

CV Essi Skaffari

1. Personal details and the date of the CV

- Surname: Skaffari
- First names: Essi Johanna
- ORCID: 0000-0003-1451-534X
- Date of the CV: 18 May 2021

2. Degrees

- 2016: Master of Science (Nutrition), University of Helsinki
- 2006: Bachelor of Health Care (Nursing), Stadia, University of Applied Science

3. Other education and expertise

- Sports Nutrition, University of Eastern Finland, Open University, 30 ECTS credits
- Science Communication, University of Helsinki, 20 ECTS credits

4. Current employment

- Doctoral Candidate, University of Helsinki, Department of Food and Nutrition (1/2020 – Present): Conducting PhD studies in the field of nutrition. The thesis investigates socioeconomic differences in diet of preschool children. Additional duties as assistant teacher (dietary assessment methods) and thesis advisor (Bachelor's and Master's thesis).

5. Previous work experience

- Research Assistant, University of Helsinki, Department of Food and Nutrition (8/2019 – 12/2020): Writing a report of the DAGIS study and working on two EIT Food -projects related to food education. Additional duties as assistant teacher (dietary assessment methods and food items in the diet) and thesis advisor (Bachelor's and Master's thesis).
- Coordinator, Folkhälsan Research Center (8/2018 – 7/2018): Participating in the planning, coordinating and conducting of the intervention phase of the DAGIS study.
- Research Assistant, University of Helsinki, Department of Food and Nutrition (1/2014 – 7/2018): Working on two research projects related to Vitamin D. Participating in the planning and conducting of the cross-sectional study of the DAGIS study.
- Research Assistant (Trainee), Finnish Institute for Health and Welfare, Diabetes Prevention Unit (5/2012 – 8/2012): Conducting an internship in the Finger - research project.
- Registered Nurse, Neonatal Intensive Care Unit, Children's Hospital, Helsinki University Hospital (6/2006 – 12/2013): Duties of the registered nurse in the NICU.

6. Research output

- Total number of publications: 12 peer-reviewed publications
- Ten most important publications:
 - i. Hovinen T, Korkalo L, Freese R, **Skaffari E**, Isohanni P, Niemi M, Nevalainen J, Gylling H, Zamboni N, Erkkola M, Suomalainen A. [Vegan diet in young children remodels metabolism and challenges the statuses of essential nutrients](#). *EMBO Mol Med* 2021;13:e13492.
 - ii. Ray C, Figueredo R, Vepsäläinen H, Lehto R, Pajulahti R, **Skaffari E**, Sainio T, Hiltunen P, Lehto E, Korkalo L, Sääksjärvi K, Sajaniemi N, Erkkola M, Roos E. [Effects of the Preschool-Based Family-Involving DAGIS Intervention Program on Children’s Energy Balance-Related Behaviors and Self-Regulation Skills: A Clustered Randomized Controlled Trial](#). *Nutrients* 2020;12:2599.
 - iii. Korkalo L, Nissinen K, **Skaffari E**, Vepsäläinen H, Lehto R, Kaukonen R, Koivusilta L, Sajaniemi N, Roos E, Erkkola M. [The contribution of preschool meals to the diet of Finnish preschoolers](#). *Nutrients* 2019;11:1531.
 - iv. Lehto R, Ray C, Roos E, Vepsäläinen H, Korkalo L, Määttä S, Nissinen K, **Skaffari E**, Määttä S, Roos E, Erkkola M. [Early educators’ practices and opinions in relation to pre-schoolers’ dietary intake at preschool – case Finland](#). *Public Health Nutr* 2019;22:1567–1575.
 - v. Korkalo L*, Vepsäläinen H*, Ray C, **Skaffari E**, Lehto R, Hauta-alus HH, Nissinen K, Meinilä J, Roos E, Erkkola M. [Parents’ reports of preschoolers’ diets: Relative validity of a food frequency questionnaire and dietary patterns](#). *Nutrients* 2019;11:159.
 - vi. Cashman K, Ritz C, Adebayo F, Dowling K, Itkonen S, Öhman T, **Skaffari E**, Saarnio EM, Kiely M, Lamberg-Allardt C. [Differences in the dietary requirement for vitamin D among Caucasian and East African women at the Northern latitude](#). *Eur J Nutr* 2019 58:2281-2291.
 - vii. Lehto E, Ray C, Vepsäläinen H, Korkalo L, Lehto R, Kaukonen R, Suhonen E, Nislin M, Nissinen K, **Skaffari E**, Koivusilta L, Sajaniemi N, Erkkola M, Roos E. [Increased Health and Wellbeing in Preschools \(DAGIS\) Study – differences in children’s energy balance-related behaviors \(EBRBs\) and in long-term stress by parental educational level](#). *Int J Environ Res Public Health* 2018;15:2313.
 - viii. Adebayo FA, Itkonen S, Öhman T, **Skaffari E**, Saarnio EM, Erkkola M, Cashman KD, Lamberg-Allardt C. [Vitamin D intake, serum 25-hydroxyvitamin D status and response to moderate vitamin D3 supplementation: a randomised controlled trial in East African and Finnish women](#). *Br J Nutr* 2018;119:431-441.
 - ix. Vepsäläinen H, Korkalo L, Mikkilä V, Lehto R, Ray C, Nissinen K, **Skaffari E**, Fogelholm M, Koivusilta L, Roos E, Erkkola M. [Dietary patterns and their associations with home food availability among Finnish pre-school children: a cross-sectional study](#). *Public Health Nutr* 2018;21:1232–42.

- x. Itkonen S, Erkkola M, **Skaffari E**, Saaristo P, Saarnio EM, Viljakainen HT, Kärkkäinen M, Lamberg-Allardt C. [Development and validation of an interview-administered FFQ for assessment of vitamin D and calcium intakes in Finnish women](#). *Br J Nutr* 2016;28:115:1000-7.
 - [Mole's Veggie Adventure mobile application](#). A game designed to increase vegetable acceptance among preschoolers, available for [Android](#) and [iOS](#).
 - **Skaffari E**, Korkalo L, Vepsäläinen H, Nissinen K, Erkkola M. [Päiväkoti-ikäisten lasten ruokavalio -raportti](#). Helsingin yliopisto, 2019.
7. Research supervision and leadership experience
- Co-supervisor of 2 MSc students (Human Nutrition and Food-Related Behavior, University of Helsinki)
 - Primary supervisor of 2 BSc (Food Sciences, University of Helsinki)
8. Awards and honours
- Influencer of the year (Aivosumutorvi), Faculty of Agriculture and forestry, University of Helsinki, 2020
9. Other key academic merits
- Member of the committee of Young Nutrition Researchers (division of Finnish Society for Nutrition Research), 2020-2021
10. Scientific and societal impact
- Multiple expert appearances in media, selected examples
 - i. Vahvaradio 17.8.2020: [#26 Puhetta ravitsemustieteestä ja -suosituksista](#)
 - ii. Ilta-Sanomat 8.4.2020: [5 asiaa, jotka kannattaa huomioida lounaalla – nämä sudenkuopat vaativat etenkin kotona syödessä](#)
 - iii. Ilta-Sanomat 24.1.2020: [Suositettu riisikakku ei ole paras mahdollinen välipala: "Ainakaan sellaisenaan ei hyvä", sanovat ravitsemustieteilijät](#)
 - iv. Iltalehti 19.8.2019: [Iltalehden suuri hyvinvointikysely: Moni nainen on unohtanut kolme hyvän elämän perussääntöä ja voi siksi huonosti - melkein puolet naisista haluaisi oppia eroon stressistä](#)
 - v. Iltalehti 20.8.2019: [Moni nainen syö väärää ruokaa väärään aikaan - yksinkertainen nyrkkisääntö tekee ruokailusta helppoa](#)
 - Research communication through Aivosumutorvi: communicating health, nutrition and science-related topics using [blog](#), [Instagram](#), [Twitter](#), [Facebook](#), [podcasts](#) and [LinkedIn](#)
 - Personal research communication in [Twitter](#)