

Health promotion

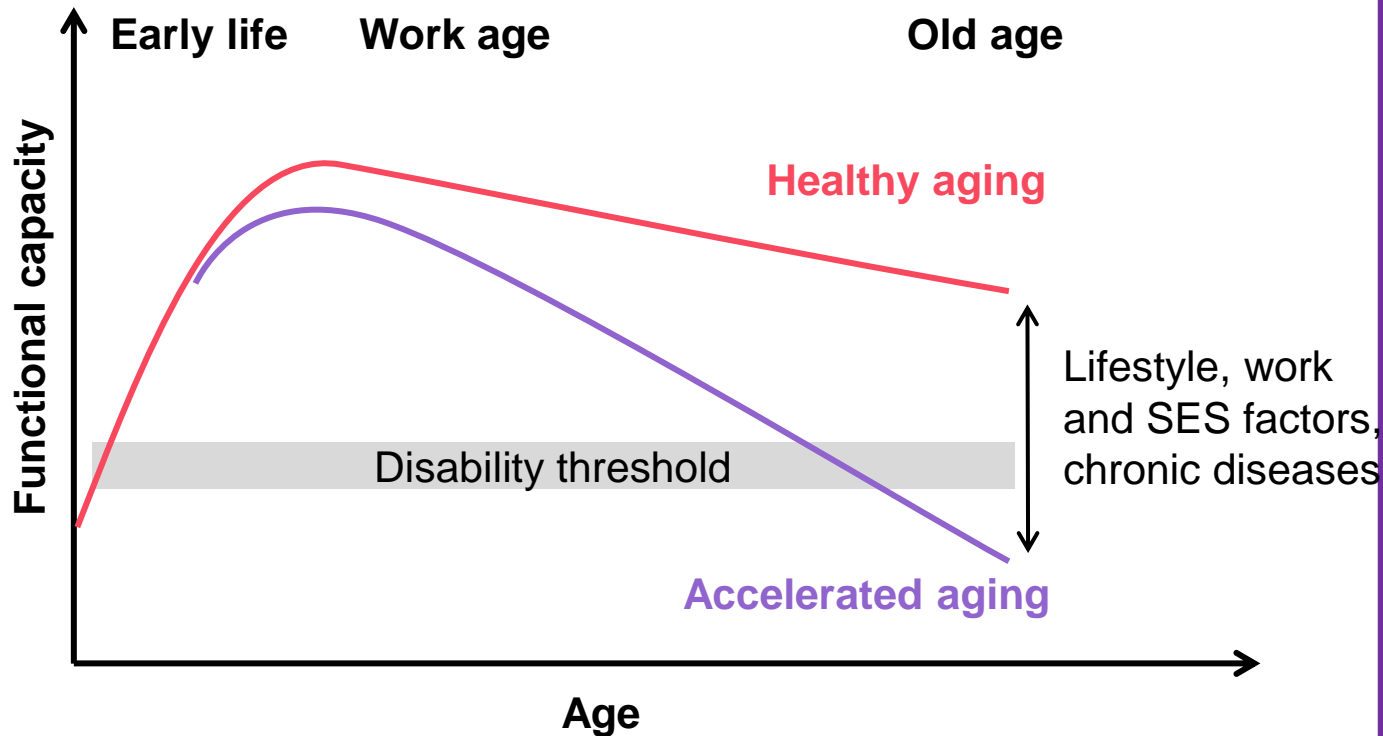
Sari Stenholm

Professor of public health and epidemiology



**UNIVERSITY
OF TURKU**

Promoting health aging across the life course



Finnish Retirement and Aging study

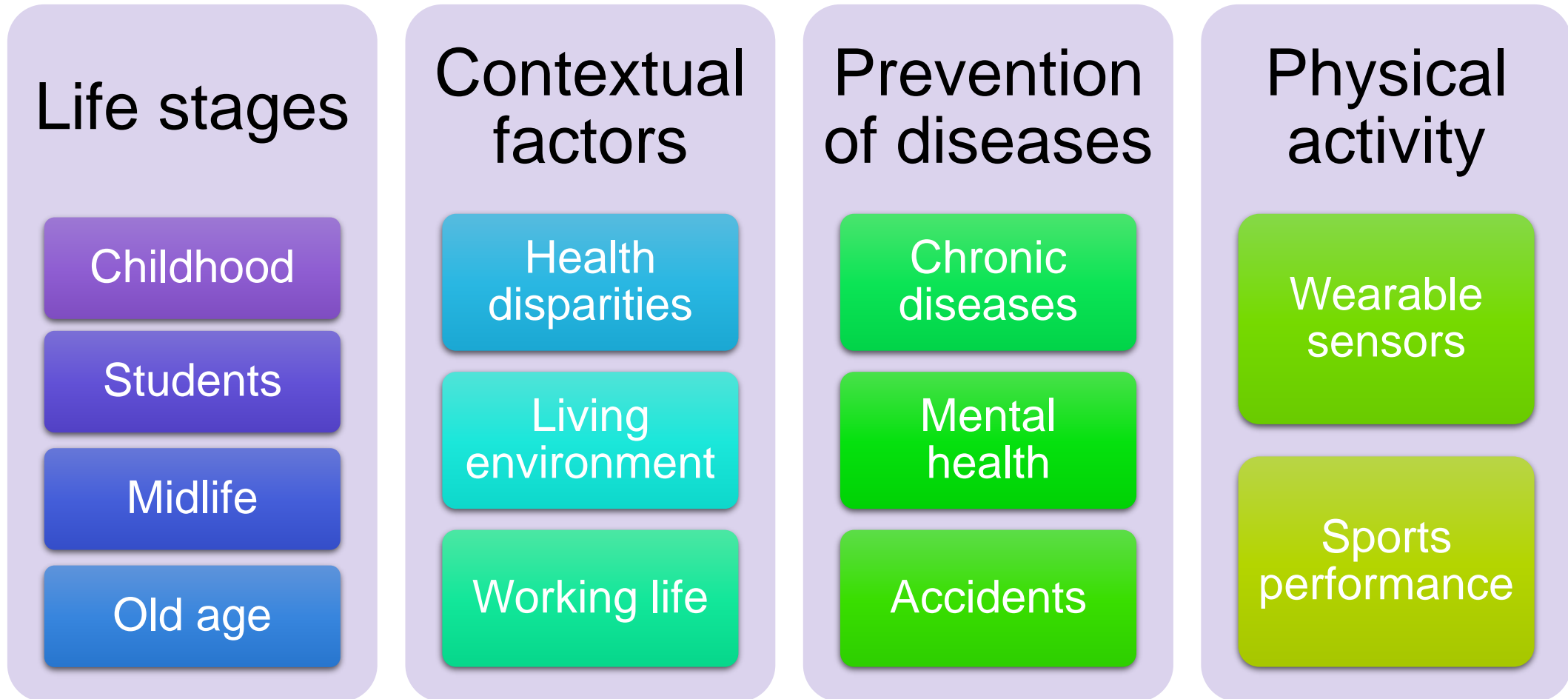
Ongoing cohort study following aging workers from work to retirement years (n=6700).

The FIREA study aims to examine:

- 1) Changes in lifestyle factors and health across retirement transition.
- 2) Long-term consequences of work and retirement on health and functioning in old age.

www.utu.fi/firea

Highlighted research themes among the EC2U partners



Health promotion – focus on modifiable lifestyle factors at different stages of life



- Online seminar in April 28th, 11-15 CET
- Research project presentations from University of Turku
 - 3 randomized controlled trials
 - 1 natural experiment
- Short presentations by researchers from EC2U universities
 - Propose your work by sending an abstract by email to samast@utu.fi
 - Call for papers will also be announced in March



**UNIVERSITY
OF TURKU**