

CV Henna Vepsäläinen

1. Personal details and the date of the CV

- Surname: Vepsäläinen
- First names: Henna Reetta
- ORCID: 0000-0002-0177-3609
- Date of the CV: 19 May 2021

2. Degrees

- 17 Sep 2018: Doctor of Food Sciences (Human Nutrition), University of Helsinki, Faculty of Agriculture and Forestry, University of Helsinki
- 2014: Master of Science (Human Nutrition), University of Helsinki
- 2011: Master of Science (Technology), Aalto University

3. Current employment

- Post-doctoral Research Fellow, University of Helsinki, Department of Food and Nutrition (10/2018 – Present): Studying nutrition and other health behaviors, stress and related factors among preschoolers in the DAGIS study, which aims to produce information on socioeconomic differences in preschoolers' energy balance –related behaviors and to diminish these differences.

4. Previous work experience

- Doctoral Student, University of Helsinki, Department of Food and Nutrition (8/2014–9/2018): Conducting PhD studies in the field of nutrition. The thesis investigated the association between food environment and diet among children. Additional duties as assistant teacher (dietary assessment methods & nutritional epidemiology) and thesis advisor (Bachelor's and Master's thesis).
- Part-time Teacher, Institute of Adult Education in Helsinki (2–5/2018): Designing and teaching the course Public Health Nutrition (5 ECTS) at the University of Helsinki Open University.
- Nutrition Consultant, Freelancer (9–12/2014): Producing lectures and training for health education professionals, athletes, coaches and sport organizations.
- Research Assistant, Folkhälsan Research Center (2–6/2014): Participating in the planning of the DAGIS study, which investigated pre-schoolers' health behaviours.
- Nutrition Consultant (Trainee), The Helsinki Metropolitan Area Sports Academy (11/2013–1/2014): Nutrition counseling (individuals and groups) and education of adolescent athletes as well as nutrition communication.
- Medical Transcriptionist, Hospital District of Helsinki and Uusimaa (6/2011–1/2014): Transcription of voice-recorded patient report into text format.
- Research Assistant, University of Helsinki, Cognitive Brain Research Unit (5/2010–5/2011): Analysis of MEG signals using average intensities of brain responses as well as dipole modelling and volumetric analysis of grey matter from MRI data (MSc thesis "Structural grey matter changes induced by sound environment: a voxel-based morphometry study").

5. Research output

- Total number of publications: 37 (25 published, peer-reviewed publications)
- Ten most important publications:
 - i. **Vepsäläinen H**, Hautaniemi H, Sääksjärvi K, Leppänen MH, Nissinen K, Suhonen E, Saha M, Lehto E, Ray C, Sajaniemi N, Erkkola M. [Do stressed children have a lot on their plates? A cross-sectional study about long-term stress and diet among Finnish preschoolers](#). *Appetite* 2021;157:104993.
 - ii. Hiltunen P, Leppänen MH, Ray C, Määttä S, **Vepsäläinen H**, Koivusilta L, Sajaniemi N, Erkkola M, Roos E. [Relationship between screen time and sleep among Finnish preschool children: results from the DAGIS study](#). *Sleep Medicine* 2021;77:75–81.
 - iii. Ray C, Figueiredo R, Pajulahti R, **Vepsäläinen H**, Lehto E, Lehto R, Erkkola M, Roos E. [Effects of the preschool-based family-involving DAGIS intervention on family environment: a cluster randomised trial](#). *Nutrients* 2020;12:3387.
 - iv. 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.
 - v. **Vepsäläinen H**, Nevalainen J, Fogelholm M, Korkalo L, Roos E, Ray C, Erkkola M. [Like parent, like child? Dietary resemblance in families](#). *Int J Behav Nutr Phys Act* 2018;15:62.
 - vi. **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.
 - vii. Määttä S, Kaukonen R, Vepsäläinen H, Lehto E, Ylönen A, Ray C, Erkkola M, Roos E. [The mediating role of the home environment in relation to parental educational level and preschool children's screen time: a cross-sectional study](#). *BMC Public Health* 2017;17:688.
 - viii. **Vepsäläinen H**, Mikkilä V, Erkkola M, Broyles ST, Chaput J-P, Hu G, Kuriyan R, Kurpad A, Lambert EV, Maher C, Maia J, Matsudo V, Olds T, Onywera V, Sarmiento OL, Standage M, Tremblay MS, Tudor-Locke C, Zhao P, Church TS, Katzmarzyk PT, Fogelholm M. [Association between home and school food environments and dietary patterns among 9–11-year-old children in 12 countries](#). *Int J Obes Suppl* 2015;5:S66–S73.
 - ix. Mikkilä V, **Vepsäläinen H**, Saloheimo T, Gonzalez SA, Meisel JD, Hu GC, Champagne M, Chaput J-P, Church TS, Katzmarzyk PT, Kuriyan R, Kurpad A, Lambert EV, Maher C, Maia J, Matsudo V, Olds T, Onywera V, Sarmiento OL, Standage M, Tremblay MS, Tudor-Locke C, Zhao P,

Fogelholm M. [An international comparison of dietary patterns in 9–11-year-old children](#). *Int J Obes Suppl* 2015;5:S17–S21.

- x. Abdollahi A, Masento N, **Vepsäläinen H**, Mijal M, Gromadzka M, Fogelholm M. Investigating the effectiveness of an educational escape game for increasing nutrition-related knowledge in young adolescents: a pilot study. *Frontiers in Nutrition* 2021 (in press).
 - [Mole's Veggie Adventure mobile application](#). A game designed to increase vegetable acceptance among preschoolers, available for [Android](#) and [iOS](#).
6. Research supervision and leadership experience
 - Co-supervisor of 1 PhD student (Doctoral Programme in Population Health, University of Helsinki)
 - Primary or co-supervisor of 9 MSc students (Human Nutrition and Food-Related Behavior, University of Helsinki)
 7. Awards and honours
 - Influencer of the year (Aivosumutorvi), Faculty of Agriculture and forestry, University of Helsinki, 2020
 - Award for Best Early Career Abstract in Children and Families Special Interest Group, International Society of Behavioral Nutrition and Physical Activity annual meeting, 6/2019
 - The Best Master's Thesis of the Year, Finnish Society for Nutrition Research, 2014
 8. Other key academic merits
 - Lead author for two chapters (Dietary patterns; Sweets and Confectionaries) in the Nordic Nutrition Recommendations 2022
 - Member of the Local Organizing Committee in Nordic Nutrition Conference 2020, Helsinki, Finland
 - Referee for 11 scientific publications, journals include BMC Public Health, European Journal of Pediatrics, Preventive Medicine Reports, British Journal of Nutrition, Nutrients, Nutrition Research and Plos One
 9. Scientific and societal impact
 - Multiple expert appearances in media, selected examples:
 - i. Yhteishyvä 6/2020: [Ravitsemustieteilijää kismittää somen ruokahuuhaa: "Yksittäisten ruoka-aineiden ihannointi tai haukkuminen on turhaa"](#)
 - ii. Helsingin Sanomat 9.11.2020: [Stressi voi saada pienenkin lapsen syömään epäterveellisesti, selvisi suomalaistutkimuksessa – Tätä stressi tekee syömiselle](#)
 - iii. Yle Puheen Aamu 4.2.2020: [Keskustelua ruokavalioista ja dieeteistä](#)
 - iv. Helsingin Sanomat 13.3.2019: [Mitä tarkoitat, kun sanot lapselle, että jokin on "herkkua"? Sanavalinta menee helposti pieleen, sanoo asiantuntija](#)

- v. Helsingin Sanomat 19.6.2018: [Uusi väitöstutkimus: Jos kotona on esillä epäterveellistä ruokaa, lapset syövät sitä – Ei auta, vaikka olisi terveellisiäkin vaihtoehtoja](#)
- Research communication through Aivosumutorvi: communicating health, nutrition and science-related topics using [blog](#), [Instagram](#), [Twitter](#), [Facebook](#), [podcasts](#) and [LinkedIn](#)
- Personal research communication in [Twitter](#)