
JYVÄSKYLÄ (for Tampere news, see page 9)

Publications:

Elliott-Sale, K.J., Minahan, C.L., de Jonge, X.A.K.J., Ackerman, K.E., Sipilä, S., Constantini, N.W., Lebrun, C.M. & Hackney, A.C. Methodological Considerations for Studies in Sport and Exercise Science with Women as Participants: A Working Guide for Standards of Practice for Research on Women. *Sports Med* (2021). <https://doi.org/10.1007/s40279-021-01435-8>

Eriksson MD, Eriksson JG; Kautiainen H, Salonen MK, Mikkola TM, Kajantie E, Wasenius N, von Bonsdorff MB, Korhonen P, Laine MK. Higher carotid-radial pulse wave velocity is associated with non-melancholic depressive symptoms in men – findings from Helsinki Birth Cohort Study. *Ann Med* 2021;53:531-40.

Eriksson MD, Eriksson JG; Kautiainen H, Salonen MK, Mikkola TM, Kajantie E, Wasenius N, von Bonsdorff MB, Laine MK. Advanced glycation end products measured by skin autofluorescence are associated with melancholic depressive symptoms – findings from Helsinki Birth Cohort Study. *J Psychosom Res* 2021;145:110488.

Herbolsheimer, F., Ungar, N., Portegijs, E., Dallmeier, D., Schaap, L., Smith, T., Stubbs, B., Deeg, D., Peter, R., Castell, M V., Otero, A., Edwards, M., Siviero, P., Limongi, F., Dennison, E., van Schoor, N., Veronese N., Timmermans E. & van der Pas, S. Neighborhood environment, social participation and physical activity in older adults with lower limb osteoarthritis: a mediation analysis. *Health and Place* 2021; 68: 102513. <https://doi.org/10.1016/j.healthplace.2021.102513>

Hintikka J, Lensu S, Mäkinen E, Karvinen S, Honkanen M, Lindén J, Garrels T, Pekkala S, Lahti L. Xylo-Oligosaccharides in Prevention of Hepatic Steatosis and Adipose Tissue Inflammation: Associating Taxonomic and Metabolomic Patterns in Fecal Microbiomes with Biclustering. *Int. J. Environ. Res. Public Health* 2021, 18, 4049. <https://doi.org/10.3390/ijerph18084049>

Hyvärinen, M., Karvanen, J., Aukee, P., Tammelin, T.H., Sipilä, S., Kujala, U.M., Kovanen, V., Rantalainen, T. & Laakkonen, E.K. Predicting the age at natural menopause in middle-aged women. *Menopause*. 2021 Apr 12. doi: 10.1097/GME.0000000000001774. Epub ahead of print.

Press release: [Age at the menopause can be assessed using predictive modeling — University of Jyväskylä \(ju.fi\)](#)

Jyväkorpä, S. K., Strandberg, T., Urtamo, A., Pitkälä, K., Suominen, M., Kokko, K., & Heimonen, S. (2020). Ikäntyneiden terveys, elämänlaatu, toimintakyky ja mielen hyvinvointi. *Gerontologia*, 34(4), 339–344. <https://journal.fi/gerontologia/article/view/99624>

Karvinen, S., Juppi, H.-K., Le G., Cabelka, C.A., Mader, T.L., Lowe, D.A. & Laakkonen, E.K. Estradiol deficiency and skeletal muscle apoptosis: Possible contribution of microRNAs. *Experimental Gerontology*. 2021; 147: 111267.

Press release: [Study reveals a new potential mechanism underlying loss of muscle mass during menopause — University of Jyväskylä \(jyu.fi\)](#)

Kulmala, J., Lisko, I. & Im, Z. (2021). Health and disability across the life-course. Teoksessa K. Komp-Leukkunen (toim.), *Life-histories in Finland* (s. 18–29). Väestöliitto. [Life-histories in Finland - Väestöliitto.fi \(vaestoliitto.fi\)](#)

Tenure track professor Jenni Kulmala from Tampere University and Inna Lisko from University of Jyväskylä have participated in writing a book *Life-histories in Finland*, which was published on March 11, 2021. The book and the articles are based on the European research: Survey of Health, Ageing and Retirement in Europe (SHARE)

[More information on SHARE](#)

Lisko, I., Kulmala, J., Annetorp, M., Ngandu, T., Mangialasche, F. & Kivipelto, M. How can dementia and disability be prevented in older adults: Where are we today and where are we going? *Journal of Internal Medicine*. Epub ahead of print. doi:10.1111/JOIM.13227 <https://onlinelibrary.wiley.com/doi/abs/10.1111/joim.13227>

Mikkola, TM., Kautiainen, H., Mänty, M., von Bonsdorff, MB., Koponen, H., Kröger, T. & Eriksson, JG. Use of antidepressants among Finnish family caregivers: a nationwide register-based study. *Soc Psychiatry Psychiatr Epidemiol* 2021, <https://doi.org/10.1007/s00127-021-02049-1>

Oinas, T., Karhinen, J., Tammelin, M., Hirvonen, H., Hämäläinen, A., Taipale, S. (2021) Teknologisten laitteiden ja sovellusten käyttö vanhustyössä. Työn piirteiden ja yksilötekijöiden vaikutusten tarkastelua. *Yhteiskuntapolitiikka* 86(2), 166-179.

Olakivi, A., Van Aerschot, L. Mathew Puthenparambil, J. & Kröger, T. Ylikuormitusta, lähijohtajan tuen puutetta vai vääränlaisia tehtäviä. Miksi yhä useammat vanhustyöntekijät harkitsevat työnsä lopettamista? *Yhteiskuntapolitiikka*. 2021, 86 (2): 141–154.

Outila, M. & Kiuru, H. "Picturephone in My Home": Actor-Network Theory and Foucauldian Discourse Analysis on Northern Finnish Older Adults Starting to Use a Video Conferencing Service. *Journal of technology in human services, ahead-of-print*(ahead-of-print), pp. 1-30. <https://doi.org/10.1080/15228835.2020.1869670>

Palmberg, L., Portegijs, E., Karavirta, L. & Rantanen, T. Comment on "Fatigability: A Prognostic Indicator of Phenotypic Aging", *The Journals of Gerontology: Series A*, 2021; Feb 27:glab059. doi: 10.1093/gerona/059. Epub ahead of print.

Pesonen, H., Laakkonen, E.K., Hautasaari, P., Aukee, P., Kovanen, V., Kujala, U.M., Sipilä, S., Finni, T. & Tarkka, I.M. Perimenopausal women show modulation of excitatory and inhibitory neuromuscular mechanisms. *BMC Womens Health*. 2021;21(1):133.

Portegijs, E., Keskinen, KE., Tuomola, EM, Hinrichs, T., Saajanaho, M. & Rantanen, T. Older adults' activity destinations before and during COVID-19 restrictions: from a variety of activities to mostly physical exercise close to home. *Health and Place* 2021; 68: 102533. <https://doi.org/10.1016/j.healthplace.2021.102533>

Press release: [During the first wave of the coronavirus pandemic older adults left home predominantly for physical exercise — University of Jyväskylä \(jyu.fi\)](#)

Pynnönen, K., Kokko, K., Saajanaho, M., Törmäkangas, T., Portegijs, E. & Rantanen, T. Do opposite ends of same factors underlie life satisfaction vs. depressive symptoms among older people? *Aging Clinical and Experimental Research* 2021. <https://link.springer.com/article/10.1007/s40520-020-01765-z>

Rasi, P. & Taipale, S. (2020). Tuki, ohjaus ja koulutus – ikääntyneet digitalisoituvassa mediayhteiskunnassa. *Gerontologia*, 34(4), 328–332. <https://journal.fi/gerontologia/article/view/99601>

Sievänen, T., Törmäkangas, T., Laakkonen, E.K., Mecklin, J.-P., Pylvänäinen, K., Seppälä, T.T., Peltomäki, P., Sipilä, S. & Sillanpää, E. Body weight, physical activity, and risk of cancer in Lynch syndrome. *Cancers (Basel)*. 2021; 13(8): 1849.

Sihto, T. & Van Aerschot, L. Care Poverty Within the Home Space: Exploring the Emotional Experiences of Unmet Care Needs. *Front Sociol.* 2021 Apr 29;6:637799. doi: 10.3389/fsoc.2021.637799.

Sillanpää, E., Heikkinen, A., Kankaanpää, A., Paavilainen, A., Kujala, U.M., Tammelin, T.H., Kovanen, V., Sipilä, S., Pietiläinen, K.H., Kaprio, J., Ollikainen, M. & Laakkonen, E.K. Blood and skeletal muscle ageing determined by epigenetic clocks and their associations with physical activity and functioning. *Clin Epigenetics*. 2021 May 17;13(1):110. doi: 10.1186/s13148-021-01094-6. PMID: 34001218.

Sipilä, S., Tirkkonen, A., Savikangas, T., Hänninen, T., Laukkanen, P., Alen, M., Fielding, R. A., Kivipelto, M., Kulmala, J., Rantanen, T., Sihvonen, S. E., Sillanpää, E., Stigsdotter Neely, A., Törmäkangas, T. Effects of physical and cognitive training on gait speed and cognition in older adults: A randomized controlled trial. *Scand J Med Sci Sports*. 2021 Mar 27. doi: 10.1111/sms.13960. Epub ahead of print.

Suominen, T.H., Alén, M., Törmäkangas, T., Degens, H., Rittweger, J., Heinonen, A., Suominen, H. and Korhonen, M.T. (2021), Regular strength and sprint training counteracts bone aging: a 10-year follow-up in male masters athletes. *JBMR Plus*. Accepted Author Manuscript. <https://doi.org/10.1002/jbm4.10513>

Turunen, K., Aaltonen-Määttä, L., Portegijs, E., Rantalainen, T., Keikkala, S., Kinnunen, M-L., Sipilä, S. & Nikander, R. Effects of a home-based rehabilitation program in community-dwelling older people after discharge from hospital: A subgroup analysis of a randomized controlled trial. *Clinical Rehabilitation*. 2021 Mar 21;2692155211001672. <https://doi.org/10.1177/02692155211001672> Online ahead of print.

Turunen, K. "Miksi minä enää liikkuisin?" – omaan toimintakykyyn voi aidosti vaikuttaa. 2021. Anna arjen liikuttaa -kampanjan verkkosivut <https://helsinkiliikkuu.fi/miksi-mina-ena-liikkuisin/>.

Åström, M.J., von Bonsdorff, M.B., Salonen, M.K., Kajantie, E., Osmond, C., Eriksson, J.G. Glucose regulation and grip strength in adults: findings from the Helsinki Birth Cohort Study, in press *Archives of Gerontology and Geriatrics*. <https://www.sciencedirect.com/science/article/abs/pii/S016749432100011X>

Åström, M., von Bonsdorff, M.B., Haanpää, M., Salonen, M.K., Kautiainen, H. & Eriksson, J.G. Glucose regulation and pain in older people: The Helsinki Birth Cohort Study. *Prim Care Diabetes* 2021, <https://doi.org/10.1016/j.pcd.2021.02.001>

Funding:

Tiina Föhr received a 25 000 € grant from the Juho Vainio Foundation for the study: Biologisen ikääntymisen yhteys toimintakykyyn ja kuolleisuuteen.

Heidi Leppä received a 11 250 € grant from the Juho Vainio Foundation for the study: Walking capability and outdoor mobility in community-dwelling older people.

Erja Portegijs received a 29 120 € grant from the Juho Vainio Foundation for the study: Environments supporting activity in old age: pre-, at- and post-COVID19 (ESPACE).

Elina Sillanpää received a 100 000 € large grant from the Juho Vainio Foundation for the study: Vaikuttaako fyysinen aktiivisuus polygeenisen sairauriskin toteutumiseen?

Elina Sillanpää received a 15 000 € grant from the Päivikki and Sakari Sohlberg Foundation for the study: Polygeeninen riskisumma fyysisen aktiivisuuden ja kardiometabolisten sairauksien kausaalisuhteissa.

[Awarded grants 2021 by the Juho Vainio Foundation](#)

Tiina Jokela was awarded a 200 000 € Marie Skłodowska-Curie grant to work in Academy Researcher Eija Laakkonen's cancer research project related to Lynch syndrome.

[Machine learning helps researchers to predict predisposition for cancer](#)

The Päivikki and Sakari Sohlberg Foundation awarded Eija Laakkonen 30 000 € for the same research unity: Miksi osa Lynch syndrooma geenimutaation kantajista välttää etiologian mukaisesti ennen keski-ikää kehittyvän syövän?

[Awarded grants 2020 \(The Päivikki and Sakari Sohlberg Foundation\)](#)

Postdoctoral Researcher Tiia Kekäläinen received a 30 000 € grant from The Finnish Cultural Foundation (The Ester and Uuno Kokko Foundation) to study the predictors of physical activity and functional capacity in older adults.

[Five hundred full-year grants from the Cultural Foundation](#)

Tiia Kekäläinen was awarded a Fulbright-grant from the Fulbright Finland Foundation to carry out a research project of 6 months at the Florida State University.

Taina Rantanen received a 120 000 € grant from the Ministry of Education and Culture to fund the AGNES follow-up study. Funding was awarded for the first year of the study, with the option for two more years.

The study assesses older adults' mobility from before, amid and after the coronavirus pandemic. This AGNES follow-up study examines how physical functional capacity or living environment are related to changes in mobility and well-being over the follow-up. Mobility is examined as ability to move, the volume of movement and the autonomy of movement.

The Ministry of Education and Culture awarded academies in Central Finland a 124 000 € grant for the development project: Active and well-being higher education campus in Central Finland. The project is coordinated by the JAMK University of Applied Sciences and it's co-organized with the Faculty of Sport and Health Sciences of the University of Jyväskylä, Humak University of Applied Sciences and the Air Force Academy. The project is linked to the Active and creative University Work Community (LiLY) -project, led by the Associate Professor Mikaela von Bonsdorff.

The Academy of Finland decided to fund two new Academy Research Fellows, Laura Karavirta and Elina Sillanpää from the Faculty of Sport Sciences. Each researcher was granted around 450,000 euros for paying their own salaries during the five-year period. In addition, researchers can apply for maximum of 500,000 € for laboratory expenses. The awarded funding was directed to the Academy of Finland's research projects in Biosciences, Health and the Environment.

Laura Karavirta's research focuses on the physical activity of older adults. Our understanding of older people's physical activity in relation to recommendations is based on models that do not account for individual abilities. Methods based on the speed or volume of movement may underestimate the actual load experienced by an older person. Karavirta will develop a method for quantifying physical activity in older people that takes into account individual differences in performance and makes it possible to develop personalised physical activity recommendations.

Elina Sillanpää seeks to research causal associations between genetic inheritance, physical activity and CMD by utilising large population based datasets (FinnGen, HUNT), genetically controlled longitudinal follow-up data on twins (Finnish twin cohort), polygenic scores and advance statistical methods. She aims to use DNA methylation data to identify potential mechanisms and pathways that regulate associations between genetic risk and CMD and mortality and validate these findings with gene expression analysis and metabolomics.

[Five new Academy Research Fellows for the University of Jyväskylä \(jyu.fi\)](#)
[Academy of Finland selects Academy Research Fellows in biosciences, health and environment \(aka.fi\)](#)
[Funding decisions \(aka.fi\)](#)

Sira Karvinen received a 5000 € grant from the The Emil Aaltonen Foundation. The grant is targeted to cover laboratory expenses to study the effects of genotype and aerobic training on ageing of different tissues.

Congratulations to all researchers and research groups that received funding!

New co-workers:

Päivi Herranen has started as a part-time grant researcher in the AGE-X project funded by Juha Vainio Foundation and led by university lecturer Elina Sillanpää. Päivi has also worked part-time at the Open University as a university teacher of gerontology and health sciences. At the 1st of August, Päivi will start in the doctoral programme of health sciences (major in gerontology and public health) and continues as a full-time grant researcher. Päivis' dissertation research entitles "A polygenic risk score for low muscle strength: predicting cognitive decline and diseases and premature mortality in clinical and epidemiological cohorts". Thesis will be supervised by Elina Sillanpää and research director Jaakko Kaprio from Institute for Molecular Medicine Finland.

Enni-Maria Hietavala returned 1st of January 2021 to work as a Postdoctoral Researcher in EsmiRS-research group.

Teppo Kröger started in 2021 alongside his professorship as a permanent expert of the National Supervisory Authority for Welfare and Health (Valvira) and as a part-time (20%) professor in the Centre for Care Research West in Bergen, Norway.

Senior Lecturer Anne Viljanen started in 2021 alongside her work as a coordinator for lifelong learning at the Faculty of Sport and Health Sciences.

Laura Ylä-Outinen started 4th of January 2021 as Postdoctoral Researcher in PACTS2-project (Physical ACTivity and health during the human life-Span; PACTS2). Her research is connected to ageing besides other contexts. Before coming to Jyväskylä, she was working with cell and tissue technology at the Tampere University.

Postdoctoral Researcher Tiina Jokela started to work at the Faculty of Sport and Health Sciences 1st of March 2021. She is working in a cancer research project related to Lynch syndrome, led by the Academy Researcher Eija Laakkonen. Jokela is a Master in Biochemistry from the University of Kuopio, and she completed her doctoral degree at the University of Eastern Finland in 2011, in the field of cell biology. After her dissertation, Jokela did research abroad in Norway and the United States. In this post-doc period, her work focused on cancer and especially breast cancer research, which eventually brought her to Jyväskylä. To work in the project, Jokela was awarded a 200,000 € Marie Skłodowska-Curie grant, which is very harshly competed for.

[Machine learning helps researchers to predict predisposition for cancer](#)

Niina Kajan returned in May to work as a project researcher. She is working as a science secretary and she is also involved in different research projects run at the Gerontology Research Center GEREK. Her substitute Maria Hämäläinen continues to work at the university with the duties related to EduFutura.

Johanna Ahola has started 1st of May 2021 as Technical Assistant in PATHWAY-project led by Research Director Katja Kokko.

Niko Tynkkynen will start as doctoral candidate in the Faculty of Sports and Health Sciences on 1st September 2021. His doctoral thesis discipline is gerontology and public health. Since 25th February 2021 Niko has worked as a grant researcher. He has planned his doctoral thesis project and postgraduate studies, and prepared usage of the international datasets. Niko's thesis will be supervised by Senior Lecturer, docent Elina Sillanpää and Senior Researcher Timo Törmäkangas. The aim of his thesis is to examine associations between life habits, especially physical activity, cardiometabolic diseases and longevity by using genome-wide risk sums for longevity.

We are happy and proud for these excellent new colleagues!

Awards:

Finnish Bone Society rewarded early in this year Tuuli Suominen for the best bone research article of the year 2020: Suominen TH, Edgren J, Salpakoski A, Arkela M, Kallinen M, Cervinka T, Rantalainen T, Törmäkangas T, Heinonen A, Sipilä S. 2019. Effects of a home-based physical rehabilitation program on tibial bone structure, density and strength after hip fracture: a secondary analysis of a randomized controlled trial. JBMR Plus 3 (6): e10175. <https://doi.org/10.1002/jbm4.10175>.

The first Scientific Breakthrough Award was handed to Professor of Gerontology and Public Health Taina Rantanen in the annual celebration of the University of Jyväskylä on 10 March. Rantanen's research compared the differences in functional ability between 75- and 80-year-old people now and in 1989–1990. When compared to people of the same age born earlier, the muscle strength, walking speed, reaction speed, word fluency, reasoning ability and memory of both men and women is nowadays noticeably better.

Research news has been uploaded 20 000 times on the University web page and over 100 media sources have reported about the research results, including BBC and Scientific American.

Thank you to the whole research group and the principal investigators of the first Evergreen project since 1985: Eino Heikkinen, Riitta-Liisa Heikkinen and Isto Ruoppila.

Awards to merited JYU community members — University of Jyväskylä

Presentations:

12.1.2021, Elina Sillanpää: Suorituskyvyn ja liikunta-aktiivisuuden periytyvyys. Webinaari: Genomitietoa fysioterapeuteille ja fysioterapeuttipiskelijoille, Tampereen ammattikorkeakoulu (online)

18.1.2021 Laura Karavirta: [Terveysteknologiamarkkinan mielikuvat ja lupaukset | Audio Areena \(yle.fi\)](#), Juuso Pekkinen

20.-22.1.2021, Emilia Leinonen: Supposed or real? The cost-effectiveness of adult foster care in Finland. ESA RN01 Ageing in Europe Midterm Conference, Jyväskylä, Finland (online)

20.-22.1.2021, Lina Van Aerscht: Living alone in later life: sources of care, unmet needs and social contacts of communitydwelling older people in two Finnish cities. ESA RN01 Ageing in Europe Midterm Conference, Jyväskylä, Finland (online)

20.-22.1.2021, Teppo Kröger: The state of comparative international knowledge on unmet needs and care poverty. ESA RN01 Ageing in Europe Midterm Conference, Jyväskylä, Finland (online)

9.2.2021 Teppo Kröger: Hoivaköyhyys - mitä, miksi ja miten siitä pääsee eroon? Kehittyvä Vanhustyö -tapahtuma, online

19.2.2021 Taina Rantanen: Muuttuva ja aktiivinen vanhuus. Jyväskylän ja Itä-Suomen yliopistojen yhteinen esitelmäsarja (online)

25.-26.2.2021 Teppo Kröger: Conceptual issues in research on unmet needs and care poverty, UNICAP (Unmet Needs, Inequalities and Care Poverty) Research Network meeting, Jyväskylä (online)

26.2.2021 Taina Rantanen ja Sini Siltanen: [Sinnikkyys ja joustavuus auttavat ihmistä liikkumaan. Miksi vanhuus pitää määritellä uudelleen? | Audio Areena \(yle.fi\)](#), Yle Radio 1:n Tiedeykkönen

12.3.2021 Elina Sillanpää: [Naiset eivät ole pieniä miehiä – onko sukupuolten välillä eroja liikunnan suorituskyvyssä? | Audio Areena \(yle.fi\)](#) Ikääntyvätkö miehet vauhdikkaammin kuin naiset? Yle Radio 1:n Tiedeykkönen

17.3.2021 Kaisa Koivunen: Ovatko nykypäivän 70-vuotiaat entisajan 50-vuotiaita? Ikäihmisten toimintakyvyn ja yhteiskunnan muutokset 1980-luvulta tähän päivään. Ikääntyvien yliopiston Terveys, hyvinvointi ja ympäristö -luentosarja (online)

18.3.2021 Paula Vasara: Asumispolun merkityksestä hyväksi koetussa asumisen ratkaisuisa. Yhteinen arki -webinaari

22.3.2021 Teppo Kröger: What can be learned from COVID-19 experiences of Finnish long-term care? Seminar of the Swedish Social Democratic Party, Stockholm (online)

14.4.2021 Lina Van Aerscht, Jiby Mathew Puthenparambil, Antero Olakivi, Teppo Kröger: Psychophysiological burden, lack of support and unwanted tasks: What makes Nordic care workers in old age care to consider leaving their work. Sustainable Care Conference 2021, Sheffield/ Zoom

14.4.2021 Katja Kokko: Persoonallisuus ja psyykinen hyvinvointi elämäkulussa. Ikääntyvien yliopiston Terveys, hyvinvointi ja ympäristö -luentosarja (online)

15.4.2021 Taina Rantanen: 70 on uusi 50. Haastattelijana Prof. Marja Vaarama. Societas Gerontologica Fennica ry:n Vuosikokoussymposium (online)

22.4.2021 Liliya Zenina: Older people with disabilities during the COVID-19 in Russia: differences between the governmental and NGOs' approaches. Sustainable Care Conference 2021, Sheffield/ Zoom

22.04.2021 Portegijs Erja: Oral symposium presentation. Sports, Medicine & Health Summit (Part of keynote symposium), Hamburg, Germany. 'Person-environment interactions and active aging' (20 min). Symposium organizer: Prof. Schmidt-Trucksäss A, University of Basel, Switzerland. (online)

27.4.2021, Salla Era: Disability and old age in the upcoming disability legislation reform in Finland. Sustainable Care Conference 2021, Sheffield/ Zoom

11.5.2021 Teppo Kröger: Ikääntyneiden palvelut sujuviksi -paneeli, Terve-Sos (online)

13.5.2021 Sira Karvinen: Effects of an acute bout of exercise on two microRNAs carried in circulation by extracellular vesicles and high-density lipoproteins in postmenopausal women. Keystone e-symposia 2021: Non-Coding RNAs: Biology and Applications (online)

21.05.2021 Portegijs Erja: Oral symposium presentation "Older adults' activities in the life space before and during COVID-19 restrictions". Part of symposium 'Life-Space mobility in old age' chaired by Giannouli E & Hinrichs T. EGREPA Conference, Krakow, Poland. (online)

21.5.2021 Taina Rantanen: Keynote presentation "Is old age changing? Views on muscle strength, mobility, activity and survival" (45 min), EGREPA Conference, Krakow, Poland. (online).

21.5.2021 Kaisa Koivunen: Oral symposium presentation "Birth cohort differences in maximal physical performance in 75-and 80-year-old men and women: A comparison of two cohorts over 28 years". Part of symposium "Motor Performance and Functional Fitness" chaired by Majer M & Netz Y. EGREPA Conference, Krakow, Poland. (online)

Expert statements:

Expert statements are submitted to the Finnish Government and the Parliament of Finland. The statements are in Finnish.

CoE AgeCare: [Ikääntymisen ja hoivan tutkimuksen huippuyksikön lausunto hallituksen selonteosta kotoutumisen edistämisen uudistamistarpeista](#) (11.3.2021)

Teppo Kröger antoi asiantuntijalausuntonsa ja oli sosiaali- ja terveystieteiden tutkimuskeskuksen kuultavana hallituksen esityksestä sote-reformiksi (24.2.2021): [lausunto-sote-valiokunnalle-210224.pdf \(jyu.fi\)](#)

TAMPERE:

Publications:

Aaltonen, Mari, Martin-Matthews, Anne, Pulkki, Jutta, Eskola, Päivi & Jolanki, Outi (2021). Experiences of people with memory disorders and their spouse carers on influencing formal care: "They ask my wife questions that they should ask me". Dementia. February 2021. doi: [10.1177/1471301221994300](#)

Aaltonen M, Forma L, Pulkki J. 2021. COVID-19 – Kestävyys ja kekseliäisyys testissä. Vanhustyö 2/2021.

Aaltonen M, El Adam S, Martin-Matthews A, Sakamoto M, Strumpf E, McGrail K. Change over time and the role of continuity of care in delayed discharge after urgent admission in people with and without dementia. *Journal of American Medical Directors Association (JAMDA)*. 2020 Dec 23;S1525-8610(20)31016-1. doi: 10.1016/j.jamda.2020.11.030. Online ahead of print.

Aaltonen, M., Pulkki, J., & Forma, L. (2021). Policy responses to the COVID-19 in the field of elderly-care in Finland. In *An International Collaborative Study and International Symposium: Elderly Care Response to Covid-19* Korea Institute for Health and Social Affairs, Sejong-si, South Korea.

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Tenure track professor Jenni Kulmala from Tampere University and Inna Lisko from University of Jyväskylä have participated in writing a book *Life-histories in Finland*, which was published on March 11, 2021. The book and the articles are based on the European research: Survey of Health, Ageing and Retirement in Europe (SHARE)

[More information on SHARE](#)

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Doctoral dissertations:

The doctoral dissertation of Med. lic., specialist Hanna Kerminen in the field of medicine titled *Geriatric Assessment in Clinical Practice – Current Situation and Challenges in Implementation* was publicly examined at the Faculty of Medicine and Health technology of Tampere University on Friday 26 March. Professor Kaisu Pitkälä from University of Helsinki was the opponent and Professor (tenure track) Esa Jämsen the custos.

[You can find more information about the doctoral dissertation at the website of Tampere University](#)

Kerminen, Hanna (2021). *Geriatric Assessment in Clinical Practice: Current Situation and Challenges in Implementation*. Tampere University. <http://urn.fi/URN:ISBN:978-952-03-1886-4>

Warmest congratulations on your achievement, Hanna!

Funding:

Lily Nosraty has received a grant from Pirkanmaa Cultural Foundation, Aino Valvaala Fund, for the sum of 10,000 euros for the study: "Understanding good aging and good death and assessing the role of technology toward them in the context of the covid-19 pandemic - A cross-cultural study".

Researchers Jenni Kulmala, Outi Jolanki, Mari Aaltonen, Jutta Pulkki and Kristina Tiainen are involved in two new research initiatives, which received highly competitive seed funding from the Sustainable Welfare Systems Research Programme at the University of Tampere, funded by Academy of Finland. The funded research initiatives aim to promote multidisciplinary research through the creation of cross-disciplinary and faculty cooperation and to increase interaction with non-university stakeholders. Among the new research projects, one focuses on exploring the meanings and needs associated with home and housing, and the other on finding out different perspectives of good life conditions in old age.

The Geriatria Group at the Tampere University has received funding of €15,000 from the project: Right Care for the Right Patient at the Right Time (OOO) (TAYS). The funded study "Falls and medications

related to an increased risk of falls with hospital patients," was one of six projects aimed at improving the effectiveness of treatment.

Congratulations to all researchers and research groups that received funding!

New co-workers:

Senior research fellow Juulia Jylhävä (PhD) started as a part-timer at GERIC in the Unit of Health Sciences, Tampere University.

Juulia is a docent of immunology and her main line of research focuses on the causes and consequences of frailty as well as on genetic and epigenetic underpinnings of biological ageing. During the past years, Juulia has been working as an Assistant professor at Karolinska Institute, Dept. Medical epidemiology and biostatistics. She will continue in this position in parallel with the post at Tampere. Juulia's expertise lies in molecular epidemiology, with the current focus being on longitudinal and follow-up studies, using cohort and register-based data.

Kirsi Nousiainen started as an intern in Tampere University and Gerontology Research Center. Kirsi is a senior student in master's degree programme in Health Sciences. Her research interests are in the overall well-being of elder people and their living environment, social participation and physical activity. The internship lasts from May to August.

Professor Anu Siren started at Tampere University in April 2021. Anu has Ph.D. in psychology and is docent in social gerontology. Her interests are related to the institutional, cultural and material contexts of late life and the way these interact with the individual experience of ageing. Since earning her Ph.D. in 2005, Anu has worked in Denmark. She worked first at the Technical University of Denmark and, since 2013, at the Danish Centre of Social Science Research, working broadly with social gerontological topics, including senior co-housing, digitalization of services in ageing society, the role of family relations in late life, and the needs and preferences of future older adults. She has also had lead responsibility for the Danish Longitudinal Study of Ageing, a panel survey collected with five-year intervals, dating back to 1997.

Tenure track professor Jenni Kulmala started at Tampere University in February 2021. Jenni has a long-standing background in the field of aging research and higher education. Most recently she has worked as a principal lecturer at Seinäjoki University of Applied Sciences and part-time Assistant professor at Karolinska Institutet, Sweden and Senior researcher at Finnish Institute for Health and Welfare (THL). Her main areas of expertise include promotion of physical and cognitive functioning among older people and research related to dementia and Alzheimer's disease. She has worked in various national and international research groups.

Anniriikka Rantala started as a new research assistant at Tampere in January. She has a master's degree in social policy from the Tampere University, and before current position she worked in the third sector for neighborhood development project. Anniriikka works as a research assistant in the gerontology group at Tampere University and as a science secretary at the Gerontology Research Center GERIC.

We are happy and proud for these excellent new colleagues!

Presentations:

5.5.2021 Päivi Ahosola: From elderly care to researcher — how practical work, management work and research work can support each other, Health science research in Finland: researchers and results webinar (Vanhustyöstä tutkijaksi – miten käytännön työ, johtamistyö ja tutkimustyö voivat tukea toisiaan? Terveystieteellinen tutkimus Suomessa: tutkijoita ja tuloksia webinaari).

4.5.2021 Jenni Kulmala: Importance of lifestyle guidance for older people (Ikääntyneiden elintapaohjauksen merkitys), Muistiosaaja -verkostopäivä (online)

30.4.2021 Jenni Kulmala: Maintenance of Brain Health and Prevention of Memory Diseases (Aivoterveystien ylläpito ja muistisairauksien ehkäisy), Kauhavan Seudun Vanhustenkotiyhdistys ry:n järjestämä yleisöluento (online)

17.3.2021 Jenni Kulmala had a presentation about brain health in the Brain week webinar. The webinar was organised by The Alzheimer Society of Finland (Muistiliitto).

11.-12.3.2021 Outi Jolanki, Katariina Tuominen, Päivi Ahosola: Is there hope in old age? The Annual Sociological Conference, Helsinki (online)

8.3.2021 Mari Aaltonen and Leena Forma: The experiences of the LTC systems in Finland in relation to COVID-19. LTC-covid webinar (International Long-term care Policy Network, ILPN): COVID-19 and long-term care in the Nordic countries.

20.-22.2.2021 Jutta Pulkki: The consequences of care poverty: Does the care received relate to the willingness to continue living at home among the oldest old? ESA RN01 Ageing in Europe Midterm Conference, Jyväskylä, Finland (online)

20.-22.2.2021 Katariina Tuominen: Home, institution and a community? – Social relationships in an assisted living facility for older people, ESA RN01 Ageing in Europe Midterm Conference, Jyväskylä, Finland (online)

28.1.2021 Postdoctoral researcher Päivi Ahosola participated in panel discussion: How older people are protected and has it been successful? at Geriatripäivät on Thursday 28 of January 2021.

14.1.2021 Linda Enroth and Päivi Ahosola had presentations in the Night of Science online event "Myths about old age" on January 14, 2021. The event was organized by The Finnish Society for Growth and Ageing Research.

Other research news:

In spring 2020, the Prime Minister's Office launched a project that aimed to examine the causes of the current demographic situation in Finland and make policy recommendations to ensure sustainable demographic development. Research Professor Anna Rotkirch was the principal investigator of the project. The project was supported by a steering group consisting of the State Secretaries of the parties in Government led by State Secretary Olli Koski and by an independent scientific panel on population policy chaired by Professor Marja Jylhä. Professor Teppo Kröger was a member of the scientific panel.

The report 'Recovery of the birth rate and longer life expectancy: Guidelines for population policy in the 2020s' was published on Wednesday 10 March 2021.

[Website of the demographic report](#)

Data collection for the Ageing and Social Well-being (SoWell) survey has been completed and the first publication describing the results of the survey will be published in early autumn.

The survey conducted at the Tampere University examined the views of the ageing population on issues important to their well-being and the role of ageing people in society. The survey collected information on health and ability to function, social relationships, hobbies, housing and participation and how they link to well-being.

A random sampling of 5000 Finns between the ages of 65 and 84 were picked for the study. 3081 people responded to the survey and the response rate is 62% (before the mortality check). Of those who responded to the survey, 56% were female and 44% were male. The average age of the respondents was 73 years. Our researchers have started working with the data, and we already know that the SoWell survey has reached a very diverse group of representatives of the focus group. The data provided by the survey aims to produce new information on the well-being of older people and develop ways to improve the social well-being of older people. The first publication describing the results of the survey will be published in early autumn.

The website of the research project can be found at: <https://projects.tuni.fi/sowell/>
