of Ageing Research in Europe (FLARE). The three-year post-doctoral grant from the European Research Area in Ageing- Project (ERA-AGE).

Selected publications

Tiainen K, Luukkaala T, Hervonen A, Jylhä M. Predictors of mortality in men and women aged 90 and older: a nine-year follow-up study in the Vitality 90+ study. *Age Ageing* 42: 468-475, 2013. doi: 10.1093/ageing/af030.

Lisko I, Tiainen K, Stenholm S, Luukkaala T, Hurme M, Lehtimäki T, Hervonen A, Jylhä M. Are body mass index, waist circumference and waist-to-hip ratio associated with leptin in 90-year-old people? *Eur J Clin Nutr* 67: 420-422, 2013. doi: 10.1038/ejcn.2013.39.

Tiainen K, Jylhä M, Thinggaard M, Christensen K, Christiansen L. Associations between inflammatory markers, candidate polymorphisms and physical performance in older Danish Twins. *Exp Gerontol* 47: 109-115, 2012. doi:10.1016/j.exger.2011.11.002y.

Stenholm S, Tiainen K, Rantanen T, Sainio P, Heliövaara M, Impivaara O, Koskinen S. Long-term determinants of muscle strength decline: prospective evidence from the 22-year Mini-Finland follow-up survey. *J Am Geriatr Soc* 60: 77-85, 2012. doi: 10.1111/j.1532-5415.2011.03779.x.

Tiainen K, Hurme M, Hervonen A, Jylhä M. Inflammatory markers and physical performance among nonagenarians. *J Gerontol A Biol Sci Med Sci* 65: 658-663, 2010. doi: 10.1093/gerona/glq056.