

Curriculum Vitae Sari Voutilainen

1. Full name and date

- Voutilainen Sari Laura Maarit (née Hantunen)
- Female
- Born September 24, 1965, Kiuruvesi, Finland
- Date of CV: October 10, 2016
- e-mail sari.voutilainen@uef.fi
www.uef.fi/nutritionepidemiologists

2. Education and degrees awarded

- MScPh, Clinical Nutritionist, University of Kuopio, Nov 1995
- Doctor of Philosophy, Nutrition Epidemiologist, University of Kuopio, September 1, 2001
- Adjunct Professor of Public Health, University of Kuopio, March 1, 2004

3. Other education and training, qualifications and skills

- Leadership program PK Joko 63, Helsinki School of Economics 2002-03

4. Current position

- University Lecturer, Unit of Public Health and Clinical Nutrition, University of Eastern Finland 2009-

5. Previous work experience

- Researcher, Research Institute of Public Health, University of Kuopio, 1995-2002, 2004-2009
- Asla-Fulbright Scholar, University of North Carolina, Chapel Hill, North Carolina, USA, 2003-04
- Research Fellow, Academy of Finland, 2002-04
- Professor of Clinical Nutrition (acting), Unit of Public Health and Clinical Nutrition, University of Eastern Finland 01/2016-08/2016, 8 months

6. Research funding as well as leadership and supervision

Main applicant in previous funding:

- Yrjö Jahnsson Foundation, 1995-96, 2006
- Juho Vainio Foundation, 1997-99, 2005, 2006, 2007, 2011, 2012, 2013, 2014
- Cultural Foundation of North Savo, 1998, 2008, 2009
- Aarne Koskelo Foundation, 1998
- Finnish Cultural Foundation, 1999-2001
- TEKES, the National Technology Agency of Finland, 2001-2002
- The Physiological Effects of Coffee Committee (PEC), 2002

- TEKES, the National Technology Agency of Finland, 2003-2004
- Academy of Finland, 2002-2004
- ASLA-Fulbright Grant for a Junior Scholar, 2003-2004
- Finnish Foundation for Cardiovascular Research, 2005
- Danisco Research Foundation, 2007, 2008
- Academy of Finland, 2010-2014

- **Supervisor of nine completed doctoral theses:**
 - PhD, nutrition epidemiologist **Meri Vanharanta**, Faculty of Medicine, University of Kuopio. The role of serum enterolactone in lipid peroxidation and cardiovascular disease (2002)
 - PhD, nutrition epidemiologist **Tiina Rissanen**, Faculty of Medicine, University of Kuopio. Association of lycopene and dietary intake of fruits, berries and vegetables with atherosclerosis and cardiovascular diseases. Epidemiologic evidence (2003)
 - PhD, analytical chemist **Tarja Nurmi**, Faculty of Medicine, University of Kuopio. High performance liquid chromatography and coulometric electrode array detection: Analytical methods for biological samples containing lignans and isoflavonoids (2004)
 - PhD, MD, psychiatrist **Tommi Tolmunen**, Faculty of Medicine, University of Kuopio. Depression, B vitamins and homocysteine (2005)
 - PhD, nutrition epidemiologist **Jyrki Virtanen**, Faculty of Medicine, University of Kuopio. Homocysteine, folate and cardiovascular diseases (2005)
 - PhD, nutrition epidemiologist **Jaakko Mursu**, Faculty of Medicine, University of Kuopio. The role of polyphenols in cardiovascular diseases (2007)
 - PhD, pharmacist **Anna Nurmi**, Faculty of Pharmacy, University of Helsinki. Health from Herbs? Antioxidant Studies on Selected Lamiaceae Herbs in vitro and in Humans (2008)
 - PhD, nutrition epidemiologist **Anu Ruusunen**, School of Medicine, University of Eastern Finland. Diet and Depression, an Epidemiological Study (Main supervisor, 2013)
 - PhD, RD **Teymoor Yary**, School of Medicine, University of Eastern Finland. Association of zinc, omega-6 polyunsaturated fatty acids, delta-5 and delta-6 desaturase activities with the risk of type 2 diabetes and metabolic syndrome: a prospective population-based study (Main supervisor, 2016)

- Supervisor in PhD projects of MD, MPH Alex Aregbesola (dissertation November 25, 2016), MSc, RD Heli Virtanen, MSc, RD Timo Koskinen, MSc Petra Kokko, MSc, RD Anni Lehtonen, MD Anu Niemelä and medical students Anne-Mari Tertunen and Heidi Kiema.

- Number of officially appointed supervisor to undergraduate and post-graduate students/doctoral students >40.

7. Merits in teaching and pedagogical competence

- University pedagogy and web-based teaching skills 2006-
- Teaching and Research Associate (epidemiology), 1998
- Teacher of Kuopio Open University, 2006-

8. Awards, prizes and honours

- Teacher of the year 2010, University of Eastern Finland

9. Other academic merits

- Reviewer of three doctoral theses
- Evaluator of National Health Claims, Finnish Food Safety Authority, 2005, 2007
- University of Kuopio Research Evaluation, Coordinator of School of Public Health and Clinical Nutrition, 2007-2008
- Kuopio Ischaemic Heart Disease Study, Article Committee, Scientific Secretary, 2007-2009
- Evaluator of the Study proposals, The Estonian Science Foundation (ETF), 2008
- Evaluator of Norwegian Research in Public Health and Health-Related Research, The Research Council of Norway, 2010-11.

10. Leadership, partner or responsible nutritionist in previous research projects:

- Effect of different kind of oils on serum lipids and lipid peroxidation, 1996.
- Effect of vitaminized eggs on serum lipids and lipid peroxidation, 1997
- Antioxidant Supplementation in Atherosclerosis Prevention (ASAP) Study, 1998-2002
- Kuopio Ischaemic Heart Disease Risk Factor Study, KIHD, 11-years follow-up examination, 1999-2001
- Effect of astaxanthin supplementation of men on plasma astaxanthin levels, lipid peroxidation, cytochrome P450 induction and oxidative damage of DNA, 1999
- Effect of folic acid supplementation on folate and homocysteine status and lipid peroxidation, PI, 1999-2000
- Effect of rye bread fortified catechin-rich phloem on serum lipids and their peroxidation: a double blinded placebo controlled clinical trial, 1999-2000
- Effects of catechin enriched chocolate on serum lipids and their oxidation, clinical trial, 2001
- Antioxidative properties of foodstuffs (National Technology Agency of Finland), PI, 2001-2004
- The effect of coffee drinking on the oxidation of human serum lipids; a clinical trial, PI, 2002
- The effect of olive oil consumption on oxidative damage in European populations (Euroolive), 2001-2004
- Atherosclerosis Risk in Communities (ARIC) –study, 2004-
- Kuopio Ischaemic Heart Disease Risk Factor Study, KIHD, 20-years follow-up examination, 2005-2008
- FinDrink Study (Academy of Finland), 2006-2012
- Huuti-consortium (Academy of Finland), 2007-2012

Research Projects using food frequency questionnaire developed by S Voutilainen:

- The effect of vitamin D supplementation on glucose metabolism in metabolic syndrome (VitDmet), Co-PI 2010-2012
- Finnish Vitamin D Trial – FIND, Co-PI 2011-

- Kuopio Birth Cohort (KuBiCo), PI Professor Leea Keski-Nisula, University Hospital of Kuopio, 2012-
- Intestinal and Nasal Microbiota of Patients with Idiopathic Parkinson's Disease, NCT01536769, Helsinki University Hospital, n=300. PI MD Filip Schaperjens, 2014-
- Neurodegeneration in multiple sclerosis (Neuro-MS), Kuopio University Hospital, n= 400-500, PI MD, Professor Anne Remes, 2015-
- Microbiome, narcolepsy, and ADHD, University of Turku, n=225, PI Professor Markku Partinen. 2015-
- Follow-up Study with Randomized Clinical Vitamin D Supplementation Trial on Patients with Depression (DepFuD), Kuopio University Hospital, n=3000, 2015-2020 (PI Professor Heimo Viinamäki).

11. Scientific and societal impact of research

- Specialized in developing new web-based methods for measure intake of foods and food-based compounds in large epidemiological studies.
- > 65 meeting abstracts
- 105 international publications with a combined IF of > 350, h-index 35 (Scopus) and 40 (Google Scholar).

12. 10 most cited publications:

Salonen RM, Nyssönen K, Kaikkonen J, Porkkala-Sarataho E, **Voutilainen S**, Rissanen T, Tuomainen T-P, Valkonen V-P, Ristonmaa U, Lakka H, Vanharanta M, Salonen JT, Poulsen H. Six-year effect of vitamin E and vitamin C supplementation on atherosclerosis progression: the Antioxidant Supplementation in Atherosclerosis Prevention (ASAP) study. *Circulation* 2003;107:947-53. (269 citations)

Rissanen T, **Voutilainen S**, Nyssönen K, Lakka TA, Salonen JT. Fish oil derived fatty acids, docosahexaenoic acid and docosapentaenoic acid and the risk of acute coronary events: the Kuopio Ischaemic Risk Factor Study. *Circulation* 2000;102 2677-79. (234 citations)

Salonen JT, Nyssönen K, Salonen R, Kaikkonen J, Porkkala-Sarataho E, **Voutilainen S**, Lakka TA, Rissanen T, Lakka H, Leskinen L, Tuomainen T-P, Valkonen V-P, Poulsen H. The effect of vitamin E and vitamin C on carotid atherosclerosis progression: the Antioxidant Supplementation in Atherosclerosis Prevention (ASAP) study. *Journal of Internal Medicine* 2000;248:377-86. (232 citations)

Voutilainen S, Nurmi T, Mursu T, Rissanen T. Carotenoids and heart health, review. *American Journal of Clinical Nutrition* 2006;83:1264-71. (213 citations)

Vanharanta M, **Voutilainen S**, Lakka TA, Adlercreutz H, Salonen JT. Risk of acute coronary events according to serum concentrations of enterolactone: A prospective population-based cohort study. *Lancet* 1999;354:2112-25. (178 citations)

Voutilainen S, Morrow J, Roberts J, Alfthan G, Nyssönen K, Salonen J. Enhanced in vivo lipid peroxidation at elevated plasma total homocysteine levels. *Arteriosclerosis, Thrombosis and Vascular Biology* 1999;19:1263-66. (169 citations)

Virtanen JK, **Voutilainen S**, Rissanen TH, Mursu J, Tuomainen T-P, Korhonen MJ, Valkonen V-P, Seppänen K, Laukkanen JA, Salonen JT. Mercury Content of Hair and Risk of Acute Coronary Events and Cardiovascular and Coronary Heart Disease Mortality in Men in Eastern Finland. *Arteriosclerosis, Thrombosis and Vascular Biology* 2005;25:228-33. (168 citations)

Jaakko Mursu, **Sari Voutilainen**, Tiina H Rissanen, Jyrki K Virtanen, Tarja Nurmi, Jari Kaikkonen, Kristiina Nyssönen, Jukka T. Salonen. The effect of white chocolate, dark chocolate and cocoa polyphenol enriched chocolate on serum lipids and lipid oxidation. *Free Radicals in Biology and Medicine* 2004;37:1351-59. (164 citations)

Rissanen TH, **Voutilainen S**, Virtanen JK, Venho B, Vanharanta M, Mursu J, Salonen JT. Intake of fruits, berries and vegetables and mortality: the Kuopio Ischaemic Heart Disease Risk Factor (KIHD) Study. *Journal of Nutrition* 2003;133:199-204. (156 citations)

Voutilainen S, Rissanen T, Virtanen J, Lakka TA, Salonen JTS. Low dietary folate intakes are associated with an excess risk of acute coronary events: the Kuopio Ischaemic Heart Disease Risk Factor Study. *Circulation* 2001;103:2674-80. (133 citations)

