



Research Institute  
Healthy Active Living and Obesity Research

Institut de recherche  
Recherche sur les saines habitudes de vie et l'obésité

# 2013 Annual Report

**Healthy Active Living and Obesity Research to promote the health  
and wellness of our most precious resource - our children.**

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It is truly an honour to write this welcome message each year. It is an honor because I am so proud and privileged to be a part of the Healthy Active Living and Obesity Research Group (HALO) at the Children's Hospital of Eastern Ontario (CHEO) Research Institute. I am also thrilled to be a part of the healthy active living promotion sector in Canada – an incredible group of individuals and organizations working everyday to improve the health and wellness of Canadian children and their families.



As we present our seventh annual report, it is worth reflecting on our people and achievements – where we were and where we are now. In 2007 HALO

- consisted of 2 full-time equivalents; and we are 16 today
- had 2 graduate students; today we have 12
- had no website; in 2013 we had >230,000 hits with 129,000 webpages and 11,000 visitors per month
- had \$567,674 in funding; in 2013 it was \$1,330,457
- had 30 peer-reviewed publications and 12 published abstracts; this year we had 74 peer-reviewed publications and 36 published abstracts
- delivered 40 scholarly presentations; this year we delivered 102 in 11 countries.

In our first 7 years we have secured \$8,402,466 in research funding, published 342 papers and delivered 696 academic, scholarly, and professional presentations around the world. In our short history we have become recognized within Canada and internationally as a centre of excellence for the study of healthy active living and obesity in the pediatric population. The collective impact of our work is indeed something to be proud of and celebrate!

Through research, leadership, knowledge translation, partnerships, training and education, and advocacy HALO continues to promote and preserve healthy active lifestyles while managing and treating childhood inactivity and obesity. The contributions of HALO in pursuing its mission in 2013 were the most substantial to date. The size and scope of HALO's activities have increased significantly and continuously throughout its 7-year existence. Please read through this annual report for highlights and details of our accomplishments in 2013 and visit our website ([www.haloresearch.ca](http://www.haloresearch.ca)) to keep abreast of our work and contributions.

HALO remains indebted to the donors, contributors, researchers, stakeholders and partners, who fund, facilitate, support and synergize our efforts. To all of you, please accept our most sincere thanks.

This annual report provides a catalogue of the activities and accomplishments made by HALO in 2013 and is intended to inform partners, stakeholders, funders, potential students and staff, and other interested parties about our group. It is available in print form upon request and also on our website at [www.haloresearch.ca](http://www.haloresearch.ca).

Whether you derive inspiration from the solitude of a walk through freshly fallen snow, the warmth of the sun as you dry yourself off after a lake swim, the pure joy of active free play with your family or friends, or the amazing feats of the athletes in the Sochi Olympics and Paralympics, I encourage you to harness this inspiration, share it, embrace it, and welcome it as an important member of your behavioural family. Best wishes for a healthy, active 2014.

A handwritten signature in black ink, appearing to be 'Mark Tremblay'.

*Mark Tremblay, Ph.D., D.Litt. (hons), FACSM, CSEP-CEP  
Director, Healthy Active Living and Obesity Research Group (HALO), CHEO-RI  
Professor/Scientist, Department of Pediatrics, University of Ottawa  
Chief Scientific Officer, Active Healthy Kids Canada*

## ABOUT HALO

### *Our History and Impact*

*The Healthy Active Living and Obesity Research Group (HALO) was established in 2007 in response to the escalating obesity crisis and the increasing complexity of related co-morbidities. Today the HALO team consists of 16 staff (including 6 researchers), a childhood obesity clinical team (Centre for Healthy Active Living), 12 graduate students, and many community volunteers.*

#### **Some of our practice-changing contributions include:**

<ul style="list-style-type: none"><li>• <i>Development of the Kenyan International Development Study – Canadian Activity Needs Research Alliance (KIDS-CAN)</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Creation of the Centre for Healthy Active Living (CHAL)</i></li></ul>
<ul style="list-style-type: none"><li>• <i>Development of the Canadian Assessment of Physical Literacy</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Development of the Canadian Physical Activity Guidelines</i></li></ul>
<ul style="list-style-type: none"><li>• <i>Development of the first ever Canadian Sedentary Behaviour Guidelines</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Co-creation of the Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth</i></li></ul>
<ul style="list-style-type: none"><li>• <i>Creation of the Sedentary Behaviour Research Network</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Development of the Active Healthy Kids Canada Position Stand on Active Video Games for Children and Youth</i></li></ul>
<ul style="list-style-type: none"><li>• <i>Contribution to the development of the Canadian Obesity Network's (CON) 5 As of Healthy Pregnancy Weight Gain</i></li></ul>	<ul style="list-style-type: none"><li>• <i>Development of an "Obesity in Preconception and Pregnancy" Resource for maternity care providers</i></li></ul>

*Since its inception in 2007, HALO has received over \$8.4 million in research funding; produced more than 342 peer-reviewed publications; has given more than 696 scholarly presentations locally, nationally and internationally; and secured more than 1 billion media impressions!*



## Our Vision

*HALO will...*

*Provide international leadership and research excellence as it relates to healthy active living and obesity in children and youth.*

## Our Mission

*HALO will...*

*Be a multidisciplinary centre of excellence in healthy active living and obesity research for children and youth that will:*

- *Advance the understanding and promotion of health and wellness where children live, play, and learn.*
- *Develop, evaluate, and mobilize innovative strategies to prevent, manage, and treat obesity and lifestyle-related diseases.*

## Our Lines of Business

### Research

*Promote and assess healthy active living among children and youth.*

*Identify, examine and address environmental, behavioural, psychosocial, and biological factors related to healthy active living and obesity in children and youth.*

*Develop, implement, and evaluate strategies to prevent, manage, and treat obesity and lifestyle-related diseases in children and youth.*

### Leadership

*Be a credible, innovative, and authoritative source for child-focused healthy active living and obesity research, information and planning.*

### Training and Education

*Be an internationally recognized centre for trainees, researchers and professionals interested in healthy active living and obesity research, leadership and advocacy for children and youth.*

### Knowledge Translation

*Show leadership and innovation in translating, disseminating, and mobilizing child-focused healthy active living and obesity research.*

### Partnership

*Use municipal, provincial, national, and international partnerships to create, promote, and evaluate healthy active living initiatives for children and youth.*

### Advocacy

*Serve as a professional, informed, and authoritative voice to promote healthy active living and prevent obesity in children and youth.*

### Good Governance

*Be effective, efficient, and transparent in all aspects of our work.*



#### **Education, Credentials, Academic appointments**

- MSc Faculty of Human Biology & Nutritional Sciences; University of Guelph
  - Visiting scholar- Copenhagen Muscle Research Centre & August Krogh Institute, Denmark (1997)
- PhD Dept. of Cellular and Molecular Medicine, Faculty of Medicine, University of Ottawa
  - Visiting scholar - Joslin Diabetes Centre- Harvard Medical School (2005)
- Canadian Society for Exercise Physiology – Certified Exercise Physiologist
- Associate Professor, Department of Pediatrics, Faculty of Medicine, University of Ottawa
- Cross-appointed to Department of Human Kinetics, University of Ottawa
- Faculty appointment in Ph.D. Program in Population Health, University of Ottawa
- Research Scientist, Children's Hospital of Eastern Ontario Research Institute

#### **Biography**

*Dr. Adamo is a Research Scientist with a multi-disciplinary background and is a founding member of the HALO Research Group. She currently directs HALO's metabolic research lab for which she led the planning and development through CFI /ORF funding. Kristi's research program, Power of Prevention in the Early Years, focuses on early intervention and upstream prevention of childhood obesity (i.e., pregnancy obesity management). Dr. Adamo is a Canadian Institutes of Health Research New Investigator and the 2012 recipient of the CHEO Research Institute's Award of Excellence for Outstanding Investigator. Kristi's most successful experiments have resulted in the birth of her daughters Kysia in 2007 and Mallea in 2009.*

#### **Research, Clinical, Professional and Scholarly Focus and Service**

*Current research interests include: i) intergenerational cycle of obesity, ii) child obesity prevention, iii) lifestyle contributors to maternal-fetal health, iv) critical periods of growth and development, v) maternal-placental-fetal dialogue*

- Associate Editor, Applied Physiology, Nutrition & Metabolism (official journal of the Canadian Society for Exercise Physiology and the Canadian Nutrition Society)
- Canadian Obesity Network's 5A's for Health Pregnancy Weight Gain leadership group
- Member, Research Institute Joint Health and Safety Committee
- Member, Research Institute Biosafety Committee
- Member, Scientific Advisory Board; Start2Finish: Running and Reading Clubs
- Member, Dietitians of Canada; EaTracker reference group
- Lead writer, Best Start Resource Centre; Obesity in the Preconception and Prenatal Period
- Member, Advisory Board; CHEO's Centre for Healthy Active Living
- Committee Member, SOGC Clinical Guideline on the Nutritional Needs of Women through the Lifespan
- Lead, Obesity Prevention from Conception: pan Canadian trial team
- Reviewer for many scholarly journals, conference abstracts, granting agencies (CIHR, MRC- South Africa, Canadian Diabetes Association, Canada Foundation of Innovation, Alberta Heritage Foundation, the Physicians' Services Incorporated Foundation etc.), and academic organizations

#### **Graduate Students, Supervision and Training**

- H Ockenden (University of Ottawa) – M.Sc. Supervisor (2013-2015)
- K Brett (University of Ottawa) – Ph.D. Supervisor (2010-2014 )
- K Belanger (University of Ottawa) – M.Sc. Supervisor (2011-2013)
- M-E Rioux (University of Ottawa) – Ph.D. Committee (2009-2013)
- N Morris (University of Ottawa) – M.Sc. Committee (2010-2013)
- M Belliveau (University of Ottawa) – M.Sc. Committee (2011-2013)
- B Beauchamp (University of Ottawa)– Ph.D. Committee (2010-14)
- S Ha (University of Ottawa) – M.Sc. Committee (2011-2014)

#### **Memberships**

- Canadian Obesity Network
- Canadian Society for Exercise Physiology
- The Obesity Society
- Society of Obstetricians and Gynecologists of Canada
- North American Society for Pediatric Exercise Medicine
- Ontario Society for Health & Fitness
- Treatment and Research of Obesity in Pediatrics in Canada
- Reality Coalition Canada





### Education and Academic Appointments

- Postdoctoral Fellow, Department of Human Nutrition, University of Copenhagen (2010)
- PhD in Kinesiology, Department of Kinesiology, Laval University (2008)
- MSc in Kinesiology, Faculty of Physical Education and Sport, University of Sherbrooke (2004)
- BSc in Biology, Faculty of Sciences, University of Sherbrooke (2003)
- Assistant Professor, Department of Pediatrics, Faculty of Medicine, University of Ottawa
- Cross-appointed to the School of Human Kinetics, University of Ottawa
- Faculty appointment in Ph.D. Program in Population Health, University of Ottawa
- Junior Research Chair, Children's Hospital of Eastern Ontario Research Institute

### Biography

Dr. Chaput currently holds a Junior Research Chair in Healthy Active Living and Obesity Research. His research focuses on obesity prevention and the adoption of a healthy lifestyle. He is also interested in new determinants of obesity such as lack of sleep and mental stress. Dr. Chaput has published more than 120 peer-reviewed scientific articles, has an h-index of 20 and 1236 citations according to ISI Web of Knowledge. He has been able to secure 1.5 million dollars over the last 5 years as Principal Investigator. He serves on many editorial boards and advisory committees, and has contributed to a large number of conferences around the world (75 oral presentations in total). He received several awards for his research, including the New Investigator Award from the Canadian Obesity Network (2011), the New Investigator Award from the International Association for the Study of Obesity (2010) and the Ethan Sims Young Investigator Award from The Obesity Society (2005).

### Research, Clinical, Professional and Scholarly Focus and Service

Current research interests include: i) childhood obesity; ii) sleep; iii) physical activity, sedentary behaviour and health; and iv) the promotion of a healthy lifestyle

- Editorial Board Member, Nutrition & Diabetes
- Editorial Board Member, Bioenergetics
- Editorial Board Member, Journal of Sleep Disorders & Therapy
- Steering Committee Member and Scientific Committee Co-Chair, 2014 Global Summit on the Physical Activity of Children (Toronto)
- Early-Career Investigator Committee Board Member – The Obesity Society
- Faculty Representative – Canadian Obesity Network – Students & New Professionals (CON-SNP) University of Ottawa Chapter
- Research Work Group Member, Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth
- Spokesperson for the release of the 9<sup>th</sup> Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth
- Lead Author for the Active Healthy Kids Canada's Position on Active Video Games for Children and Youth
- Expert Advisory Committee Board Member for the Canadian Institute of Child Health overseeing development of the Child and Youth Healthy Lifestyles module.
- Mentor for the CIHR Synapse Program aiming at getting young people engaged and interested in science and technology
- Reviewer for many scholarly journals and granting agencies

### Graduate Students, Supervision and Training

- Jessica McNeil (University of Ottawa) – Ph.D. Co-supervisor (2012-2016)
- Mads Fiil Hjorth (University of Copenhagen) – Ph.D. Co-supervisor (2010-2014)
- Aidan Gribbon (University of Ottawa) – M.Sc. Supervisor (2013-2015)
- Christian Lizotte (University of Ottawa) – M.Sc. Supervisor (2013-2015)
- Michael Borghese (University of Ottawa) – M.Sc. Supervisor (2012-2014)
- Joseph Abdounour (University of Ottawa) – Ph.D. Committee (2010-2014)
- Jordan Filion (University of Guelph) – M.Sc. Committee (2013-2015)
- Nazia Darvesh (University of Alberta) – M.Sc. Committee (2011-2013)
- Kevin Belanger (University of Ottawa) – M.Sc. Committee (2011-2013)
- Sébastien Cadieux (University of Ottawa) – M.Sc. Committee (2011-2013)

### Memberships

- Canadian Obesity Network
- The Obesity Society
- International Association for the Study of Obesity
- Canadian Sleep Society
- World Association of Sleep Medicine
- Pediatric Sleep Interest Group
- Canadian Sleep and Circadian Network
- Sedentary Behaviour Research Network





### **Education, Credentials, Academic appointments**

- PhD, School of Human Kinetics, Queensland University of Technology, Brisbane, Australia
- BSc and BPHE, Queen's University
- Canadian Society for Exercise Physiology – Certified Exercise Physiologist
- Assistant Professor, Department of Pediatrics, Faculty of Medicine, University of Ottawa
- Cross-appointed to Department of Human Kinetics, University of Ottawa
- Member, Faculty of Graduate and Postgraduate Studies, University of Ottawa
- Junior Research Chair, Children's Hospital of Eastern Ontario Research Institute
- Scientific Officer, Active Healthy Kids Canada

### **Biography**

Dr. Colley holds a Junior Research Chair position with HALO at the Children's Hospital of Eastern Ontario Research Institute and is appointed as an Assistant Professor of Pediatrics in the Faculty of Medicine, University of Ottawa. She is the Scientific Officer of Active Healthy Kids Canada and a consultant analyst on the Canadian Health Measures Survey at Statistics Canada. Dr. Colley has published 29 peer-reviewed papers and 33 conference abstracts. Dr. Colley's research is focused on the measurement of physical activity and sedentary behaviour with a particular focus on objective measurement tools. She is currently studying the impact of motor skill development on physical activity engagement in overweight children and is developing a consensus statement on pre-exercise screening for children and youth.

### **Research, Clinical, Professional and Scholarly Focus and Service**

Current research interests include: i) physical activity epidemiology ii) objective measurement of physical activity and sedentary behavior iii) motor skill development and obesity in children iv) early life determinants of childhood obesity v) behavior compensation vi) knowledge translation

- Scientific Officer, Chair of the Research Working Group and Spokesperson for the release of the 8<sup>th</sup> Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth
- Awarded the Outstanding New Investigator Award by the CHEO Research Institute, October 24, 2012
- Co-Chair of the Scientific Committee for the 2014 Global Summit on Physical Activity for Children and Youth
- Principal Investigator on a CIHR-funded Project (Planning Grant 2012): PAR-Q 4 KIDS: An ethical approach for encouraging children to participate in higher intensity or maximal effort physical activity
- Developed an analytical support tool to support researchers working with accelerometer data in SAS: The Actical Accelerometer Data Analysis Support Tool (Accel+)
- Co-Investigator on an AHSC AFP Innovation Funded Study: Assessment of Activity Intensity in Children and Adolescents with Inherited Arrhythmia Syndromes by Combined Heart Rate and Accelerometer Monitoring
- Co-Investigator on a study funded by the Lung Association: Co-Existent Obstructive Sleep Apnea and Obesity: Finding NEAT Targets for Intervention
- Reviewer for many scholarly journals

### **Graduate Students, Supervision and Training**

- Angela Alberga (University of Ottawa) – Thesis Examiner (2013)
- Jessica McNeil (University of Ottawa) – Ph.D. Committee Member (2012-2016)

### **Memberships**

- NASPEM
- CSEP
- Canadian Obesity Network
- Ontario Society for Health & Fitness
- Sedentary Behaviour Research Network



**Education, Credentials, Academic appointments**

- MA and PhD, Department of Psychology, Carleton University
- Post-Doctoral Fellowship, Behavioural Medicine, State University of New York (SUNY) at Buffalo
- Registered Clinical Psychologist – College of Psychologists of Ontario
- Associate Professor, Department of Pediatrics, Faculty of Medicine, University of Ottawa
- Cross-appointed to Department of Psychology, University of Ottawa
- Cross-appointed to Department of Human Kinetics, University of Ottawa
- Adjunct Research Professor, Department of Psychology, Carleton University
- Research Scientist, Children's Hospital of Eastern Ontario Research Institute

**Biography**

Dr. Goldfield is a Clinical Scientist in HALO and an Associate Professor of Pediatrics, Human Kinetics, and Psychology at the University of Ottawa. He is also a registered clinical psychologist practicing in the community and sees children, adolescents and adults. Dr. Goldfield began the childhood obesity research program at the CHEO Research Institute 12 years ago and is a founding member of HALO. He has held an Endowed Scholar Award from the CHEO Volunteer Association Board and a New Investigator Award from the Canadian Institutes of Health Research. Dr. Goldfield's main research interests are in the role that physical activity, sedentary behaviour and dietary changes play in the treatment and prevention of child obesity. He has published over 60 peer reviewed papers and has over 100 conference presentations and published abstracts.

**Research, Clinical, Professional and Scholarly Focus and Service**

**Research, Clinical, Professional and Scholarly Focus and Service**

Current research interests include: i) childhood obesity treatment and prevention ii) psychological determinants and consequences of child obesity iii) Effects of physical activity and sedentary behavior on body composition and mental health; iv) determinants of the rewarding value of food and eating behavior.

- Grant Reviewer; Social and Developmental Aspects of Children's and Youth's Health Committee, Canadian Institutes of Health Research (CIHR)
- Grant Reviewer; Fellowship Awards Grant Review Committee, Canadian Institutes of Health Research (CIHR)
- Grant Reviewer: Fellowships Awards Grant Review Committee, Alberta Innovates Health Solutions (AIHS)
- Grant Reviewer, CHEO Science Committee, CHEO Research Institute
- Member, Health Behavior Change Committee, American Heart Association
- Member, Child Obesity prevention Guidelines Committee, Registered Nurses of Ontario.
- Registered clinical psychologist, College of Psychologists of Ontario
- Member Treatment and Research of Obesity in Pediatrics in Canada (TROPIC)
- Member, Advisory Board and Program Evaluation Committee, Centre for Healthy Active Living (CHAL) at CHEO
- Member of numerous Dissertation Committees, University of Ottawa
- Reviewer for many scholarly journals and granting agencies, and external examiner on Master's theses and Dissertations

**Graduate Students, Supervision and Training**

- Alessandro Tirelli (University of Ottawa), M.Sc. Supervisor (2013-2015)
- Angela Wilson (University of Ottawa) – Ph.D. Supervisor (2010-2016)
- Marisa Murray (University of Ottawa) – Ph.D. Supervisor (2011-2017)
- Danijela Maras (Carleton University) – M.A. Supervisor (2011-2013)
- Natasha Schranz (University of South Australia) – Ph.D. Examiner (2009-2013)
- Michael Borghese (University of Ottawa) – M.Sc. Committee (2012-2014)
- Travis Saunders (University of Ottawa)-Ph.D. Committee (2009-2013)
- Jameason Cameron (University of Ottawa)-Ph.D. Committee (2008-2013)
- Chantal Gosselin (University of Ottawa) – M.Sc. Chaired Oral Defence (2013)
- Stephanie Leon (University of Ottawa), Ph.D. Committee (2012-2017)

**Memberships**

- College of Psychologists of Ontario
- Canadian Psychological Association
- American Psychological Association
- Canadian Obesity Network
- The Obesity Society
- Sedentary Behaviour Research Network


**Education, Credentials, Academic appointments**

- MSc, Department of Community Health, University of Toronto
- PhD, Institute of Medical Sciences, University of Toronto
- Post-Doctoral Fellowship, Labatt Family Heart Centre, SickKids, Toronto
- Canadian Society for Exercise Physiology – Certified Exercise Physiologist
- Assistant Professor, Department of Pediatrics, Faculty of Medicine, University of Ottawa
- Cross-appointed to Department of Human Kinetics, University of Ottawa
- Research Scientist, Children's Hospital of Eastern Ontario Research Institute

**Biography**

*Dr. Longmuir is a Scientist in the Healthy Active Living and Obesity Research Group at the Children's Hospital of Eastern Ontario Research Institute. Dr. Longmuir's research interests are the promotion of physical activity to children with medical conditions and disabilities, and the use of physical activity to prevent and/or treat morbidity. Her undergraduate, Masters and Ph.D. theses examined the impact of interventions to increase physical activity among children with heart defects or cystic fibrosis. Dr. Longmuir's post-doctoral fellowship was a community health promotion initiative targeting parents of young children. Dr. Longmuir has published more than 35 papers and 6 book chapters in the peer-reviewed literature. She has delivered over 90 scholarly conference presentations, and more than 50 invited and keynote addresses.*

**Research, Clinical, Professional and Scholarly Focus and Service**

*Current research interests include: i) pediatric exercise science ii) role of physical activity in physical and mental health of children with cardiac conditions iii) physical literacy and health iv) physical activity among children with medical conditions and disabilities v) motor and active lifestyle development in young children vii) knowledge translation and mobilization.*

- *Member of the Champlain Cardiovascular Disease Prevention Network Healthy School-aged Children Expert Task Group*
- *Invited member of the Canadian Society for Exercise Physiology Physical Activity and Lifestyle Appraisal Strategic Planning Committee*
- *Member of the Writing Committee on the Promotion of Physical Activity Participation in Children and Adults with Congenital Heart Disease of the American Heart Association*
- *Invited member of the Ontario Trails Coordinating Committee*
- *Member of the City of Toronto Department of Parks, Forestry and Recreation Disability Advisory Committee*
- *Grant application reviews for the Social Sciences and Humanities Research Council of Canada Insight Grants and the Nuffield Foundation*
- *Reviewer for many scholarly journals, including Circulation, Heart, Journal of Paediatrics and Child Health, BMC Public Health, American Journal of Cardiology, Journal of Adolescent Health and Perceptual and Motor Skills*
- *Faculty and course development for many post-graduate education courses related to recreation and fitness access, inclusion of people with disabilities, accessibility of natural environments, and accessibility of public rights of way*

**Graduate and Undergraduate Students, Supervision and Training**

- *Kathryn McClelland (University of Ottawa) – M.Sc. Co-supervisor (2012-2013)*
- *Emily Bray (University of Ottawa) – B.Sc. Supervisor (2012-2013)*
- *Makenzie Weekes (University of Ottawa) – B.Sc. Supervisor (2012-2013)*

**Memberships**

- *North American Society for Paediatric Exercise Medicine*
- *Canadian Society for Exercise Physiology*
- *American College of Sports Medicine*
- *American Heart Association*
- *Canadian Cardiovascular Society*
- *North American Federation of Adapted Physical Activity*
- *Active Living Alliance for Canadians with a Disability*





#### Education, Credentials, Academic appointments

- MSc and PhD, Department of Community Health, University of Toronto
- Canadian Society for Exercise Physiology – Certified Exercise Physiologist
- Full Professor, Department of Pediatrics, Faculty of Medicine, University of Ottawa
- Cross-appointed to Department of Human Kinetics, University of Ottawa
- Faculty appointment in Ph.D. Program in Population Health, University of Ottawa
- Senior Research Scientist, Children's Hospital of Eastern Ontario Research Institute
- Adjunct Professor, School of Graduate Studies, University of Toronto
- Visiting Professor, Kenyatta University, Nairobi, Kenya
- Chief Scientific Officer, Active Healthy Kids Canada
- Fellow of the American College of Sports Medicine

#### Biography

Dr. Tremblay is the Director of HALO at the Children's Hospital of Eastern Ontario Research Institute and Professor of Pediatrics in the Faculty of Medicine, University of Ottawa. He is a Fellow of the American College of Sports Medicine, Chief Scientific Officer of Active Healthy Kids Canada, Chair of the Canadian Physical Activity Guidelines Project, Founder of the Sedentary Behaviour Research Network, and former Dean of Kinesiology at the University of Saskatchewan. Dr. Tremblay has published more than 200 papers and book chapters in the peer-reviewed literature. He has delivered over 500 scholarly conference presentations, including more than 140 invited and keynote addresses, in 17 different countries. Dr. Tremblay received an honorary doctorate from Nipissing University and the Queen Elizabeth II Diamond Jubilee Medal for his leadership contributions to healthy active living in Canada.

#### Research, Clinical, Professional and Scholarly Focus and Service

Current research interests include: i) pediatric exercise science ii) childhood obesity iii) physical literacy and health iv) physical activity, fitness and health measurement v) sedentary physiology vi) health surveillance vii) knowledge translation and mobilization.

- Editorial Board, African Journal of Applied Human Sciences
- Visiting Professor, Kenyatta University, Nairobi Kenya
- Spokesperson for the release of the 9th Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth
- Chief Scientific Officer, Active Healthy Kids Canada
- Chair, Canadian Physical Activity Guidelines Committee, Canadian Society for Exercise Physiology
- Research Affiliate with the Alberta Centre for Active Living
- Editorial Board member of Acta Kinesiologiae Universitatis Tartuensis
- Chair, Scientific Advisory Committee and Steering Committee for the Canadian Assessment of Physical Literacy Project
- Member of the Steering Committee for Treatment and Research of Obesity in Pediatrics in Canada (TOPIC)
- Member, ParticipACTION Research Advisory Group
- Member of the Champlain Cardiovascular Disease Prevention Network Coordinating Committee
- Member, Board of Directors, Active Healthy Kids Canada
- Member, Expert Advisory Committee of the Canadian Health Measures Survey, Statistics Canada
- Reviewer for many scholarly journals, granting agencies, and tenure and promotion applications

#### Graduate Students, Supervision and Training

- Megan Carter (University of Ottawa) – Ph.D. Co-supervisor (2008-2013)
- Cynthia Colapinto (University of Ottawa) – Ph.D. Supervisor (2008-2013)
- Richard Larouche (University of Ottawa) – Ph.D. Supervisor (2009-2013)
- Allana Leblanc (University of Ottawa) – Ph.D. Supervisor (2012-2016)
- Stella Muthuri (University of Ottawa) – Ph.D. Supervisor (2010-2014)
- Travis Saunders (University of Ottawa) – Ph.D. Supervisor (2009-2013)
- Samantha Stephens (University of Toronto) – Ph.D. Committee (2008-2014)
- Lucy Joy Wachira (Kenyatta University, Kenya) – Ph.D. Committee (2010-14)
- Francis Okinda (Kenyatta University, Kenya) – M.Sc. Co-Supervisor (2011-14)
- Valerie Carson (HALO) – Post-doctoral Fellow (2012-2013)

#### Memberships

- NASPEM
- CSEP
- ACSM
- Canadian Obesity Network
- Physical and Health Ed. Canada
- Ontario Society for Health & Fitness
- Int. Society for PA and Health
- ISPAH PA and Obesity Council
- ISPAH Global Advocacy PA Council
- ISPAH PA Measurement and Surveillance Council
- Sedentary Behaviour Research Network (Founder)



**STACEY ALPOUS** completed her Master of Human Kinetics with concentration in Intervention and Consultation from the University of Ottawa in 2012. Stacey completed a portion of her summer internship with HALO offering physical activity counseling to patients of the CHEO Cardiology clinic. In January 2013, Stacey joined HALO as a Research Assistant for the “Physical Literacy in Children with a Medical Condition: Shifting Our Focus from Survival to Optimal Health” research project. She also assisted with the “Healthy Lifestyles for Children with Complex Heart Problems (ReACH)” research project, as well as various other projects. In October 2013, Stacey also became a Certified Exercise Physiologist with the Canadian Society for Exercise Physiology (CSEP). Outside of work, Stacey helps coach two girls hockey teams, offers mental training to local sports teams and individuals, and is also a member of the Skate Patrol on the Rideau Canal Skateway. She also enjoys playing hockey, bouldering, biking, running, and drinking a hot cup of tea.



**JOEL BARNES** completed a BScKin in 2001 from the University of New Brunswick and an MSc in 2003 from the University of Saskatchewan. In 2010, Joel joined HALO as Knowledge Synthesis and Analysis Manager. His main responsibility has been managing the annual Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth. Joel also maintains the HALO website and provides web programming service to HALO research projects that use web-based technologies. Outside of work, Joel enjoys reading, playing guitar and a number of outdoor activities including mountain unicycling.



**PRISCILLA BÉLANGER** completed her MSc in Community Health at Université de Montréal in fall 2012, during which she did a 4-month, full-time internship at the Direction de Santé Publique de Montréal, where she developed an e-learning tool that would help increase medical students physical activity counseling competencies. She was thrilled to join the HALO research team in September 2012 as a research assistant for the International Study on Childhood Obesity Lifestyle and Environment (ISCOLE) and is now working on projects involving CHEO cardiology patients. Prior to this, she obtained her BSc with honours in Human Kinetics from the University of Ottawa in 2006 and put her knowledge and skills into practice as a personal trainer and martial arts instructor in Ottawa, Mont-Tremblant and Montréal. With the ultimate goal to promote and support healthy environments and lifestyles, her interests focus on the social and environmental determinants of health, motor development and physical literacy. Outside of work, she enjoys running, hiking, snowboarding, practicing yoga, running a variety of races, and experiencing just about every outdoor sport!



**CHARLES BOYER** has a BSc and MA in Human Kinetics from the University of Ottawa. Charles's masters work involved understanding the situational factors leading to injury in youth hockey. Charles joined the HALO team in February 2011 as a Research Assistant for the Canadian Assessment of Physical Literacy (CAPL) and the International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) research projects. Charles enjoys several active pursuits outside of HALO which include running, weight lifting, hockey, and golf.



**DR. JAMEASON CAMERON** completed his Honours BSc degree at the University of Ottawa in 2004. In the same year he continued studying at uOttawa and started his M.Sc. with research at Montfort Hospital. At the Behavioural and Metabolic Research Unit at Montfort he conducted an 8 week equicaloric diet intervention looking at the impact of high versus low meal frequency on weight loss. In 2007 he started his Ph.D. at uOttawa and examined the impact of acute fasting on olfaction and food hedonics in men and women. During this time he also looked at the impact of an energy deprivation (-600-900 kcals) by dieting alone or exercise alone on weight loss, olfaction, food reward, and appetite signalling hormones. As part of his doctoral training he spent 6 months working at the Ottawa Heart Research Institute learning methods in microbiology. Using that experience he isolated DNA of a large sample of obese post-menopausal women and looked at the impact of dopamine genotype (DRD2/ANKK1 and DAT1) on weight loss and macronutrient selection. In April 2013 he obtained his Ph.D., and in September of the same year Dr. Cameron starting working at his current position as a research coordinator at CHEO, working under Dr. Gary Goldfield, as part of the HALO group. One of the projects that Dr. Cameron is coordinating is examining "The Effects of Prenatal Smoking on Adiposity and Metabolism in Young Children" and another project is examining "The Effects of Methylphenidate on Food Intake and Energy Expenditure in Obese Youth". Outside of work he plays an active part in his children's lives, coaching soccer and hockey. He also enjoys skiing, tennis, and swimming at Meech Lake.



**DR. ZACHARY FERRARO** joined the HALO team in January 2008 as a graduate student. He completed his PhD in 2012 under the supervision of Drs. Kristi Adamo and Denis Prud'homme where he studied maternal predictors and potential modifiers of fetal growth during pregnancy. Since this time he has worked as a part-time research associate with Dr. Adamo's team in the Power of Prevention in the Early Years program on projects ranging from the Maternal Obesity Management Trial (The MOM Trial) and the Activity Begins in Childhood Trial (ABC Trial). He continues to be involved with knowledge translation and public health projects concerning healthy pregnancy weight gain and is a part-time professor of Human Kinetics at the University of Ottawa. Zach is a certified exercise physiologist (CSEP-CEP) and was the inaugural recipient of the Canadian Obesity Network's Rising Star award. Outside of work Zach enjoys cycling, being outdoors and playing volleyball with his fellow HALOites.





**CLAIRE FRANCIS** completed her BSc (hons) Sport and Exercise Science from the University of Bath, UK in July 2012. During her four year degree she spent a year working for the Institute of Youth Sport at Loughborough University, evaluating a physical activity promotion programme in adolescent children and examining the influence of breakfast and exercise on cognition in adolescents. She joined the HALO team in September 2012 as a research volunteer to assist in the ISCOLE and CAPL projects and joined the staff team in January 2013 until June 2013 before returning to the UK to complete a masters in Clinical Exercise Science. Outside of work, Claire enjoys hiking, swimming, travelling, reading and baking.



**REBECCA GIBBONS** completed her Bachelor of Arts in Health Studies from Queen's University in April 2012. With the goal of gaining practical research experience, Rebecca carried out a 4th year thesis study looking at the relationship between active transportation and neighbourhood disorder. Following this experience, she worked as a summer research student at CHEO with a team that collected muscle function data in healthy children, using jumping mechanography. Rebecca just returned from a 10 month experience in Nepal where she facilitated the creation and implementation of the Action for Health project. Working in partnership with a local organization and 3 wonderful Nepali staff, the team put into action a health education project (focused on water, sanitation and hygiene) in the communities of Eastern Nepal. She has a strong interest in global health and sustainable community development. Other fun facts? Rebecca loves sports (especially soccer and skiing), yoga, learning from different cultures, camping, tea drinking and spending time in the great outdoors! Joining in October 2013, she is happy to be back at CHEO and excited about the opportunity to work with the HALO team!



**DR. CASEY GRAY** joined the HALO team in March 2013 as Project Manager for the Children's A-TEAM (Children's Activity Though Exchange and Measurement). Her main areas of involvement also include serving as the international report card liaison for the AHKC 2014 Global Summit on the Physical Activity of Children, and projects related to physical activity and risky active play in the outdoors. Casey moved to Ottawa in 2011 after completing her PhD in Kinesiology at Western University where she examined psycho-social determinants of children's physical activity. Prior to this, she earned an MA in Applied Health Sciences from Brock University and a BHK in Leisure and Sport Management from the University of Windsor. Outside of work Casey enjoys being active outdoors and exploring Ottawa's food scene.



**KIMBERLY P. GRATTAN** conferred her Master of Arts in Applied Health Sciences degree at Brock University in the fall of 2009. Preceding this she completed a Bachelor of Honours in Kinesiology in the fall of 2007, also at Brock. Under the guidance of Dr. Philip M. Wilson, she focused her graduate thesis on the role of motivation and goal setting on physical activity and healthy eating behaviours for people enrolled in commercial weight loss programs. Kimberly officially joined the HALO team as a Research Assistant in February of 2011. She is now a Research Coordinator for Dr. Kristi Adamo and her main responsibilities pertain to the Activity Begins in Childhood trial, an intervention aimed at increasing the moderate to vigorous physical activity of preschool aged children. Kimberly is an active member of the Research Institute Social Committee, the HALO Social Committee, and the Research Coordinators Network in the Research Institute. She also captained the CHEO fitHeads dragon boat team in the summer of 2013 for their most successful season yet. Outside of work Kimberly is a member of the women's National underwater hockey team who competed in the Elite Underwater Hockey World Championships in Hungary (2013). She also enjoys weight training, travelling, kayaking, biking, skiing, and reading.



**ALYSHA HARVEY** has an Honours B.Sc. in Kinesiology and Health Sciences from York University, is a certified Personal Trainer, and a certified Project Manager (PMP). At the age of 21, while completing her Bachelor of Science, she started her own business in health and fitness, working with elite athletes as well as the general population, including children. In addition to personal training and conducting fitness assessments, Alysha worked as a Kinesiologist in a clinical environment, aiding patients in rehabilitation. Alysha continued her interest in sport via sports event management, working on projects with Hockey Canada, the Canadian Hockey League, the OHL, the IIHF, and the OWHA, including: National Junior Hockey Team Selection Camps, pre-Olympic tour of the Women's Olympic Hockey Team of the People's Republic of China, and bidding for the Memorial Cup on behalf of several OHL teams. Alysha also broadcasted on the Fan Radio Network for the National Women's Hockey TSN Challenge, Team Canada vs. Team USA. In developing her business acumen, Alysha pursued additional project management work in the private and not-for-profit sector for several years, while still maintaining her connection to health, fitness, and sport. Alysha joined HALO as a Research Coordinator in 2010, assisting Dr. Kristi Adamo and Dr. Gary Goldfield with research in childhood obesity, including studies in physical activity intervention amongst preschoolers and maternal obesity management.



**SONIA JEAN-PHILIPPE** decided to pursue a degree in nutritional sciences due to her interest in a healthy lifestyle and growing up in her father's boutique, a Maître Chocolatier-Confiseur who gives importance to good food. She was also involved in track and field for over 15 years, competing at the provincial and national level, and later as part of the McGill University varsity track team. She participated at CIS championship three years running. Sonia came on-board after completing a Montreal wide study assessing vitamin D and iron status of daycare children at McGill University. She completed a BSc Nutritional Sciences to become a Registered Dietitian to then work in Dr. Hope Weiler's research group and in counseling for weight loss and management. She was involved in several projects relating to vitamin D supplementation in the first years of life, helping educate new mothers and assessing habits and knowledge. She then went abroad to Loughborough University to complete a MSc in Sport and Exercise Nutrition, her dissertation focused on vitamin D status of elite female athletes in comparison to their sedentary counterparts. Her research interests include female athlete's health and challenges, dietary measurements and interventions, healthy lifestyle education. Sonia recently moved on to work at Ottawa Public Health as a public health nutritionist to work on a program review of food skills programs. Outside of work, Sonia still runs regularly, she has participated in events such as the Spartan race and the Mitsubishi City chase as well as running half marathons. She is an avid traveler, having been to over a dozen countries and lived in Europe.



**DR. GENEVIÈVE LEDUC** is the project manager of the ISCOLE research project with the HALO Group. She moved to Ottawa after completing a Doctoral Degree in nutrition at Université Laval in Quebec City. During her graduate studies, she looked into the environmental influences on elementary school-aged children's weight status, adiposity and fitness. She also contributed to the implementation of pilot interventions to teach healthy nutrition and to enhance physical activity participation in fun and interactive ways in elementary schools and summer day camps in Quebec City. She was thrilled to join HALO and to be involved in the ISCOLE project which principal aim is to determine the relationship between lifestyle characteristics, obesity and weight gain in 10 year-old children, and to investigate the influence of behavioral settings and physical, social and policy environments on these relationships. Outside of work, Geneviève has been a group fitness instructor for over 10 years and is still a regular participant in all sorts of fitness classes. She also loves to cook for her family and participate in running events. She gave birth to her second son in 2013.



**KASEY PARKER** holds a Master of Science in Human Kinetics from the University of Ottawa in collaboration with The Cleveland Clinic, Biomechanics Department. Kasey's graduate work focused on biomechanics in runners and the effects of different types of running shoes. In her studies she had opportunities to work on projects related to space flight and exercise science with The Cleveland Clinic's Center for Space Medicine (NASA Biomechanics site). Kasey has been involved in research for almost 12 years (at the clinical and systematic review level) studying various populations but her true research interests are in the management and conduct of trials and systematic reviews as well as policy related to physical activity in young children. Kasey joined the HALO team in September 2012 as a Research Coordinator to manage Dr. Kristi Adamo's project related to preschool children and their gross motor development and physical activity behaviour. Outside of work, Kasey enjoys long distance running and playing volleyball. Kasey left HALO in May 2013 to join CHEO's EPIC project within the Information Services team.



**HÉLÈNE SINCLAIR** is a Certified Administration Professional – specializing in Organizational Management (CAP-OM - International Association of Administrative Professionals - IAAP) who joined the HALO team in November 2010. She provides administrative, human resource and financial services assistance to the Director and the HALO team. Originally from Northern Ontario (Sudbury), she brings over 25 years of experience in office administration. She is an active volunteer and Past-President (2010/2011) of the Ottawa Chapter of the IAAP. Beyond her role with HALO, Hélène's passion and interest for healthy active living includes her long time (>6 years) participation as a Community Team Member and Team Leader with an online weight loss and healthy living program (SparkPeople). Other areas of interest include reading and writing, walking/hiking, swimming, dancing, and traveling.



**SHANNA WILSON** completed her BSc (Honours) in Biochemistry at the University of Guelph in April 2010. She then pursued a Master of Bioinformatics at the University of Guelph to combine her passion for complex, automated data analysis and the biological sciences which she completed in November 2011. Shanna has previously worked as a skiing instructor and swimming instructor/lifeguard. She was involved with a math and reading teaching program for children. Shanna joined HALO in May 2012 and is contributing to the HALO initiative through a combination of her experiences working with children and her knowledge of biological sciences/informatics. She is a research assistant, under the supervision of Dr. Kristi Adamo, and is contributing to multitude of projects in the *Power of Prevention in the Early Years* program, including maternal obesity management, eHealth technologies for managing gestational weight gain during pregnancy, and early childhood physical activity interventions. Outside of work, Shanna likes to stay active by walking, swimming and participating in fitness classes. She also enjoys reading, and knitting in her spare time.



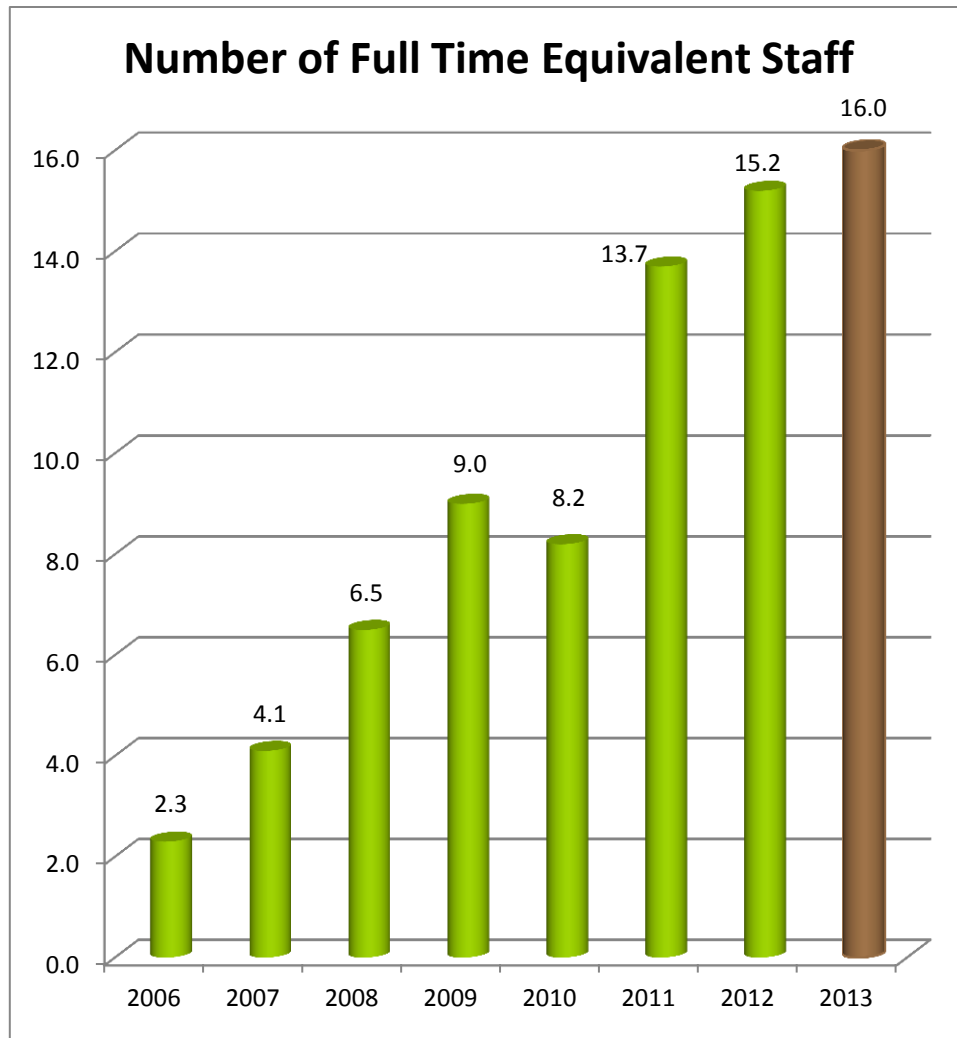


Figure 1: Number of Full Time Equivalent (FTE) positions in HALO Research Group from 2006 to 2012. Between 2006 and 2013, there was a 596% increase in FTE, and between 2012 and 2013, there was a 5% increase in FTE.



## GRADUATE STUDENTS

HALO proudly displays the names of Graduate Students on a plaque in the main office. Those honoured in 2013 include:

- Megan A. Carter (PhD 2013)
- Danijela Maras (MA 2013)
- Cynthia K. Colapinto (PhD 2013)
- Richard Larouche (PhD 2013)
- Travis Saunders (PhD 2013)
- Kevin Belanger (MSc 2013)



**KEVIN BELANGER**

*M.Sc. Student*

**Supervisor:**

*Dr. Kristi Adamo*

**Research Program:**

*M.Sc. Human Kinetics, University of Ottawa*

**Thesis Topic:**

*The importance of risk stratification and cardiorespiratory fitness in pediatric obesity*



**MICHAEL BORGHESE**

*M.Sc. Student*

**Supervisor:**

*Dr. Jean-Philippe Chaput and Dr. Eric Doucet*

**Research Program:**

*M.Sc. Human Kinetics, University of Ottawa*

**Thesis Topic:**

*The influence of Weight Status on the Link between Television Viewing and Food Intake in Children*



**KENDRA BRETT**

*Ph.D. Student*

**Supervisor:**

*Dr. Kristi Adamo*

**Research Program:**

*Ph.D. Human Kinetics, University of Ottawa*

**Dissertation Topic:**

*The Impact Of Maternal Obesity And Physical Activity On The Expression Of Placental Fatty Acid Transporters*



### MEGAN CARTER

*Ph.D. Student*

#### **Supervisor:**

*Dr. Lise Dubois and Dr. Mark Tremblay*

#### **Research Program:**

*Population Health, University of Ottawa*

#### **Dissertation Topic:**

*The influence of place on body weight and food insecurity during childhood: a longitudinal study of young children living in Québec, Canada*



### CYNTHIA COLAPINTO

*RD, Ph.D. Candidate*

#### **Supervisor:**

*Dr. Mark Tremblay*

#### **Research Program:**

*Ph.D. in Population Health, University of Ottawa; Graduate Diploma in Health Services and Policy Research, University of Ottawa/Ontario Training Centre in Health Services and Policy Research*

#### **Dissertation Topic:**

*Examining the folate status of Canadians: An analysis of the Canadian Health Measures Survey (CHMS) to assess and guide folic acid policies.*



### AIDAN GRIBBON

*M.Sc. Student*

#### **Supervisor:**

*Dr. Jean-Philippe Chaput and Dr. Eric Doucet*

#### **Research Program:**

*M.Sc. Human Kinetics, University of Ottawa*

#### **Dissertation Topic:**

*Active Video Games and their Effect on Energy Balance in Adolescent Males*



### JUSTIN LANG

*Ph.D. Candidate*

#### **Supervisor:**

*Dr. Mark Tremblay*

#### **Research Program:**

*PhD Population Health – University of Ottawa*

#### **Dissertation Topic:**

*To be determined*



### RICHARD LAROUCHE

*Ph.D. Candidate, CIHR Banting and Best Doctoral Scholar*

#### **Supervisor:**

*Dr. Mark Tremblay*

#### **Research Program:**

*Ph.D. Human Kinetics, University of Ottawa*

#### **Dissertation Topic:**

*Relationship between active transportation, physical activity, body composition and cardiovascular fitness in children and adolescents*





**ALLANA LEBLANC**

**Supervisor:**

**Research Program:**

**Dissertation Topic:**

*Ph.D. Candidate,*

*Dr. Mark Tremblay*

*Ph.D. Human Kinetics, University of Ottawa*

*Correlates of overall sedentary time, and specific sedentary behaviours in children*



**CHRISTIAN LIZOTTE**

**Supervisor:**

**Research Program:**

**Thesis Topic:**

*M.Sc. Candidate*

*Dr. Jean-Philippe Chaput*

*M.Sc. Human Kinetics, University of Ottawa*

*To be determined*



**DANIJELA MARAS**

**Supervisor:**

**Research Program:**

**Thesis Topic:**

*M.A. Student, Ontario Graduate Scholar*

*Dr. Gary Goldfield*

*M.A. Experimental Psychology, Carleton University*

*Examining mediators of the relationship between attachment style and body mass index in a community-based sample of youth in Ontario*



**JESSICA MCNEIL**

**Supervisor:**

**Research Program:**

**Dissertation Topic:**

*Ph.D. Candidate*

*Dr. Jean-Philippe Chaput and Dr. Eric Doucet*

*Ph.D. in Human Kinetics – University of Ottawa*

*Examining the effects of sleep and exercise on satiety efficiency, food reward and energy intake in adults*



**MARISA MURRAY**

**Supervisor:**

**Research Program:**

**Dissertation Topic:**

*Ph.D. Candidate*

*Dr. Gary Goldfield*

*Ph.D. Clinical Psychology, University of Ottawa*

*Delivering behavioural intervention for obese children via the Internet*



**STELLA MUTHURI**

*Ph.D. Candidate, Queen Elizabeth II – Graduate Scholarship in Science and Technology*

**Supervisor:**

*Dr. Mark Tremblay*

**Research Program:**

*Ph.D. in Population Health, University of Ottawa*

**Dissertation Topic:**

*Comparative study of physical activity trends and the prevalence of obesity in school aged children in Canada and Kenya*



**HOLLY OCKENDEN**

*M.Sc. Student*

**Supervisor:**

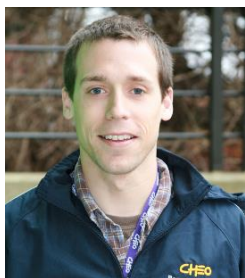
*Dr. Kristi Adamo*

**Research Program:**

*MSc. Human Kinetics, University of Ottawa*

**Dissertation Topic:**

*To be determined*



**TRAVIS SAUNDERS**

*Ph.D. Candidate, CIHR and CDA Doctoral Clinical Scholar*

**Supervisor:**

*Dr. Mark Tremblay*

**Research Program:**

*Ph.D. Human Kinetics, University of Ottawa*

**Dissertation Topic:**

*The relationship between sedentary time and metabolic health in children and youth*



**ALESSANDRO TIRELLI**

*M.A. Student*

**Supervisor:**

*Dr. Gary Goldfield*

**Research Program:**

*M.A. Human Kinetics, University of Ottawa*

**Dissertation Topic:**

*How our perceptions influence our eating behaviour*



**ANGELA WILSON**

*Ph.D. Student*

**Supervisor:**

*Dr. Gary Goldfield*

**Research Program:**

*Ph.D. Clinical Psychology, University of Ottawa*

**Dissertation Topic:**

*Identifying mediators and moderators of the obesity-depression link in children and adolescents*

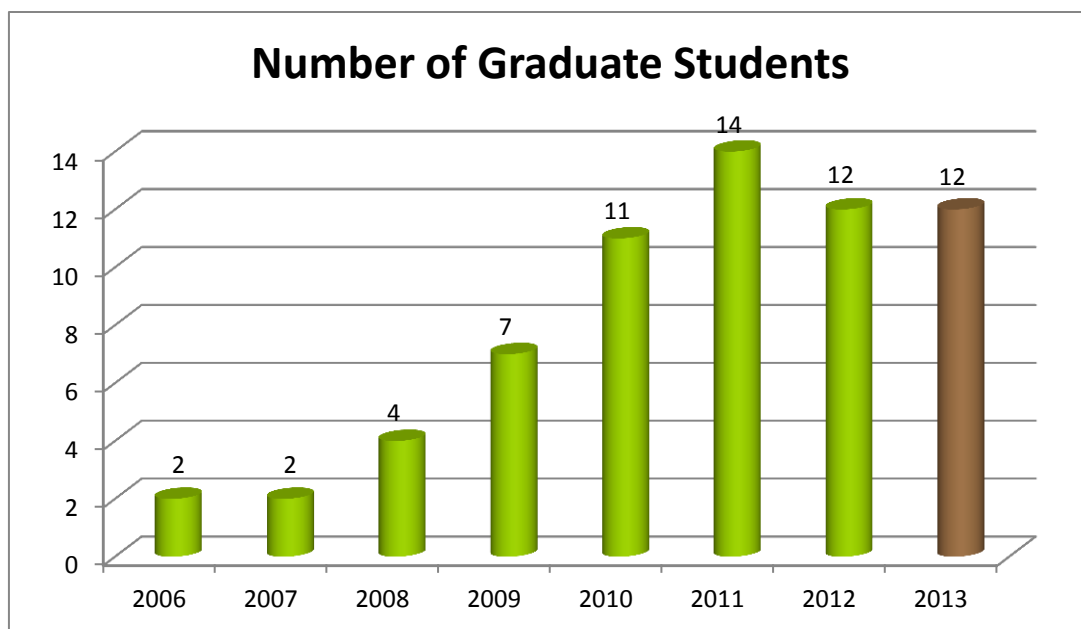


Figure 2: Number of Full Time Equivalent (FTE) graduate students in the HALO Research Group from 2006 to 2013. Between 2006 and 2013, there was a 500% increase, and between 2012 and 2013, there was a 0% change in the number of students. A total of 6 students graduated in 2013.

*From left to right: Dr. Cynthia Colapinto, Dr. Mark Tremblay,  
Dr. Richard Larouche and Dr. Travis Saunders*





## POST DOCTORAL FELLOWS



**DR. VALERIE CARSON** was a postdoctoral fellowship in the Healthy Active Living and Obesity Research group (HALO) at the Children's Hospital of Eastern Ontario Research Institute from November, 2012 to mid-March, 2013. Prior to this position she completed a short postdoctoral fellowship at Deakin University in Australia under the supervision of Dr. Jo Salmon. Her graduate training was from the Queen's University where she completed her PhD under the supervision of Dr. Ian Janssen and University of Alberta where she completed her Master's degree under the supervision of Dr. John Spence. In mid-March, 2013 Dr. Carson officially started her Assistant Professor position at the University of Alberta in the Faculty of Physical Education and Recreation. She remains an Affiliate Investigator with HALO. Dr. Carson's research thus far has primarily focused on the relationship between physical activity, sedentary behaviour, obesity, and related health outcomes as well as the determinants and measurement of physical activity and sedentary behaviour among young people. To date, she has published 30 peer-reviewed papers and made over 35 presentations in this research area.



**DR. RICHARD LAROUCHE** is a postdoctoral fellow with the HALO group. He recently completed his PhD with Dr. Mark Tremblay examining the health-related outcomes and correlates of active transportation in children and youth. He completed his Masters' degree with Dr. François Trudeau focusing on the evolution of physical activity from childhood to adulthood. Dr. Larouche enjoys several hobbies outside of HALO including cycling, running, hiking, snowshoeing, camping, and road hockey.

## HALO CLINICAL ASSOCIATES



**DR. ANNICK BUCHHOLZ** is a clinical psychologist, and lead in outcomes management and research at the Centre for Healthy Active Living (CHAL). Dr. Buchholz was previously involved in the development of the eating disorder day treatment and inpatient programs at CHEO; and, along with her colleagues in eating disorders, implemented outcomes measurement for both these programs. Dr. Buchholz has also been involved in the development and evaluation of the prevention program 'BodySense'; a program aimed at promoting healthy body image in athletes. She is a co-investigator on the REAL study, 'Research on Eating and Adolescent Lifestyles', an Ottawa-based longitudinal study examining shared risk factors between eating disorders and obesity in youth. Her research interests include psychosocial risk factors related to body image, stigma, disordered eating, and weight regulation in children and youth, as well as treatment outcomes.



**DR. STASIA HADJIYANNAKIS** received her medical degree from the University of Toronto (1996) and completed her pediatric residency at Queen's University with an endocrine fellowship at McGill University. She worked as a Visiting Professor at the University of California San Francisco (2003) where she received more in-depth training in the area of pediatric obesity and lipid disorders. Stasia is the Medical Director of the Center for Healthy Active Living. She is an assistant Professor of Pediatrics at the University of Ottawa and has been an active member of the Department of Pediatrics at CHEO in the division of endocrinology since November 2001. Her clinical, advocacy and research interests are in the area of pediatric obesity and related co-morbidities such as metabolic syndrome, dyslipidemia, Type 2 diabetes and polycystic ovarian syndrome. Her research interests are in examining the interplay between behavioural/psychosocial, genetic, and intrauterine factors in predicting risk for obesity related co-morbidities.



**JANE RUTHERFORD** completed a BSc. in Nutritional and Nutraceutical Sciences and a MSc. in Nutrition, Exercise and Metabolism from the University of Guelph. Jane is the Exercise Specialist for CHEO's Centre for Healthy Active Living which works to help manage the health of children and youth with complex severe obesity and their families. Jane's previous work experience includes working in cardiac and musculoskeletal injury rehabilitation as an Exercise Physiologist, Lifestyle coach with the YMCA/YWCA's Y Kids Fit program, and Research Coordinator with the Healthy Active Living and Obesity Research Group. Leading by example, Jane is an avid marathon runner, fitness instructor, and field hockey player.

## AFFILIATE INVESTIGATORS



**DR. VINCENT O. ONYVERA**

Senior Lecturer  
Director, Center for Linkages and International Programs (CLIP)  
Kenyatta University  
P.O BOX 43844-00100  
Nairobi-KENYA



**DR. A. WILLIAM SHEEL**

Professor  
School of Kinesiology  
The University of British Columbia  
6108 Thunderbird Blvd  
Vancouver, BC, Canada, V6T 1Z3



## VISITORS AND INVITED SPEAKERS

### VISITORS



Jarmo Liukkonen, Professor of Sport Pedagogy, University of Jyväskylä, Department of Physical Education and Timo Jaakkola, Doctoral Candidate, University of Jyväskylä, Department of Physical Education visited with HALO from May 23rd to May 25th, 2013.

### INVITED SPEAKERS

- Dr. Geoff Rowe, recently retired from Statistics Canada, of the University of Alberta presented at Research Rounds on January 11, 2013. His topic was “Going beyond relative risks: Integrating and data in a Monte Carlo microsimulation model”
- Jarmo Liukkonen and Timo Jaakkola presented at the May 24, 2014 Research Rounds. Their topic was “Move! - Monitoring system for Finnish school students’ physical functioning capacity”

During their visit, Jarmo and Timo were able to join the HALO group for their annual Spring BBQ hosted by Mark and Helen Tremblay. Pictured below is the HALO team and some family members and friends.





## STUDENTS AND VOLUNTEERS

NAME	ROLE	PROJECT(S)	SUPERVISOR
Ranim Abdalla	Volunteer	Activity Begins in Childhood study	Dr. Kristi Adamo
Quinton Barry	Volunteer	Preschoolers Activity Trial	Dr. Kristi Adamo
Kristi Billard	Practicum Student	Activity Begins in Childhood study	Dr. Kristi Adamo
Nina Azoug-Boneault	Volunteer	ISCOLE	Dr. Jean-Philippe Chaput
Emily Bray	Volunteer	Physical activity, energy and growth in children with heart conditions study	Dr. Pat Longmuir
Cyndie Celestin	Volunteer	Activity Begins in Childhood study	Dr. Kristi Adamo
Lindsay Dale	Volunteer	Active Video Game Project	Dr. Jean-Philippe Chaput
Poppy DesClouds	Clinical Intern	Physical activity counseling in headache, chronic pain and heart disease	Dr. Pat Longmuir
Andrew DiMillo	Volunteer	Maternal Obesity Management Trial	Dr. Kristi Adamo
Ilan Fellus	Volunteer	Active MOM Study	Dr. Kristi Adamo
Julia Fitzsimmons	Volunteer	Active Video Game Project	Dr. Jean-Philippe Chaput
Alison Flett	Practicum Student	Activity Begins in Childhood study	Dr. Gary Goldfield
Marie-Eve Foster	Clinical Intern	Physical activity counseling in headache, chronic pain and heart disease	Dr. Pat Longmuir
Amélie Fournier	Volunteer	Evaluating a gymnastics program on behavioural regulation in young children	Dr. Pat Longmuir
Sophia Gran-Ruaz	Student	Activity Begins in Childhood study	Dr. Kristi Adamo
Shalane Ha	Volunteer	Maternal Obesity Management Trial	Dr. Kristi Adamo
Bushra Khan	Summer Student	Neighborhood Study	Dr. Kristi Adamo
Kelsey Langford	Volunteer	Active MOM Study	Dr. Kristi Adamo
Afekwo Mbonu	Practicum Student	Active Healthy Kids Canada Report Card Walking meeting rooms Childhood physical activity of children living in Sub-Saharan Africa – Systematic Review	Dr. Mark Tremblay
Kathryn McClelland	Student	A model of behaviour change for childhood physical literacy	Dr. Pat Longmuir
Allison McFarlane	Summer Student	Pedometer validation study Active Healthy Kids Canada Report Card	Dr. Mark Tremblay
Hadiza Amedu-Ode	Volunteer	ISCOLE	Dr. Jean-Philippe Chaput
Michael Osmond	Summer Student	Activity Begins in Childhood study	Dr. Kristi Adamo
Sean Patterson	Summer Student	Validation of a food menu in children and adolescents	Dr. Jean-Philippe Chaput
Victoria Peck	Volunteer	Preschoolers Activity Trial Activity Begins in Childhood study	Dr. Kristi Adamo
Lisa Pizzola	Volunteer	Maternal Obesity Management Trial	Dr. Kristi Adamo
Alyse Schacter	Volunteer	Activity Begins in Childhood study	Dr. Kristi Adamo
Jessica Visentin	Volunteer	Activity Begins in Childhood study	Dr. Kristi Adamo
Mackenzie Weekes	Volunteer	Activity Begins in Childhood study	Dr. Kristi Adamo

*Shout Out...*



*Thank You!*



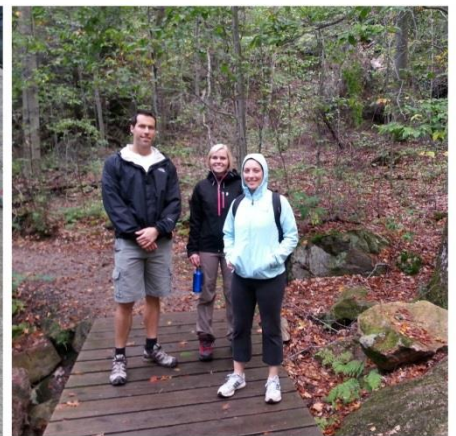












ACTIVITY BEGINS IN CHILDHOOD: A RANDOMIZED CONTROLLED TRIAL TO INSPIRE HEALTHY ACTIVE BEHAVIOUR IN PRESCHOOLERS



**Principal Investigator:** Dr. Kristi B. Adamo

**Co-Investigators:** R. Colley, G. Goldfield, N. Barrowman, V. Temple, P.J. Naylor, S. Yaya

**Funding Source:** Canadian Institute of Health Research (\$307,482)

**BACKGROUND:** Research indicates that preschool aged children are not active enough to accrue health benefits. The social and physical environments where children spend their time have a powerful influence on behaviour. The majority of preschool children spend time in care outside of the home thus providing an ideal setting to examine the ability of an intervention to enhance the movement skills and modify physical activity (PA) behaviour.

**PRIMARY OBJECTIVE:**

- To evaluate the efficacy of the 6-month ABC intervention protocol delivered in licensed daycare settings alone (intervention-DC) or in combination with a parent-driven home PA-promotion (DC + HOME) component on preschoolers overall PA levels and specifically time spent in moderate to vigorous PA (MVPA)

**SECONDARY OBJECTIVES:**

- To evaluate the efficacy of the ABC intervention arms to decrease the amount of time spent in sedentary behaviour
- To evaluate the effects of the ABC intervention arms on fundamental and gross motor skills in preschoolers attending daycare
- To evaluate the effects of the ABC intervention arms on preschool children's anthropometrics, such as height, weight, body mass index, lean body mass, fat mass, and percent body fat
- To assess the effects of the ABC intervention on daycare providers' attitudes, control beliefs, perceived competency and intentions toward incorporating PA into the daycare curriculum, and examine their potential impact in children

**STUDY DESIGN:** This study is single centre, three-arm, cluster-randomized controlled trial design with Daycare Centre (DC) as the unit of measurement (clusters). All DC in the National Capital region, that serve children between the ages of 3 and 5, expressing an interest in receiving the ABC intervention will be invited to participate. Those who agree will be randomly assigned to one of 3 groups: i) ABC program delivered at DC only (DC), ii) ABC program delivered at Daycare with home/parental component (DC + HOME) or, iii) regular daycare curriculum (CON). This study will recruit 18 DC: 6 DC, 6 DC + HOME and 6 CON. The intervention will last approximately 6 months, with baseline assessment prior to ABC implementation and follow-up assessment at 3 and 6 months.

**HYPOTHESIS:** We hypothesize that MVPA (min/d) will be greater in the combined DC+HOME compared to the DC-only but that MVPA will be greater in both groups vs. CON group. We believe both intervention arms will show larger reductions in sedentary behaviour and greater improvements in fundamental and gross motor skills, and body composition at 6-month follow-up compared to controls, with the combined intervention (DC+HOME) being superior. We predict that the ABC intervention will enhance providers' and parents' attitudes, control beliefs, perceived competency and intentions to increase children's PA in the daycare setting and home environment immediately following the training workshop, and consistent with the theory of planned behaviour, these process measures will predict children's PA at follow-up evaluations.

**RELEVANCE:** Opportunities for PA and motor development in early childhood may, over the lifespan, influence health behaviours contributing to the maintenance of health body weight and reduction of cardio-metabolic disease risk.

**STATUS:** Since the commencement of the project 5 DCs have been randomized to the intervention DC arm, 5 DCs have been randomized to intervention DC+HOME arm, and 5 DCs have been randomized to the CON arm. Data collection has been completed for 8 DCs as part of Cohort 1 and is currently underway for 7 DCs as part of Cohort 2. To date, 185 study participants have been recruited forming Cohort 1 and 2. Recruitment is presently underway for Cohort 3 which is scheduled to commence September 2014.





From Left to Right: Dr. Mark Tremblay, Priscilla Bélanger, Dr. Geneviève Leduc, Claire Francis, Dr. Jean-Philippe Chaput, Charles Boyer

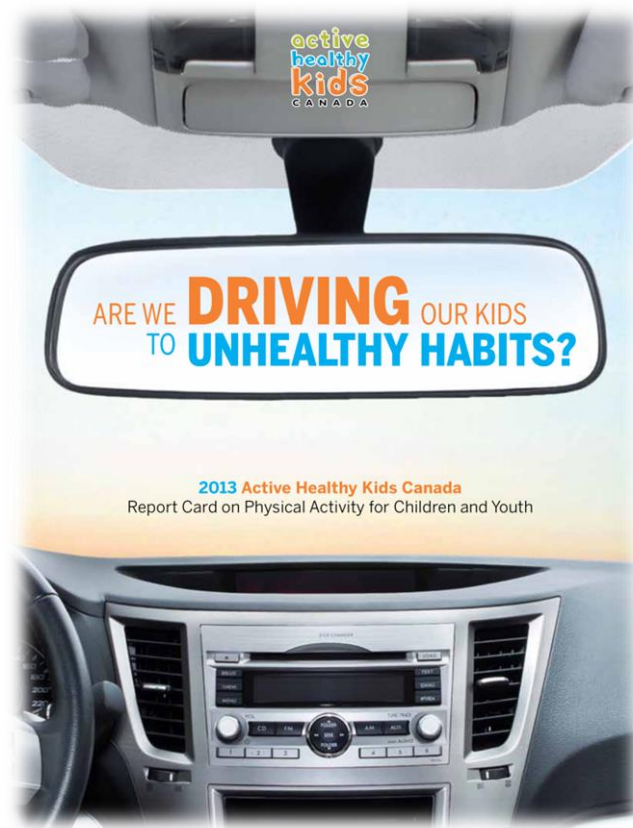
The primary aim of ISCOLE is to determine the relationships between lifestyle behaviors and obesity in a multi-national study of children, and to investigate the influence of higher-order characteristics such as behavioral settings, and the physical, social and policy environments, on the observed relationships within and between countries.

The targeted sample included 6000 10-year old children from 12 countries in five major geographic regions of the world (Europe, Africa, the Americas, South-East Asia, and the Western Pacific). The protocol included procedures to collect data at the individual level (lifestyle, diet and physical activity questionnaires, accelerometry), family and neighborhood level (parental questionnaires), and the school environment (school administrator questionnaire and school audit tool). A standard study protocol was developed for implementation in all regions of the world. A rigorous system of training and certification of study personnel was developed and implemented, including web-based training modules and regional in-person training meetings.

The results of this study will provide a robust examination of the correlates of adiposity and obesity in children, focusing on both sides of the energy balance equation. The results will also provide important new information that will inform the development of lifestyle, environmental, and policy interventions to address and prevent childhood obesity that may be culturally adapted for implementation around the world. ISCOLE represents a multi-national collaboration among all world regions, and represents a global effort to increase research understanding, capacity and infrastructure in childhood obesity.

**Status:** Data collection is now complete! Data were collected on 541 participants from Canada and 6993 participants from all 12 countries combined! We are starting to analyze the data.





Since 2005, Active Healthy Kids Canada has released the annual Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth. The Report Card consolidates current research knowledge to provide the most up to date and comprehensive assessment of the physical activity of children and youth in Canada. The Report Card serves as the basis for media attention, public debate, policy development, research proposals, academic publications, communications campaigns, funding decisions and general discourse.

HALO is a strategic partner with Active Healthy Kids Canada and provides content expertise as the Report Card is being developed. A number of HALO researchers, staff and students are involved in writing content for the Report Card. In fact, 19 HALOites contributed to the development of the 2013 Report Card.

**Active Transportation:** The 2013 Report Card is the 9th consecutive annual overview of the many factors that are impacting the physical activity of children and youth in Canada. The 2013 Report Card highlights the importance of active transportation: walking, biking, in-line skating and skateboarding to get to and from places such as school, parks and shops. Active transportation is an important source of

physical activity. For example, if children walked for all trips of less than one kilometre rather than being driven, they would take an average of 2,238 additional steps per day! This translates to approximately 15-20 minutes of walking and thus has the potential to make a substantial contribution to the 60 minutes of daily physical activity kids need for overall health. In addition to improving overall physical health, active transportation may: improve fitness and heart health, increase academic achievement, provide social opportunities, reduce stress, improve air quality and reduce risk of lung diseases (e.g., asthma).

**The Decline of Active Transportation:** In Canada, a recent survey found that although 58% of parents walked to school when they were kids, only 28% of their children walk to school today. In just one decade (2000 to 2010), the proportion of 5- to 17-year-olds using only inactive modes of transportation (e.g., bus, train, car) to get to and from school has increased from 51% to 62%. Many different data sources in different age groups suggest that only 25-35% of Canadian children and youth walk, bike or wheel to and from school. While rates of walking are declining, the percentage of adolescents who take all their trips by car has gone up over time.

**Steps We Can Take to Increase Active Transportation:** Parents should encourage and support their children to actively travel to and from school as well as to other destinations (friend's houses, parks, etc.), and share responsibility with other parents for supervision of younger kids as they travel to and from school and activities (e.g., take turns leading a walking bus). Policy-makers should develop joint planning mechanisms and protocols to ensure that the built environment supports walking and biking as an easy choice for children and youth. They should also encourage employers to offer flexible hours that would allow parents to support active travel opportunities for their kids.

**Advocacy and Exposure:** The influence of the Report Card continues to be far-reaching. The publication is now considered a "must-read" in the sector that informs policy-makers and practitioners working in healthy child development. The 2013 Report Card received over 150 million media impressions.

*Principal Investigator:* **Dr. Gary Goldfield**

*Co-Investigator:* **K. Adamo, R. Colley, N. Barrowman**

*Collaborators:* V. Temple, P.J. Naylor

*Funding Source:* Heart & Stroke Foundation of Ontario (\$140,000)

**Background:** Recent data dispel the notion that Canadian preschool children (aged 3-5 years) are very active and healthy, as over 20% are classified as overweight or obese, and only 15% meet both the Canadian physical activity and sedentary behaviour guidelines. Given lifestyle behaviours play a critical role in the development of obesity, as well as treatment and prevention, combined with research showing health habits start early and track throughout childhood, targeting increases in physical activity and reductions in sedentary behaviours in the early years may help prevent obesity. Many preschool children spend the majority of their time in day care settings, making this environment ideal for intervention.

**Objectives:** The primary aims of the PAT trial were to test whether daycare providers can increase their children's physical activity and reduce time spent in sedentary behaviour when they are provided with appropriate training and tools to do so. We also wanted to see if the children whose day care providers got physical activity training showed improvements in body composition and motor skill development at 3-months and 6-months follow-up.

**Design:** We used a randomized controlled design. We "randomly" (like flipping a coin) assigned 3 day cares to the intervention group whereby the day care providers were given training on facilitating activity and 3 daycares to a Control group in which day care providers did not receive training and implemented their normal curriculum. Providers assigned to the intervention group received 2, 3-hour workshops before the study period, delivered by a Master Trainer experienced in promoting physical activity in preschoolers, and an active play manual and resource kit. The Master Trainer also provided 2 "booster" sessions per month for the 6-month study duration in the intervention daycares, designed to facilitate physical activities, promote compliance/uptake of the intervention, and problem solve.

**Results:** Both groups significantly increased physical activity levels, and time spent in moderate-to-vigorous physical activity (MVPA), with comparable improvements in motor skills and body composition over the 6 months. Sedentary behaviour did not change over time. However, increases in overall physical activity levels (i.e. minutes per day) but not the intensity of MVPA were associated with reductions in body mass index and body fat.

**Conclusions:** Although a more intensive intervention may be needed to show differences between groups, our findings suggest that increasing overall physical activity levels may be more important for reducing adiposity in the early years than targeting increases in MVPA. This has important clinical implications given most young children get their activity through active play that may not necessarily be high intensity physical activity.



## HEALTH THROUGH PHYSICAL LITERACY FOR ONTARIO CHILDREN: RECREATION PROVIDERS, HEALTH UNITS AND SCHOOLS WORKING TOGETHER



This project will enhance and protect the health of Ontario children by enabling community sport and recreation leaders and coaches, public health staff, and educators to assess physical literacy among children eight to 12 years of age. Assessing physical literacy will enable leaders to monitor and direct children and youth for success in achieving a healthy, active lifestyle. Leaders will have improved capacity to develop and provide community-based opportunities for children to learn the skills, knowledge, and behaviours that support a healthy, active lifestyle. It will also strengthen leadership skills for developing children's motivation for physical activity and enhancing children's health-related fitness. In Year 1, this project will refine the Canadian Assessment of Physical Literacy (CAPL) training materials to

strengthen the voluntary sector in each of our 3 target groups: a) recreation and sport leaders and coaches, b) public health unit staff who monitor children's health, and c) teachers and educators who lead daily physical activity (DPA) sessions and co-curricular activities. Years 2 and 3 will launch the CAPL assessment instrument and training province-wide, through conferences, workshops, and webinars. We will provide in-person CAPL training and support to at least 100 recreation and sport leaders, 50 public health staff and 100 teachers. We will also provide on-line training opportunities via webinars designed for up to 100 participants per session. We estimate that this project will strengthen the physical literacy knowledge and skills of over 1,500 leaders across Ontario, offering the benefits of physical literacy assessment to over 30,000 children.

Physical literacy is the child's capacity to achieve a healthy active lifestyle. Physical literacy is much more than daily activity behaviour or health-related fitness. It also includes motor skill, knowledge, and motivation to offer a comprehensive evaluation of the most important factors that influence a healthy, active lifestyle. Currently, less than 10% of Ontario children achieve the 60 minutes of daily physical activity recommended for optimal health. Children who explain their inactivity by saying "I'm not good enough" or "It's not fun" or "I can't keep up" are, in fact, explaining that they have a deficit of physical literacy (motor skill, motivation, and health-related fitness, respectively for these examples). Being able to assess children's physical literacy enables leaders to accurately recognize the strengths and weaknesses of each child, so that programmes and training can be optimally designed. Efforts to increase childhood physical activity often have limited success, in part because the differing needs among children are not clearly recognized. Since 2007, we (Healthy Active Living and Obesity Research Group and ParticipACTION) have been collaborating on the development of the CAPL. It is a simple series of tests, utilizing equipment found readily in schools and recreation and sport facilities, which can assess the full spectrum of physical literacy. An overall physical literacy score can be determined for each child, or scores can be determined for a specific domain of interest (activity behaviour, motor skill, fitness, knowledge, or motivation). We have tested the CAPL on over 1500 children, so we know that it is accurate and reliable.



This project will leverage the investments we have made to date in developing the CAPL assessment procedures to strengthen the skills of community leaders and volunteers to enhance the health of children and youth through the development and support of physical literacy and physically active lifestyles. Through this work, the CAPL will evolve from an effective research assessment into a comprehensive tool that supports recreation, sport, public health and education practitioners to more effectively build physical literacy in Ontario children. Ontario will take a leadership role in the practical implementation of physical literacy screening, demonstrating an optimal approach to increasing physically active and healthy lifestyles for children 8 to 12 years of age. Our implementation of the CAPL training workshops throughout Ontario will bring the benefits of physical literacy screening to Canada's most populous province, highlighting Ontario's role at the forefront of healthy, active lifestyles for our children.





Although the health impact of regular physical activity is well established, a growing body of evidence suggests that the amount of time a person spends engaging in sedentary behaviour (e.g., sitting) is strongly associated with increased health risk, independent of their level of physical activity. For example, research performed in our group suggests that sedentary behaviour is associated with increased risk of obesity and metabolic syndrome as well as reduced aerobic fitness, self-esteem, pro-social behaviour, and academic achievement among children and youth.

While sedentary behaviour research is underway in fields of study ranging from sociology and psychology to medicine, physiology and health policy, to date there has been very little opportunity for interaction between researchers from different disciplines. Thus, there was a need for a network connecting sedentary behaviour researchers across disciplines in order to synthesize current knowledge, develop collaborations for future research, disseminate knowledge to practitioners and policy-makers, and advocate for public health interventions to reduce sedentary behaviour.

In response to this need, members of the Healthy Active Living and Obesity Research Group performed a needs assessment survey which founded the Sedentary Behaviour Research Network ([www.sedentarybehaviour.org](http://www.sedentarybehaviour.org)) – an online community bringing together researchers and clinicians interested in the health impact of sedentary behaviour.

To date the Network has created a rapidly expanding list-serve for sedentary behaviour researchers, and the world's largest online database of sedentary behaviour research. The Network has grown to include over 600 members, including prominent researchers in the areas of physiology, epidemiology, psychology, and ergonomics. Further, the Network's membership has also published a letter promoting a standardized and more robust definition of sedentary behaviour that can be applied consistently across research domains, which has been co-published in both French and English in 3 separate journals and translated into several other languages. The Network's members have also organized in-person meetings at conferences in Europe, North America, and Australia.



*In an effort to reduce our sedentary time, HALOites regularly take the opportunity to get out of the office and hold walking meetings.*

## WEB STATISTICS

The current size of the HALO website ([www.haloresearch.ca](http://www.haloresearch.ca)) is 698 web pages (145% and 45% above 2011 and 2012 respectively). The statistics presented below are based on web activity across these web pages in the last year.

### Overall Statistics

In 2013, there were approximately 11,000 unique visitors to [www.haloresearch.ca](http://www.haloresearch.ca) every month (340% and 214% above 2011 and 2012 respectively). These visitors viewed HALO web pages 129,000 times per month (182% and 119% above 2011 and 2012 respectively). 152,000 items were sent from [www.haloresearch.ca](http://www.haloresearch.ca) to web users (175% and 75% above 2011 and 2012 respectively). Figure 3 shows overall statistics for 2011, 2012 and 2013.

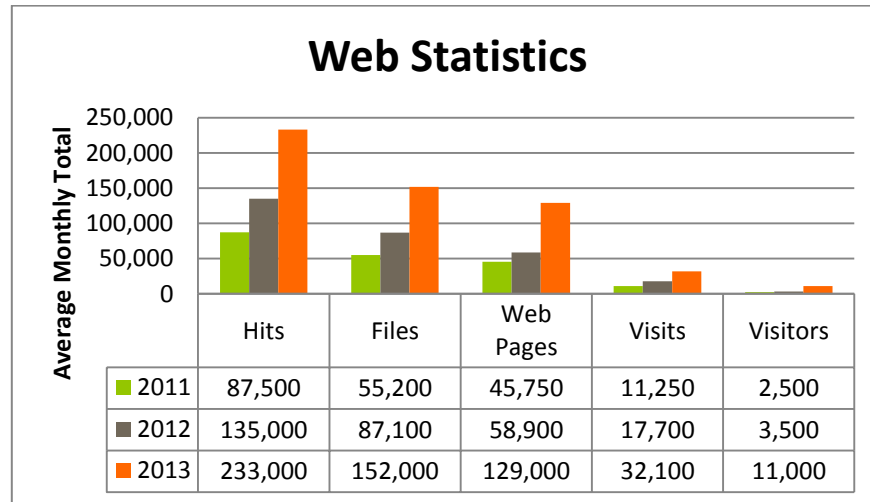


Figure 3: Average Monthly Totals for Select Web Statistics for [www.haloresearch.ca](http://www.haloresearch.ca), 2011-13.

### Dictionary for Figure 3

**Hits:** the total number of items on all web pages (e.g., images, audio clips) that are requested. For example, a web page with 3 graphics and some text will usually result in 4 hits when the web page is requested.

**Files:** the total number of hits (requests) that actually result in something being sent back to the user. This is useful since not all hits will send data.

**Web Pages:** the actual web pages requested and not all of the individual items that make up the web pages (e.g., images, audio clips).

**Visits:** the total number of websites making requests within a given timeout period (default is 30 minutes). Remote websites that link to images and other non-web page addresses are not counted.

**Visitors:** the total number of unique IP address that makes requests to [www.haloresearch.ca](http://www.haloresearch.ca).

### Most Popular Web Pages

In 2013, 68 new web pages about new peer-reviewed publications by HALO researchers were published (47% above 2011 and 6% below 2012); an additional 24 new web pages about media coverage of HALO research were published (40% and 33% below 2011 and 2012 respectively). The most popular web pages as measured by total views were:

- [Media Coverage for the Ontario Supplement to the 2011 Report Card on Physical Activity for Children and Youth](#) (39,834 views)
- [Director's Message](#) (27,463 views)
- [KIDS-CAN Team Secures \\$449,200 Grant From the International Development Research Centre](#) (24,488 views)
- [Dr. Jean-Philippe Chaput's Review Paper on Weight Loss Dieting Discussed in the National Post](#) (21,604 views)
- [Peter Breithaupt Publishes Paper on Use of Oxygen Uptake Efficiency Slope as an Indicator of Cardiorespiratory Fitness in Obese Children and Youth](#) (16,842 views)

## SUMMARY OF RESEARCH FUNDING AND GRANTS

NAME OF THE PI(s)	ORGANIZATION/AGENCY	TITLE OF PROJECT	AMOUNT (YEAR)
Adamo	The W. Garfield Foundation Award in Obesity and Reproductive Health	<i>Do built environment neighborhood characteristics predict gestational weight gain?</i>	\$18,000 (2013)
Adamo	SOGH	<i>Workshop Obesity and Fetal Programming: How Important is 9 Months Anyway?</i>	\$2500 (2013)
Adamo	CIHR	<i>New Investigator Award</i>	\$300,000 (2012-2017)
Adamo	CIHR	<i>Activity Begins in Childhood (ABC)- a randomized controlled trial to inspire healthy active behaviour in preschoolers</i>	\$307,482 (2012-2014)
Adamo	CIHR – INMD bridge funding	<i>Activity Begins in Childhood (ABC)- a randomized controlled trial to inspire healthy active behaviour in preschoolers</i>	\$100,000 (2012-2013)
Adamo	Ottawa Dragon Boat Foundation	<i>Maternal Obesity Management ‘MOM’ Trial</i>	\$30,000 (2010-2014)
Adamo	Canada Foundation for Innovation – IOF	<i>Infrastructure Operating Fund: HALO Research Lab</i>	\$8,000 (2010-2013)
Adamo	Ministry of Research and Innovation	<i>Tackling the childhood obesity epidemic- starting with MOM</i>	\$30,000 (2009-2014)
Adamo	CIHR Team grant	<i>The maternal obesity management (MOM) trial: a lifestyle intervention during pregnancy to minimize downstream obesity</i>	\$60,000 (2009-2013)
Adamo	CIHR	<i>Critical Periods of Body Weight Regulation: A Women's Health Perspective. SOMET: Sherbrooke-Ottawa-Montreal Emerging Team</i>	\$300,000 (2008-2013)
Borghese/Larouche/Leblanc	CIHR	<i>Café Scientifique</i>	\$3000 (2013)
Chaput	CIHR	<i>Effects of active video games on energy balance: a randomized crossover study in adolescents</i>	\$100,000 (2012-2014)
Goldfield	Heart & Stroke Foundation	<i>Effects of Prenatal Exposure to Cigarettes on Adiposity and Metabolism in Young Children</i>	\$288,397 (2013-2016)
Goldfield	CHEO-RI/Faculty Health Sciences	<i>Effects of Methylphenidate (Ritaline) on Energy Balance in Obese Adolescents</i>	\$15,000 (2010-2013)



NAME OF THE PI(s)	ORGANIZATION/AGENCY	TITLE OF PROJECT	AMOUNT (YEAR)
Longmuir	Heart and Stroke Foundation of Ontario Spark Advocacy Development Grant	<i>Physical literacy for Ontario children: Creating an advocacy action plan to prevent heart disease and stroke through physical literacy screening in paediatric health care</i>	\$4,990 (2012-2013)
Longmuir	Ontario Ministry of Health Promotion and Sport, Healthy Communities Fund	<i>Healthy lifestyles for children with complex heart problems</i>	\$63,950 (2011-2013)
Longmuir	Heart and Stroke Foundation of Canada	<i>LIFE and Health for Young Children with Congenital Heart Defects</i>	\$254,244 (2013-2016)
Longmuir	Ontario Sport and Recreation Community Fund	<i>Putting Physical Literacy within REACH (Recreation, Education, Allied health, Coaching, Health care)</i>	\$129,967 (2013-2015)
Longmuir/Tremblay	Ontario Trillium Foundation	<i>The Canadian Assessment of Physical Literacy: Building the Capacity of Ontario's Sport and Recreation Sector to Enable Healthy, Active Lifestyles in Children</i>	\$474,200 (2013-2016)
Tremblay	The Lawson Foundation	<i>Outdoor play promotion: systematic reviews and position stand</i>	\$95,000 (2013-2014)
Tremblay	The Borealis Foundation	<i>Healthy Active Living and Obesity Research</i>	\$25,000 (2012-2013)
Tremblay/Chaput	Pennington Biomedical Research Center (co-ordinating center)	<i>International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) Canadian Site</i>	\$420,000 (2011-2015)
Tremblay/Onywera	Pennington Biomedical Research Center (co-ordinating center)	<i>International Study of Childhood Obesity, Lifestyles and the Environment (ISCOLE) Kenya Site</i>	\$144,500 (2011-2014)
Tremblay	The Lawson Foundation The CHEO Foundation (matching)	<i>HALO Junior Research Chair Program</i>	\$508,250 \$508,250 (2010-2015)
Tremblay	Trevor Doyle CHEO Foundation (matching)	<i>Healthy Active Living and Obesity Research</i>	\$500,000 \$500,000 (2010-2015)

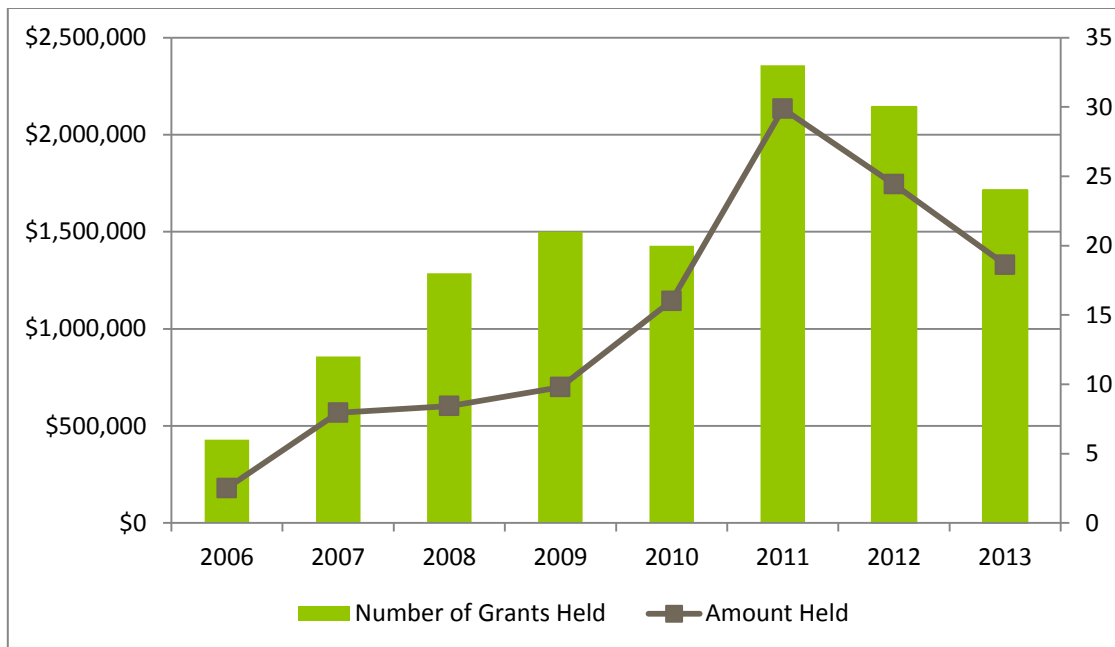


Figure 4: Number of grants held and amount of funds held as principal or co-principal investigator (attributed to 2013) by HALO Research Group from 2006 to 2013. Between 2006 and 2013, there was a 300% increase in the number of grants held and a 641% increase in the amount held. Between 2012 and 2013, there was a 20% decrease in the number of grants held and a 24% decrease in the amount held.

On the weekend of June 22<sup>nd</sup>-23<sup>rd</sup>, 2013, the CHEO fitHeads, a hybrid team comprised of both HALO employees and employees from the local software company bitHeads competed in the Tim Hortons Ottawa Dragon Boat Festival at Mooney's Bay, Ottawa. The CHEO fitHeads were captained by Kimberly Grattan and steered by Olympian Rhys Hill and claimed the bronze medal in "J" flight. They have shown significant improvements since their first year of competition in 2010. In addition to paddling, the CHEO fitHeads and many other HALO members contributed to the festival by providing countless volunteer hours. We thank everyone for their contributions.



## STAFF AWARDS 2013

NAME	ORGANIZATION/AGENCY	GRANT/AWARD
Adamo	CIHR	New Investigator
Sinclair	International Association of Administrative Professionals	Member of Excellence
Tremblay	Governor General of Canada	Queen Elizabeth II Diamond Jubilee Medal

## STUDENT FUNDING, SCHOLARSHIPS AND AWARDS 2013

STUDENT NAME	ORGANIZATION/AGENCY	GRANT/AWARD
Borghese	Ontario Ministry of Training, Colleges and Universities	Ontario Graduate Scholar
Borghese	University of Ottawa	Excellence Scholarship
Borghese	University of Ottawa	Faculty of Health Sciences Travel Grant
Borghese	Canadian Union of Public Employees	Travel Award
Brett	Government of Ontario and the University of Ottawa	Ontario Graduate Scholarship
Brett	University of Ottawa	University of Ottawa Excellence Scholarship
Brett	Canadian Institute of Healthy Research, Institute of Human Development, Child and Youth Health	Community Support Travel Award
Colapinto	CIHR	<i>CIHR Health Professional Fellow in Public Health</i>
Colapinto	University of Ottawa	Ottawa Excellence Scholar
Colapinto	Quebec Training Network	Perinatal Research Postdoctoral Fellowship
Colapinto	University of Ottawa	Nominated for University of Ottawa Thesis Prize
Colapinto	University of Ottawa	Dean's Scholarship
Larouche	CIHR	Banting and Best Doctoral Scholar
Larouche	University of Ottawa	Excellence Scholarship and Doctoral Research Award
Larouche	University of Ottawa	Dean's Scholarship
Maras	Ontario Ministry of Training, Colleges and Universities	Ontario Graduate Scholar
Maras	Carleton University	Teaching Assistantship
McNeil	Ontario Ministry of Training, Colleges and Universities	Ontario Graduate Scholar
McNeil	CIHR	ICS Travel Award
McNeil	University of Ottawa	Doctorate Admission Scholarship
Murray	Ontario Ministry of Training, Colleges and Universities	Ontario Graduate Scholar
Murray	University of Ottawa	Excellence Scholarship and Doctoral Research Award
Murray	University of Ottawa	Teaching Assistantship
Muthuri	Government of Ontario	Ontario Graduate Scholarship in Science and Technology
Muthuri	University of Ottawa	Excellence Scholarship and Doctoral Research Award
Patel	Mach-Gaensslen Foundation of Canada	Summer Student Research Program
Saunders	Canadian Diabetes Association	Doctoral Research Award
Saunders	Heart and Stroke Foundation	Post-Doctoral Fellowship
Saunders	University of Ottawa	Teaching Assistant Excellence Award
Tirelli	University of Ottawa	Admission Scholarship
Tirelli	Casa Calendese Foundation	One Time Scholarship
Tirelli	University of Ottawa	Teaching Assistantship
Wilson	Ontario Ministry of Training, Colleges and Universities	Ontario Graduate Scholar
Wilson	University of Ottawa	Admission Scholarship
Xiong	University of Ottawa	Undergraduate Research Opportunities Program



In recognition of all the great work done by all HALO students and staff (some of which may have occurred outside of HALO) this report includes all publications from 2013).

1. **Adamo KB, Goldfield GS, Colapinto C, Harvey A, Grattan K**, Barrowman N. Evaluating a Fruit and Vegetable program consumption in Eastern Ontario schools. *Canadian Journal of Dietetic Practice & Research* 74:167-174, 2013.
2. **Adamo KB, Wilson S, Belanger K, Chaput JP**. Later bedtime is associated with greater daily energy intake and screen time in obese adolescents independent of sleep duration. *Journal of Sleep Disorders & Therapy* 2: 126, 2013.
3. **Adamo KB, Brett KE**. Parental Perceptions and childhood dietary quality. *Maternal and Child Health Journal* DOI 10.1007/s10995-013-1326-6, 2013.
4. **Adamo KB, Ferraro Z**, Keely E, Stacey D, **Goldfield G, Hadjiyannakis S**, Walker M, Barrowman N. The maternal obesity management (MOM) trial protocol: a lifestyle intervention during pregnancy to minimize downstream obesity. *Contemporary Clinical Trials* 35: 87-96, 2013.
5. Alberga A, Medd ER, **Adamo KB, Goldfield GS**, Prud'homme D, Kenny G, Sigal RJ. Top 10 practical lessons learned from physical activity interventions with overweight and obese children and adolescents. *Applied Physiology, Nutrition and Metabolism* 38(3):249-58, 2013.
6. Banks L, McCrindle BW, Russell JL, **Longmuir PE**. Optimal physiological response to sub-maximal exercise in children after the Fontan procedure. *Medicine and Science in Sports and Exercise* 45(4): 615-621. DOI: 10.1249/MSS.0b013e31827b0b20, 2013.
7. Baranowski T, **Adamo KB**, Hingle M, Maddison R, Maloney A, Simons M, Staiano A. Gaming, Adiposity, and Obesogenic Behaviors Among Children (Roundtable Discussion) *Games for Health Journal: Research, Development, and Clinical Applications* 2(3):119-126, 2013.
8. **Barnes JD, Colley RC, Borghese M**, Janson K, Fink A, **Tremblay MS**. Results from the Active Healthy Kids Canada 2012 Report Card on Physical Activity for Children and Youth. *Pediatrics and Child Health* 18(6):301-304, 2013.
9. **Belanger K**, Breithaupt P, **Colley RC, Rutherford J, Ferraro ZM, Hadjiyannakis S, Adamo KB**. Rate of perceived exertion during maximal and submaximal fitness testing: do obese children work as hard as they think? *Clinical Medicine Insights: Pediatrics* 7:35-40, 2013.
10. **Borghese M, Chaput JP**. Television viewing promoting obesity in children: do we really know the mechanism? *Bioenergetics Open Access* 2: e113, 2013.
11. **Boyer C, Tremblay MS, Saunders TJ, McFarlane A, Borghese M**, Lloyd M, **Longmuir PE**. Feasibility, validity and reliability of the plank isometric hold as a field-based assessment of muscular endurance for children 8 to 12 years of age. *Pediatric Exercise Science* 25:407-422, 2013.
12. **Cameron JD**, Riou ME, Tesson F, **Goldfield GS**, Rabasa-Lhoret R, Brochu M, Doucet E. The TaqI A RFLP is associated with attenuated intervention-induced body weight loss and increased carbohydrate intake in post-menopausal obese women. *Appetite* 60C: 111-116, 2013.
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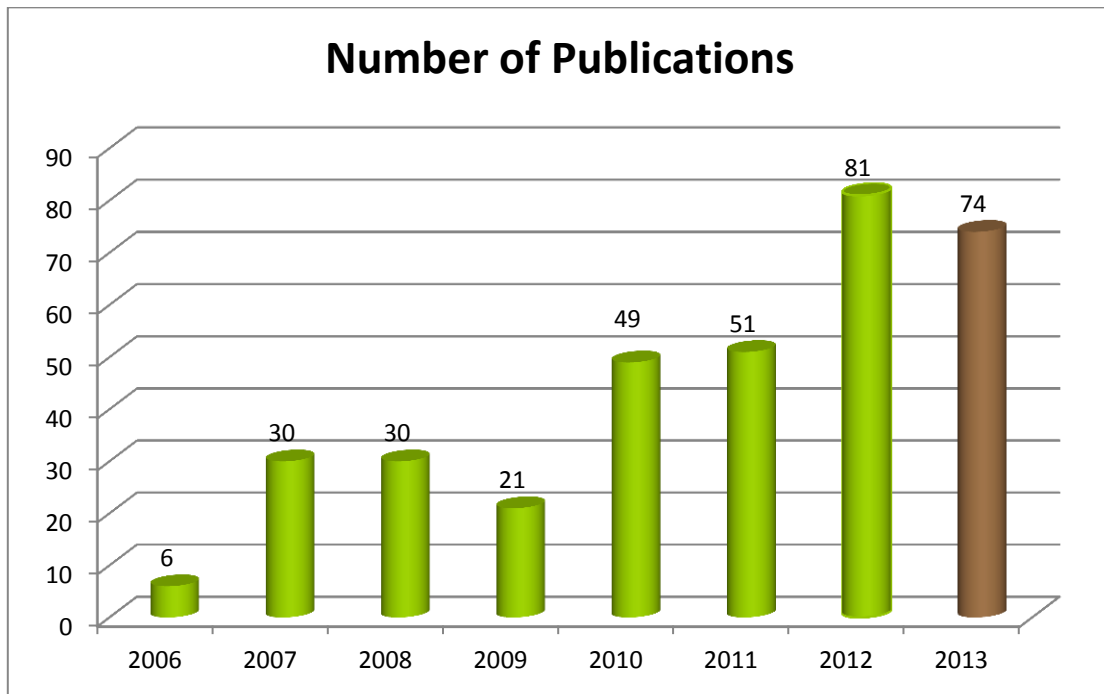


Figure 5: Number of peer-reviewed, refereed publications by HALO Research Group from 2006 to 2013 there was an 1133% increase in the number of publications; between 2012 and 2013, there was a 9% decrease.



## NON-PEER REVIEWED PUBLICATIONS

1. **Chaput JP.** He who sleeps forgets his hunger – Does a lack of sleep cause us to gain weight? *The Gazette* 2013 [online]. Available at: [www.gazette.uottawa.ca/en/2013/08/he-who-sleeps-forgets-his-hunger-does-a-lack-of-sleep-cause-us-to-gain-weight/](http://www.gazette.uottawa.ca/en/2013/08/he-who-sleeps-forgets-his-hunger-does-a-lack-of-sleep-cause-us-to-gain-weight/)
2. **Hadjiyannakis S, Buchholz A, Rutherford J,** Ball G, Bridger T, Chanoine JP, Davis H, Dettmer E, Klein D, McPherson A, Sharma A. 5As of Pediatric Obesity Management. *Health professional's handbook*, 2013.

## PUBLISHED ABSTRACTS

*In recognition of all the great work done by all HALO students and staff (some of which may have occurred outside of HALO) this report includes all abstracts from 2013.*

1. Alberga AS, Kenny GP, Prud'homme D, **Goldfield GS, Hadjiyannakis S,** Malcolm J, Phillips P, Ma J, Doucette S, Gougeon R, Wells GA, Sigal RJ. Effects of aerobic training, resistance training or both on cardiometabolic risk factors in obese adolescents: the HEARTY trial. *Applied Physiology, Nutrition and Metabolism* 38(10):1020, 2013.
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3. Aufreiter S, **Colapinto CK, Tremblay MS,** Bushnik T, Pfeiffer CM, O'Connor DL. Comparison study between RBC folate measured by microbiologic assay and Immulite 2000 immunoassay. *FASEB Journal* 27:1077.3, 2013.
4. Banks L, Rosenthal S, **Longmuir PE,** Collins T, McCrindle BW. Normal Submaximal Exercise Response and Reduced Cardiorespiratory Endurance in Congenital heart Disease. *Applied Physiology, Nutrition, and Metabolism* 38(10), 1022, 2013.
5. **Barnes J, Colley RC, Tremblay MS** on behalf of the Active Healthy Kids Canada Research Work Group. Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth: 2013 Results. *European Pediatric Work Physiology Meeting 2013 Book of Abstracts*. Coelho-e-Silva MJ, Cupido-dos-Santos A, Figueiredo AJ, Ferreira JP, Armstrong N (eds.), p. 53, 2013.
6. **Boyer C, McFarlane A, McClelland K, Barnes J, Borghese M, Larouche R, Saunders T, LeBlanc A,** Hospod AM, **Tremblay MS, Longmuir PE.** *Canadian Assessment of Physical Literacy: Children's physical activity self efficacy is related to physical fitness, motor skill and perceived social support. Pediatric Exercise Science*, 25 (Suppl.), S3, 2013.
7. **Buchholz A, Rutherford J,** Mohipp C, Clark L, **Adamo K, Goldfield G, Hadjiyannakis S.** The medical and mental health status of children and youth with severe complex obesity. *Canadian Journal of Diabetes* 37(S2):S217-289, 2013.
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9. **Chaput JP, McNeil JN,** Després JP, Bouchard C, Tremblay A. Short sleep duration as a risk factor for the development of the metabolic syndrome in adults. *Obesity* S131: T-334-P, 2013.
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13. **Colapinto CK, Tremblay MS,** Aufreiter S, Bushnik T, Pfeiffer CM, O'Connor DL. A comparison of American and Canadian RBC folate concentrations. *FASEB Journal* 27:1077.1, 2013.
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20. **Larouche R**, **Boyer C**, **Longmuir PE**, **McFarlane A**, **McClelland K**, **Barnes J**, **Leblanc AG**, **Borghese M**, **Saunders T**, **Tremblay MS**. Associations between mode of transport to and from school, physical activity and health-related fitness. *Pediatric Exercise Science*, 25 (Suppl.), S10. 2013.
21. **LeBlanc AG**, **Boyer C**, **Tremblay MS**, **Longmuir PE**. Children's Knowledge and Understanding of Physical Activity Guidelines: Information from the Canadian Assessment of Physical Literacy. *Applied Physiology, Nutrition, and Metabolism* 38(10), 1053, 2013.
22. **Longmuir P**, **Boyer C**, **Barnes J**, **LeBlanc AG**, **Borghese M**, **Larouche R**, **Saunders T**, **Muthuri S**, **Tremblay M**. Canadian Assessment of Physical Literacy reliability and validity: Plank torso strength and motor skill obstacle course protocols. *Pediatric Exercise Science*, 25 (Suppl.), S11-12, 2013.
23. McKillop, A., Rosenthal, S., **Longmuir PE**, Manhiot, C., Collins, T., McCrindle, B.W. Self-Efficacy is Associated with Physical Activity Among Children with Congenital Heart Disease: Differences Between Simple Versus Complex Cardiac Lesions. *Applied Physiology, Nutrition, and Metabolism* 38(10): 1061, 2013.
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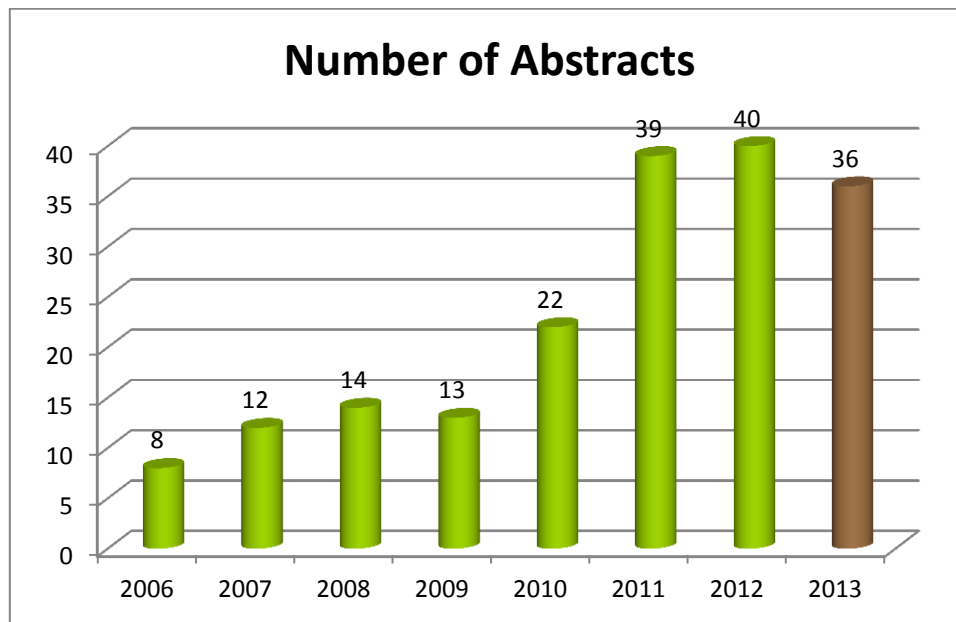


Figure 6: Number of published abstracts by HALO Research Group from 2006 to 2013. Between 2006 and 2013 there was a 350% increase in the number of published abstracts; between 2012 and 2013, there was a 10% decrease.

## BOOK CHAPTERS

1. **Adamo KB, Jean-Philippe S, Wilson S, Ferraro ZM**, Strychar I, Nerenberg K, **Goldfield G**. Weight Gain in Pregnancy: Women's Body Image and Attitudes, Health Implications and Psychological Challenges. In *Weight Gain: Women's Attitudes, Health Implications and Psychological Challenges*. Editor; Volker Briesse, Department of Obstetrics and Gynecology, University of Rostock, Germany. Nova Science Publishers Inc. Hauppauge, NY, 2013.
2. **McNeil J, Cameron JD**, Doucet E. No changes in energy intake, resting and physical activity energy expenditure, or food reinforcement across the menstrual cycle. Book Chapter for *Menstrual Cycle: Signs and Symptoms, Psychological/Behavioral Changes and Abnormalities*. Editor: Madeleine Gosselin; NOVA Publishers, 2013.
3. **McNeil J, Chaput JP**, Forest G, Doucet E. Altered energy balance in response to sleep restriction. In: Simonsen D (Ed.). *Hormones and Behavior*. Nova Science Publishers, New York, NY p. 105-119, 2013.
4. **McNeil J**, Doucet E, **Chaput JP**. Sleep, sedentary activity and weight gain. In: Preedy VR, Patel VB, Le LA (Eds.). *Handbook of Nutrition, Diet and Sleep*. Wageningen Academic Publishers, Wageningen, The Netherlands p. 211-224, 2013.

## CONFERENCES AND INVITED PRESENTATIONS

1. **Adamo KB, Grattan KP, Harvey A**, Naylor P, Temple V, **Wilson S, Goldfield GS**. Does a physical activity daycare intervention impact body composition and gross motor skills? A pilot randomized control trial. *3rd Canadian Obesity Summit* (Vancouver, Canada), 2013.
2. **Adamo KB, Wilson S, Jean-Philippe S**, Prud'homme D, **Colley RC**. Physical Activity Levels of Pregnant Women: Are they further from meeting guidelines than the average population? *7<sup>th</sup> International Diabetes in Pregnancy Symposium- Diabetes, Hypertension, Metabolic Syndrome and Pregnancy* (Florence, Italy), 2013.
3. Alberga AS, Kenny GP, Prud'homme D, **Goldfield GS, Hadjiyannakis S**, Malcolm J, Phillips P, Ma J, Doucette S, Gougeon R, Wells GA, Sigal RJ. Effects of aerobic training, resistance training or both on cardiometabolic risk factors in obese adolescents: the HEARTY trial. *Canadian Society for Exercise Physiology Conference* (Toronto, Canada), 2013.
4. Alberga AS, Prud'homme D, Kenny GP, **Goldfield GS, Hadjiyannakis S**, Gougeon R, Malcolm J, Ma J, Sigal RJ. Effects on resting energy expenditure, aerobic and musculoskeletal fitness: the HEARTY exercise trial. *3rd Canadian Obesity Summit* (Vancouver, Canada), 2013.
5. Aufreiter S, **Colapinto CK, Tremblay MS**, Pfeiffer CM, O'Connor DL. Comparison study between RBC folate measured by microbiologic assay and Immulite 2000 immunoassay. *Experimental Biology Conference* (Boston, USA), 2013.
6. **Barnes J, Colley RC, Tremblay MS** on behalf of the Active Healthy Kids Canada Research Work Group. Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth: 2013 Results. *European Pediatric Work Physiology Meeting* (Coimbra, Portugal), 2013.
7. **Borghese MM, Tremblay MS, Leduc G, Boyer C, Belanger P, LeBlanc AG, Francis C, Chaput JP**. Television Viewing and Food Intake Patterns of Normal Weight, Overweight and Obese 9-11 year-old Canadian Children. *Children's Hospital of Eastern Ontario Research Day* (Ottawa, Canada), 2013.
8. **Cameron JD**. Running on Empty: A Look Under the Hood at Challenges to Appetite Regulation Striking a Balance...*Weigh in with Knowledge, Research, Practice Symposium - Canadian Diabetes Association* (Ottawa, Canada), 2013.
9. **Carson V**. Sedentary Behaviour and Health among Young People. Invited presentation at the *University of Ottawa - Faculty of Medicine Pediatric Grand Rounds* (Ottawa, Canada), 2013.
10. **Carson V**. Too Much Sitting. Invited presentation at the *University of Winnipeg – Faculty of Kinesiology* (Winnipeg, Canada), 2013.
11. **Carson V**. How Changing Culture and Technology Affects Wellness. Technology: Demon or Saviour? *International Wellness Symposium* (Lake Louise, Canada), 2013.
12. **Carson V**, Janssen I. The Influence of parental modeling on young children's physical activity and sedentary behaviour. *Canadian Society for Psychomotor Learning and Sport Psychology Conference (SCAPPS)* (Kelowna, Canada), 2013.
13. **Carson V**, LeBlanc CMA, Moreau E, **Tremblay MS**. Paediatricians' awareness, agreement, and use of the new Canadian Physical Activity and Sedentary Behaviour Guidelines (aged 0-17 years). *90<sup>th</sup> Canadian Pediatric Society Annual Conference* (Edmonton, Canada), 2013.
14. **Carson V**, Salmon J, Arundell A, Hesketh KD, Ball K, Daly R, Dunstan D, Crawford DA. Mid-intervention mediated effects on objectively assessed sedentary time among children in the Transform-Us! Clustered-randomized controlled trial. *2013 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA)* (Ghent, Belgium), 2013.
15. **Carson V**, Rosu A, Janssen I. The neighborhood environment, physical activity, and screen time among young children and their parents. *2013 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA)* (Ghent, Belgium), 2013.
16. **Carson V**, Cliff D, Janssen X, Okely A. Longitudinal levels and bouts of sedentary behavior among adolescent girls. *2013 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA)* (Ghent, Belgium), 2013.



17. **Carson V**, Ridgers ND, Howard BJ, Winkler EAH, Healy GN, Owen N, Dustan DW, Salmon J. Light-intensity physical activity and cardiometabolic biomarkers in US adolescents. *2013 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA)* (Ghent, Belgium), 2013.
18. **Chaput JP, Borghese M, Saunders TJ**, Mathieu ME, Henderson M, **Tremblay MS**, O'Loughlin J, Tremblay A. Combined associations between moderate to vigorous physical activity and sedentary behaviour with cardiometabolic risk factors in children. *Canadian Obesity Summit* (Vancouver, Canada), 2013.
19. **Chaput JP**. Short sleep duration as a risk factor for the development of the metabolic syndrome in adults. *The Obesity Society Annual Scientific Meeting* (Atlanta, USA), 2013.
20. **Chaput JP**. Short sleep duration is associated with features of the metabolic syndrome and with overall cardiometabolic risk in adults. *The Obesity Society Annual Scientific Meeting* (Atlanta, USA), 2013.
21. **Chaput JP**, Hjorth MF, Sjödin A. Seasonal variation in objectively measured physical activity, sedentary time, and sleep duration among children. *3<sup>rd</sup> International Conference on Ambulatory Monitoring of Physical Activity and Movement (ICAMPAM)* (Amherst, USA), 2013.
22. **Chaput JP**, Hjorth MF, Sjödin A. Sleep duration and sleep variability are associated with dietary risk factors for obesity in children. *3<sup>rd</sup> International Conference on Ambulatory Monitoring of Physical Activity and Movement (ICAMPAM)* (Amherst, USA), 2013.
23. **Chaput JP**. Combined associations between moderate to vigorous physical activity and sedentary behaviour with cardiometabolic risk factors in children. *3<sup>rd</sup> Canadian Obesity Summit* (Vancouver, Canada), 2013.
24. **Chaput JP**. Healthy active living and obesity research – A Canadian experience. *4<sup>th</sup> International Congress on Sport Pedagogy* (Maringá, Brazil), 2013.
25. **Chaput JP**. Role of nutrition and physical activity in the prevention and treatment of obesity. *4<sup>th</sup> International Congress on Sport Pedagogy* (Maringá, Brazil), 2013.
26. **Chaput JP**. Insufficient sleep as a contributor to type 2 diabetes. *9<sup>th</sup> Lawson Diabetes Workshop* (Montreal, Canada), 2013.
27. **Chaput JP**. Is sleep deprivation a contributor to the obesity epidemic? *Canadian Sleep Society Meeting* (Halifax, Canada), 2013.
28. **Chaput JP**. Sleep patterns, diet quality and energy balance. *Ingestive Behavior Research Center (IBRC) Symposium on Eating Patterns, Diet Quality and Energy Balance* (Purdue University, West Lafayette, USA), 2013.
29. **Chaput JP**. Go to sleep! The association between sleep duration and weight. *Public Health Agency of Canada's Health Promotion and Chronic Disease Prevention Branch Science Seminar Series* (Ottawa, Canada), 2013.
30. **Chaput JP**. L'édition 2013 du Bulletin de l'activité physique chez les jeunes de Jeunes en forme Canada. *Healthy Eating Physical Activity Coalition of New Brunswick* (Moncton, Canada), 2013.
31. **Chaput JP**. Measurement of sleep in research: not a waste of time! *3<sup>rd</sup> International Conference on Ambulatory Monitoring of Physical Activity and Movement (ICAMPAM)* (Amherst, USA), 2013.
32. **Chaput JP**. Shedding light on shedding weight: dissolve the myths and get the facts on obesity. *University of Ottawa Alumni Week* (Ottawa, Canada), 2013.
33. **Chaput JP**. Healthy active living as an ally in cardiometabolic health. *Research Canada's Health Research Caucus on Cardiac Research and Heart Health* (Parliament Hill, Ottawa, Canada), 2013.
34. **Chaput JP**. Is it time to address lack of sleep in health promotion? *3<sup>rd</sup> Canadian Obesity Summit* (Vancouver, Canada), 2013.
35. **Chaput JP**. The obesogenic environment... the multiple psychosocial and environmental factors that contribute to overweight and obesity in children and adults. *Food & Consumer Products of Canada Forum titled Thinking outside the box... shaping a framework to stem the tide of childhood obesity* (Mississauga, Canada), 2013.
36. **Colapinto CK, Tremblay MS**, Aufreiter S, Bushnik T, Pfeiffer CM, O'Connor DL. A comparison of American and Canadian RBC folate concentrations. *Experimental Biology Conference* (Boston, USA), 2013.

37. Fisher K, von Tigerstrom B, Larre T, Mawani A, Cameron C, Chad K, Reeder B, **Tremblay M**. The Children's Fitness Tax Credit (CFTC): Awareness and use in the first three years (2007-2009). *Canadian Obesity Summit* (Vancouver, Canada), 2013.
38. **Francis C, Longmuir P**, Boiarskaia E, Zhu W, Lloyd M, **Tremblay M**. Developing a physical literacy model to establish item, factor and domain weighting within the Canadian Assessment of Physical Literacy: A Delphi process. *International Physical Literacy Conference* (Banff, Canada), 2013.
39. **Hadjiyannakis S, Buchholz A, Rutherford J**, L Clark, A Aylett. 5As of Pediatric Obesity Management. *Canadian Obesity Summit* (Vancouver, Canada), 2013.
40. **Hadjiyannakis S**, Clark L, **Rutherford J**, N Charette. 5As of Pediatric Obesity Management. *Interdisciplinary team workshop presented to health practitioners* (Ottawa, Canada), 2013.
41. Hartman BA, **Colapinto CK**, Hanley AJ, Aufreiter S, **Tremblay MS**, O'Connor DL. A comprehensive list of sociodemographic, dietary and lifestyle factors has limited predictive power in determining RBC folate concentrations maximally protective against neural tube defects. *Experimental Biology Conference* (Boston, USA), 2013.
42. Henderson K, Mayman S, Norris M, Obeid N, Johnston A, Klemencic N, **Maras D**, Perkins J, Spettigue W. Short term outcomes from a family based parent education support group. *International Conference of Eating Disorders* (Montreal, Canada), 2013.
43. Jarvis JW, Rhodes RE, Deshpande S, Berry T, Chulak-Bozzer T, Faulkner G, Spence J C, **Tremblay MS**, Latimer-Cheung AE. Investigating the role of brand equity in mediating the relationship between message exposure and parent support for their child's physical activity. *Canadian Society for Psychomotor Learning and Sport Psychology Conference* (Kelowna, Canada), 2013.
44. Jarvis JW, Berry T, Deshpande, Faulkner G, Rhodes R, Spence JC, **Tremblay MS**, Latimer-Cheung AE. Building the brand equity of a national physical activity promotion organization. *Society for Behavioral Medicine Annual Meeting* (San Francisco, USA), 2013.
45. **Jean-Philippe S, Wilson S, Ferraro ZM**, Strychar I, **Goldfield G, Adamo KB**. Comparison of pregnant nulli- and multiparous women attitude to weight gain. Canadian Obesity Network's 3<sup>rd</sup> Canadian Obesity Summit (Vancouver, Canada), 2013.
46. **Larouche R**, Faulkner G, **Tremblay MS**. Associations between neighbourhood walkability, active school transport and physical activity levels in primary and secondary school students: a pilot-study. *Canadian Society for Exercise Physiology Annual Scientific Conference* (Toronto, Canada), 2013.
47. **Larouche R**, Faulkner G, Fortier M, **Tremblay MS**. Relationships among active transportation, physical activity, fitness and cardiovascular disease risk factors in adolescents: the Canadian Health Measures Survey. *Canadian Society for Exercise Physiology Annual Scientific Conference* (Toronto, Canada), October, 2013.
48. **Larouche R**, Faulkner G, **Tremblay MS**. Children- and parent-perceived barriers to active school transport and their association with children's travel mode: a pilot-study. *Canadian Public Health Association Annual Conference* (Ottawa, Canada), 2013.
49. **Larouche R**, Faulkner G, **Tremblay MS**. Changes in active school transport and physical activity during the transition from primary to secondary school: a prospective pilot-study. *Canadian Public Health Association Annual Conference* (Ottawa, Canada), 2013.
50. **LeBlanc A, Boyer C, Tremblay MS, Longmuir P**. Children's knowledge and understanding of physical activity guidelines : information from the Canadian Assessment of Physical Literacy. *Canadian Society for Exercise Physiology Annual Scientific Conference* (Toronto, Canada), October, 2013.
51. **Longmuir PE**. National Paediatric Cardiology Grand Rounds. The doctors didn't do two open heart operations on me so I could sit in a corner: SUCCESS Strategies for Guiding Children with Cardiac Diagnoses to a Healthy, Active Lifestyle. *Canadian Paediatric Cardiology Association* (Ottawa, Canada), 2013.
52. **Longmuir PE**. Healthy Communities, Partners in Advocacy. Physical Literacy for Ontario Children: Advocating for Physical Literacy Screening in Paediatric Health Care. *Heart and Stroke Foundation of Ontario* (Ottawa, Canada), 2013.
53. **Longmuir PE**. International Physical Literacy Symposium. *The Canadian Assessment of Physical Literacy* (Banff, Canada), 2013.

54. **Longmuir PE**, Cowie-Bonne J, Sheehan D. International Physical Literacy Symposium. *The Canadian Assessment of Physical Literacy* (Banff, Canada), 2013.
55. **Longmuir PE**. Jubilee Women's Group. *Physical Activity for Children with Heart Problems* (Ottawa, Canada), 2013.
56. **Maras D, Murray M, Buchholz A**, Henderson K, Obeid N, Flament M, Birmingham M, **Goldfield G**. Association between sedentary screen-based activities and symptoms of depression and anxiety in a community sample of Ontario youth. *6th annual CHEO Research Day* (Ottawa, Canada), 2013.
57. **Maras D, Goldfield G**, Gick M, Henderson K, **Buchholz A**, Flament M. Attachment style and obesity: Examining mediators in a community sample of Ontario youth. *74<sup>th</sup> annual Canadian Psychological Association Convention* (Quebec City, Canada), 2013.
58. **McClelland K**, Orlick T, **Longmuir P**, Lloyd R, Lloyd M, **Tremblay M**. Motivational aspects of physical literacy: a qualitative approach using the self determination theory. *Eastern Canada Sport and Exercise Psychology Symposium* (St. Catherines, Canada), 2013.
59. **Murray M**, Hickey AJ, **Maras D, Wilson A, Goldfield G**. Excessive time spent on social networking sites predicts dietary restraint among undergraduate students. *2<sup>nd</sup> National Psychology Outside the Box Conference*, (Ottawa, Canada), 2013.
60. **Murray MA**, Moorman J, **Goldfield GS**. Problematic computer-mediated social networking as a predictor of body esteem among undergraduate students. *6th Annual Conference on Emerging Adulthood* (Chicago, USA), 2013.
61. **Murray MA**, Sigal RJ, Kenny GP, **Hadjiyannakis S**, Alberga AS, Phillips P, **Wilson A, Goldfield GS**. Screen time behavior as a predictor of depressive symptoms in overweight and obese adolescents. *American Psychological Conference* (Honolulu, USA), 2013.
62. **Murray MA**, Obeid N, Henderson K, Flament MF, **Buchholz A**, Birmingham M, **Goldfield GS**. Perceived family adaptability as a mediating variable in the relationship between family meals and decreased emotional eating among adolescents. *International Conference on Eating Disorders* (Montreal, Canada), 2013.
63. **Onywera V**, Wachira J, Muthuri S, **Tremblay M**. The International Study of Childhood Obesity, Lifestyle and the Environment: Preliminary Results from Kenya. *International Congress of Nutrition* (Granada, Spain), 2013.
64. **Onywera VO, Tremblay MS**. Receding physical activity patterns in Africa: A call to action. *Ghana Physical Education and Sport Think Tank and Exercise Medicine Ghana (CPEStt-EMG) Annual Conference* (Accra, Ghana), 2013.
65. **Onywera VO, Tremblay MS**. Can we address the emerging physical activity transition challenge to promoting sporting excellence in East Africa? *Eastern African University Games Pre-Games Scientific Symposium* (Dar es Salaam, Tanzania), 2013.
66. Platts J, Kristjansson E, Flament M, **Goldfield G**, Henderson K, **Buchholz A**, Vitoroulis I. Neighbourhood food environment, fast food near schools, and adolescent body weight. *Society for Community Research and Action* (Miami, USA), 2013.
67. R Rhodes, T. Berry, **Tremblay MS**, Spence JC, Latimer-Cheung A, Craig CL, Faulkner G. Understanding parental support of child physical activity behavior. *Society for Behavioral Medicine Annual Meeting* (San Francisco, USA), 2013.
68. **Saunders TJ, Carson V, Tremblay MS**. Movement variability is independently associated with clustered cardiometabolic disease risk in American youth. *Canadian Society for Exercise Physiology Annual Scientific Conference* (Toronto, Canada), 2013.
69. **Saunders TJ, Tremblay MS**, Mathieu M-E, Henderson M, O'Loughlin J, Tremblay A, **Chaput J-P**. Associations of sedentary behavior, breaks in sedentary time and length of sedentary bouts with cardiometabolic risk in children. *Canadian Society for Exercise Physiology Annual Scientific Conference* (Toronto, Canada), 2013.
70. **Saunders TJ, Tremblay MS**, Després JP, Bouchard C, Tremblay A, **Chaput JP**. Sedentary behaviour, visceral fat accumulation and cardiometabolic risk: a 6-year longitudinal study from the Quebec Family Study. *American College of Sports Medicine Annual Conference* (Indianapolis, USA), 2013.
71. Sigal RJ, Alberga AS, **Goldfield GS**, Kenny GP, **Hadjiyannakis S**, Prud'homme D, Malcolm J, Phillips P, Ma J, Tulloch H, Gougeon R, Wells GA. Effects of Aerobic Exercise, Resistance Exercise or Both on Percent Body Fat in Overweight Adolescents: the HEARTY Trial. *American Diabetes Association Scientific Sessions* (Chicago, USA), 2013.
72. Sigal RJ, Alberga AS, **Goldfield GS**, Kenny GP, **Hadjiyannakis S**, Prud'homme D, Malcolm J, Phillips P, Ma J, Tulloch H, Gougeon R, Wells GA. Effects of Aerobic Exercise, Resistance Exercise or Both on Percent Body Fat in Overweight



- Adolescents: the HEARTY Trial. *16th Annual CDA/CSEM Professional Conference and Annual Meetings* (Montreal, Canada), 2013.
73. Spettigue W, Norris M, Fu M, Obeid N, **Maras, D.** A review of online resources available for adolescents with eating disorders and their families. *33<sup>rd</sup> Annual Conference of the Canadian Academy of Child and Adolescent Psychiatry* (Vancouver, Canada), 2013.
  74. **Tremblay M.** Is sitting around killing us? Invited and featured presentation at the *Canadian Obesity Summit* (Vancouver, Canada), 2013.
  75. **Tremblay MS, LeBlanc AG, Adamo KB, Goldfield, GS.** Healthy Active Living in the Early Years (aged 0-4 years). *The International Life Sciences Institute Annual Meeting* (Miami, USA), 2013.
  76. **Tremblay MS, Saunders TJ, Goldfield GS, Colley RC, Kenny GP, Doucet E, Chaput J-P.** Children and youth do not compensate for an imposed bout of prolonged sitting by reducing subsequent food intake or increasing physical activity: a randomized crossover study. *Canadian Society for Exercise Physiology Annual Scientific Conference* (Toronto, Canada), 2013.
  77. **Tremblay MS.** Powering the movement to get kids moving: strategic use of report cards, guidelines and tests. Invited *Sansom Seminar Presentation University of South Australia* (Adelaide, Australia), 2013.
  78. **Tremblay MS.** Stand Up for Healthy Active Living: New Perspectives on the Perils of Sedentary Behaviours. Invited keynote presentation at the *Ontario College of Family Physicians 51<sup>st</sup> Annual Scientific Assembly* (Toronto, Canada), November, 2013.
  79. **Tremblay MS.** Perspectives on Injury Prevention and Risky Play. *As safe as possible or as safe as necessary – can injury prevention include healthy risk promotion? Symposium* (Montreal, Canada), 2013.
  80. **Tremblay MS.** Stand Up for Healthy Active Living: Could this be the solution to the childhood obesity epidemic? Invited presentation at the *Conference Board of Canada 2<sup>nd</sup> Summit on Sustainable Health and Health Care* (Toronto, Canada), 2013.
  81. **Tremblay MS.** Stand Up for Healthy Active Living: New Perspectives on the Perils of Sedentary Behaviours. Invited presentation at *Glasgow Caledonian University* (Glasgow, Scotland), 2013.
  82. **Tremblay MS.** The Active Healthy Kids Canada Report Card. Invited presentation at the launch of the *Active Healthy Kids Scotland Report Card* (Glasgow, Scotland), 2013.
  83. **Tremblay MS.** Next steps and implementing Active Canada 20/20. Invited symposium presentation at the *Canadian Society for Exercise Physiology Annual Scientific Conference* (Toronto, Canada), 2013.
  84. **Tremblay MS, LeBlanc AG, Chaput J-P.** Active Video Games – Modern Movement Motivator or Authentic Activity Antagonist? *European Pediatric Work Physiology Meeting* (Coimbra, Portugal), 2013.
  85. **Tremblay MS.** Powering the Movement to get Kids Moving: Strategic use of report cards, guidelines and tests. Invited presentation at the *19<sup>th</sup> Annual International Physical Activity and Public Health Course* (Park City, USA), 2013.
  86. **Tremblay MS.** Stand Up for Healthy Active Living: New Perspectives on the Perils of Sedentary Behaviours. Invited presentation at the *8<sup>th</sup> Annual Family Health Team Registered Dietician Conference* (Guelph, Canada), 2013.
  87. **Tremblay MS.** Healthy Active Living in Canadian Schools: Moving from Rhetoric to Reality. Invited presentation and workshop at the *Canadian School Boards' Association Annual Conference* (Vancouver, Canada), 2013.
  88. **Tremblay MS.** Making Movement a Movement: New Insights on Why and How. Invited presentation at the *Chatham-Kent Community Development Forum* (Chatham-Kent, Canada), 2013.
  89. **Tremblay MS.** Public-Private Partnerships: Principles for Responsible Partnerships – thinking it through. *Canadian Public Health Association Annual Conference* (Ottawa, Canada), 2013.
  90. **Tremblay MS.** The Active Healthy Kids Canada Report Card – Lessons for Active Healthy Kids Scotland. Invited presentation at the *inaugural meeting of Active Healthy Kids Scotland* (Glasgow, Scotland), 2013.
  91. **Tremblay MS.** Obesity: The inevitable consequence of modern living? Invited presentation to the *University of Ottawa Mini Medical School* (Ottawa, Canada), 2013.
  92. **Tremblay MS.** Healthy Active Living in Canada. Invited presentation to the Canadian Alliance for Sustainable Health Care of the *Conference Board of Canada* (Toronto, Canada), 2013.

93. **Tremblay MS.** More Active, More Often: Assessments, Audits, and Accountability – measure to make a difference! Invited keynote address at the *Chatham-Kent Healthy Communities Forum* (Chatham-Kent, Canada), 2013.
94. **Tremblay MS.** Making Movement a Movement. Invited keynote address at the *Chatham-Kent Healthy Communities Forum* (Chatham-Kent, Canada), 2013.
95. **Tremblay MS, LeBlanc A, Chaput J-P.** Active Video Games – modern movement motivator or authentic activity antagonist? *Pediatric Grand Rounds, Children’s Hospital of Eastern Ontario* (Ottawa, Canada), 2013.
96. **Tremblay MS.** Making Movement a Movement – an urgent call for action. Invited keynote address at the *Ontario Public School Boards' Association Public Education Symposium* (Toronto, Canada), 2013.
97. **Tremblay MS, LeBlanc A, Adamo K, Goldfield G.** Healthy Active Living in the Early Years (aged 0-4 years). Invited presentation at the *International Life Sciences Institute Annual Meeting* (Miami, USA), 2013.
98. Vasquez-Garibay EM, Miranda Rios L, Romero Velarde E, Nuno Cosio ME, Troyo Sanroman R, Campos Barrera L, Caro Sabido E, Ramirez Diaz J, **Tremblay M.** Overweight and obesity in children of Arandas, Mexico during the nutrition transition. *Experimental Biology Conference* (Boston, USA), 2013.
99. Vitoroulis I, **Goldfield GS,** Henderson K, **Buchholz A,** Obeid N, Flament MF. Acculturation and ethnic group differences in eating behaviors and attitudes among Canadian adolescents. *Institute of Mental Health Research Young Researchers' Conference* (Ottawa, Canada), 2013.
100. Wachira LJ, Muthuri SK, **Onywera VO, Tremblay MS.** The International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) Kenya: Protocols, Experiences, and Advice for African Countries. *Ghana Physical Education and Sport Think Tank and Exercise Medicine Ghana (CPESSt-EMG) Annual Conference* (Accra, Ghana), 2013.
101. White L, Luciani A, Berry T, Deshpande S, Latimer-Cheung A, Rhodes R, Spence J, **Tremblay M,** Faulkner G. Sports Day in Canada: Examining Correlates of Awareness and Intentions to Participate in Sport. *Canadian Public Health Association Annual Conference* (Ottawa, Canada), 2013.
102. **Wilson SL, Ferraro ZM, Goldfield GS, Hadjiyannakis S,** Doucet E, **Adamo KB.** Appetite signaling proteins, glucose and appetite sensations in obese adolescents with subclinical binge eating disorder. Canadian Obesity Network’s 3<sup>rd</sup> Canadian Obesity Summit (Vancouver, Canada), 2013.

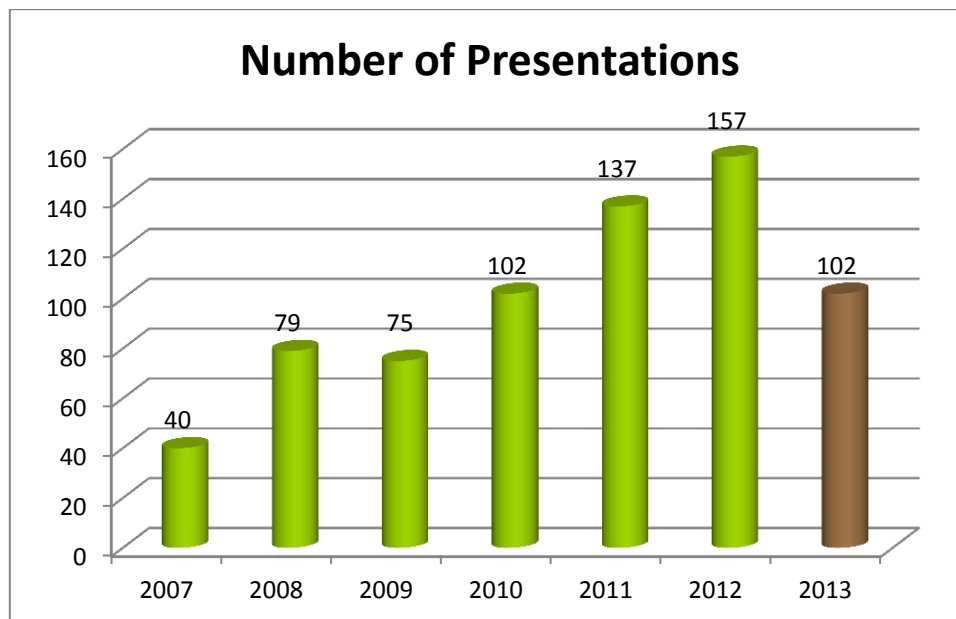


Figure 7: Number of scholarly presentations by HALO Research Group from 2006 to 2013. Between 2006 and 2013, there was a 155% increase in the number of scholarly presentations; between 2012 and 2013, there was a 35% decrease.

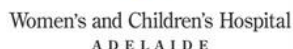
## STRATEGIC PARTNERSHIPS

The Healthy Active Living and Obesity Research Group is honoured to have the following organizations as strategic partners:

- Active Healthy Kids Canada
- Alberta Centre for Active Living
- Canadian Fitness and Lifestyle Research Institute
- Canadian Obesity Network
- Canadian Society for Exercise Physiology
- Carleton University
- Champlain Cardiovascular Disease Prevention Network
- CHEO Foundation
- CHEO Research Institute
- Child and Nature Alliance of Canada
- Forest Schools Canada
- Health Analysis Division, Statistics Canada
- Health Nexus: Best Start Resource Centre
- Kenyatta University, Nairobi, Kenya
- KidActive
- YMCA/YWCA of the National Capital Region
- The Ottawa Hospital
- Ottawa Public Health
- ParticipACTION
- Treatment and Research of Obesity in Pediatrics in Canada
- University of Ottawa
- University of Ottawa Institute of Mental Health Research
- Women's and Children's Hospital; Obstetrics & Gynaecology, Adelaide, Australia



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