

Dr Katja M. Borodulin

Biography of proposed Guidelines Development Group

Institutional affiliation: Age Institute, Helsinki Finland and the National Institute for Health and Welfare, Helsinki, Finland

Academic degrees: PhD, MSc (Sport), MSc (Sports management), Adjunct Professor, Helsinki, Finland

Biography

Katja Borodulin holds a PhD (Public Health), MSc (Sport), a European MSc (Sports Management) and a specialist leadership training in management. Currently she works as a Head of Physical Activity Branch at the Age Institute and as a Senior Researcher at the National Institute for Health and Welfare and serves as an Adjunct Professor at the School of Medicine at the University of Helsinki. Previously she has acted as the Research Manager and Coordinator of the FinHealth Study and the National FINRISK Study, studies that are nationally representative health examination studies. Her research activities, altogether some 130 publications, cover topics in physical activity epidemiology and public health, such as population health monitoring, levels of physical activity and sedentary behavior, as well as health outcomes and determinants of physical activity and sedentary behaviour. Her work experience includes long-term engagement in national physical activity programs, policies and guidelines. Her current activities include national development programs that aim to promote physical activity among older persons, such Strength in Old Age, Digital Strength, and Training Towards Retirement. These programs test practical models, examples of good practice, that can show effective change and scale up to the entire population.