



CHEO

Research Institute
Healthy Active Living and Obesity Research

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



ABOUT HALO

**Est.
2007**

At the
Children's Hospital
of Eastern Ontario
Research Institute



**Over
\$14
million**

Secured in research
funding since 2007

RESEARCH IMPACT

600 +

Peer-reviewed publications



1,050 +

Presentations delivered
locally, nationally and
internationally



18

Successfully completed
Master's or PhD
graduate students



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2016 ANNUAL REPORT

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WELCOME FROM THE DIRECTOR

The Healthy Active Living and Obesity Research Group (HALO) at the Children's Hospital of Eastern Ontario (CHEO) Research Institute turns 10 this year! As a result, this year's annual report has an expanded photo gallery and a more nostalgic feel - we hope you enjoy it. We are located on the second floor of CHEO Research Institute building 1; if you get a chance, come by to visit and say happy anniversary!



HALO had another successful and productive year in 2016, with clear evidence that we are having a positive impact on the lives of children and youth in Ottawa, Ontario, across Canada and around the world. Furthermore, we are proud to promote HALO as a desirable workplace where excellence is expected, teamwork is the norm, a feeling of being part of a family is cultivated, and regular physical activity is promoted. Some "brag bullet" highlights for HALO from 2016 are below, we:

- Published 84 peer-reviewed manuscripts
- Delivered 113 research, scholarly and professional presentations in 10 countries
- Were featured in the media >600 times with an estimated 250 million media impressions
- Signed inter-institutional Memoranda of Understanding with the Pennington Biomedical Research Center in Baton Rouge, LA, USA; the University of Copenhagen, Denmark; State University of Maringá, Maringá, Brazil
- Hosted visiting scholars and students from France and Spain
- Celebrated the marriage of Kevin and Karine and the engagement of Justin and Whitney

Over the past 10 years HALO has published 606 peer-reviewed manuscripts that have been cited >15,000 times! We have made >1,050 research and professional presentations and have been awarded >\$14,500,000 in research-related funding. See page 2 for a brief summary of specific HALO accomplishments that are examples of large-scale practice-changing research. While we are just entering our tween years, we are very proud of our accomplishments during our childhood.

Through research, leadership, knowledge translation, partnerships, training and education, and advocacy HALO works diligently to promote and preserve healthy active lifestyles while managing and treating childhood inactivity and obesity. As an identified area of focus, HALO benefits from the extensive support of the CHEO Research Institute, CHEO Foundation and CHEO itself. This Annual Report provides a catalogue of the activities and accomplishments made by HALO in 2016 which are 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. HALO remains indebted to the donors, contributors, researchers, stakeholders, alumni and partners, who fund, facilitate, support and synergize our efforts. To all of you, please accept our most sincere thanks and join us in celebrating our 10th anniversary!

Best wishes for a healthy, active 2017.

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 Research Institute
Professor/Scientist, Department of Pediatrics, University of Ottawa
Chair, Active Healthy Kids Global Alliance*

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 17 staff (including 5 researchers), a childhood obesity clinical team (Centre for Healthy Active Living), 16 graduate students, trainees, undergraduate students, and many community volunteers.

Some of our practice-changing contributions include:

| | |
|---|---|
| <ul style="list-style-type: none"> • Development of the Kenyan International Development Study – Canadian Activity Needs Research Alliance (KIDS-CAN) | <ul style="list-style-type: none"> • Creation of the Centre for Healthy Active Living (CHAL) |
| <ul style="list-style-type: none"> • Development of the Canadian Assessment of Physical Literacy (CAPL) | <ul style="list-style-type: none"> • Development of the Canadian Physical Activity Guidelines and Canadian Sedentary Behaviour Guidelines |
| <ul style="list-style-type: none"> • Development of the Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep - a world first | <ul style="list-style-type: none"> • Co-creation of the Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth which is now the ParticipACTION Report Card |
| <ul style="list-style-type: none"> • Creation of the Sedentary Behaviour Research Network (SBRN) | <ul style="list-style-type: none"> • Development of the Active Healthy Kids Canada Position Stand on Active Video Games for Children and Youth |
| <ul style="list-style-type: none"> • Contribution to the development of the Canadian Obesity Network's (CON) 5 As of Healthy Pregnancy Weight Gain | <ul style="list-style-type: none"> • Development of an "Obesity in Preconception and Pregnancy" Resource for maternity care providers |
| <ul style="list-style-type: none"> • Creation of the Active Healthy Kids Global Alliance (AHKGA) | <ul style="list-style-type: none"> • Leadership/contribution to Ottawa Public Health's Childcare Healthy Eating and Active Living Guidelines |

Since its inception in 2007, HALO has received over \$14.5 million in research funding; produced more than 600 peer-reviewed publications; has given more than 1050 scholarly presentations locally, nationally and internationally; and secured more than 1.5 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

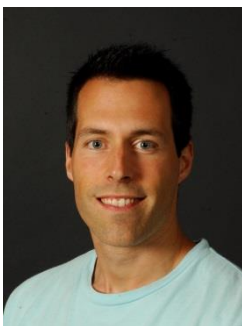
Use municipal, provincial, national, and international partnerships to create, promote, and evaluate healthy active living initiatives for children and youth.

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**

- Postdoctoral Fellow, Department of Human Nutrition, University of Copenhagen (2010)
- Ph.D. in Kinesiology, Department of Kinesiology, Laval University (2008)
- M.Sc. in Kinesiology, Faculty of Physical Education and Sport, University of Sherbrooke (2004)
- B.Sc. in Biology, Faculty of Science, University of Sherbrooke (2003)

Academic Appointments

- Assistant Professor, Department of Pediatrics, Faculty of Medicine, University of Ottawa
- Cross-Appointment, School of Human Kinetics, University of Ottawa
- Cross-Appointment, School of Epidemiology, Public Health and Preventive Medicine
- Faculty Appointment in the Ph.D. Program in Population Health, University of Ottawa
- Research Scientist, Children's Hospital of Eastern Ontario Research Institute

Biography

Dr. Chaput's 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 200 peer-reviewed scientific articles, has an h-index of 33 and >3,000 citations according to Scopus. He serves on many journal editorial boards and advisory committees, and has contributed to a large number of conferences around the world (>120 lectures). He received several awards for his research, including the Canadian Society for Exercise Physiology (CSEP) Young Investigator Award (2016), the Roger Broughton Young Investigator Award from the Canadian Sleep Society (2015), the International Journal of Obesity New Faculty Award from the World Obesity Federation (2014), the New Investigator Award from the Canadian Obesity Network (2011), and the New Investigator Award from the International Association for the Study of Obesity (2010).

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 and Diabetes
- Editorial Board Member, Obesity Science and Practice
- President of the Chapter Executive Committee, Gatineau-Ottawa Canadian Obesity Network Chapter
- Faculty Representative – Canadian Obesity Network – Students & New Professionals (CON-SNP) University of Ottawa Chapter
- Steering Committee Member for the development of the Canadian 24-Hour Movement Guidelines for the Early Years
- Content expert for the sleep core competency area of the Canadian Society for Exercise Physiology – Certified Exercise Physiologist (CSEP-CEP) theory exam and certification guide
- Advisory Member for the Public Health Ontario's Healthy Kids Community Challenge Scientific Reference Committee
- Advisory Member for the Public Health Agency of Canada's Physical Activity, Sedentary Behaviour, and Sleep Surveillance Framework
- Co-Chair of the Pediatric Committee, Canadian Sleep and Circadian Network
- Report Card Research Committee Member, ParticipACTION Report Card on Physical Activity for Children and Youth
- Spokesperson for the release of the ParticipACTION Report Card on Physical Activity for Children and Youth
- Reviewer for many scholarly journals and granting agencies
- Regular blogger for the World Obesity Federation

Graduate Students, Supervision and Training

- Claire Johnson (University of Ottawa) – Ph.D. Co-supervisor (2015-)
- Caroline Dutil (University of Ottawa) – M.Sc. Supervisor (2015-)
- Holly Livock (University of Ottawa) – M.Sc. Supervisor (2016-)
- Jaime-Lee Yabsley (University of Ottawa) – M.Sc. Supervisor (2016-)
- Greg Traversy (University of Ottawa) – M.Sc. Supervisor (2014-2016)
- Taru Manyanga (University of Ottawa) – Ph.D. Committee (2016-)
- Alyssa Biagé (University of Ottawa) – M.Sc. Committee (2015-2016)
- Sabrina Douglas (University of Ottawa) – M.Sc. Committee (2015-2016)
- Alessandro Tirelli (University of Ottawa) – M.A. Committee (2014-2017)

Memberships

- Canadian Obesity Network
- The Obesity Society
- World Obesity Federation
- Canadian Society for Exercise Physiology
- Canadian Sleep Society
- World Association of Sleep Medicine
- Canadian Sleep and Circadian Network
- Sedentary Behaviour Research Network



Education, Credentials, Academic Appointments

- MA and PhD, Department of Psychology, Carleton University
- Post-Doctoral Fellow, Behavioural Medicine, State University of New York at Buffalo
- Registered Clinical Psychologist – College of Psychologists of Ontario
- Associate Professor, Department of Pediatrics, Faculty of Medicine, University of Ottawa
- Adjunct Professor, School of Psychology, University of Ottawa
- Adjunct Professor, School of Human Kinetics, University of Ottawa
- Adjunct Professor, Department of Population Health, University of Ottawa
- Adjunct Research Professor, Department of Psychology, Carleton University
- Senior Scientist, Children's Hospital of Eastern Ontario Research Institute

Biography

Dr. Goldfield is a Senior Scientist with HALO and an Associate Professor of Pediatrics, Human Kinetics, Psychology and Population Health 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 16 years ago and is a founding member of HALO. He has held an Endowed Scholar Award from the CHEO Volunteer Association Board, a New Investigator Award from the Canadian Institutes of Health Research, and won an Award of Excellence as Outstanding Research Mentor from the CHEO Research Institute. Dr. Goldfield's main research interests involve evaluating novel behavioural and pharmacological interventions for the treatment and prevention of childhood obesity and related complications. He has published over 90 peer reviewed papers and book chapters and has over 150 scholarly conference presentations and published abstracts.

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.

- Member, Health Behavior Change Committee, American Heart Association
- Member, 24-hour Movement Guidelines Committee for the Early Years.
- 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 graduate student thesis Committees and external examiner, University of Ottawa and Carleton University
- Reviewer for many granting agencies and academic organizations (CIHR, Canadian Diabetes Association, CHEO Research Growth Awards, CHAMO)
- Reviewer for many scholarly journals
- Registered clinical psychologist, College of Psychologists of Ontario

Graduate Students, Supervision and Training

- Alessandro Tirelli (University of Ottawa) – M.A. Supervisor (2013-2017)
- Kaamel Hafizi (University of Ottawa) – M.Sc. Supervisor (2016-2018)
- Shakiba Bani Fatemi (University of Ottawa) – M.Sc. Supervisor (2013-2016)
- Darcie Valois (Carleton University) – MA supervisor (2015-2017)
- Kent Bastell (University of Calgary) – MSc Co-Supervisor (2015-2017)
- Angela Wilson (University of Ottawa) – Ph.D. Supervisor (2010-2017)
- Marisa Murray (University of Ottawa) – Ph.D. Supervisor (2011-2017)
- Luzia Jaeger Hintze (University of Ottawa) – Ph.D. Supervisor (2012-2017)
- Jameason Cameron (University of Ottawa) – Postdoc Supervisor (2013-2016)
- Stephanie Leon (University of Ottawa) – Ph.D. Committee (2012-2017)
- Genevieve Monaghan (University of Ottawa) – Ph.D Committee (2013-2017)
- Jaime-Lee Yabsley (University of Ottawa) – MSc Committee (2016-2018)

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

- Post-Doctoral Fellowship, School of Psychology and Human Kinetics, the University of Ottawa, Ottawa, Canada (2014)
- PhD, School of Kinesiology, sub-specialization in Measurement, Evaluation, and Research Methodology, the University of British Columbia, Vancouver, Canada (2013)
- MA, Applied Health Sciences, Brock University, St. Catharines Ontario, Canada (2009)
- BKIN, Department of Physical Education and Kinesiology, Brock University, St. Catharines Ontario, Canada (2007)
- Adjunct Assistant Professor, School of Human Kinetics, University of Ottawa
- Junior Research Scientist, Children's Hospital of Eastern Ontario Research Institute

Biography

Dr. Gunnell is a Junior Research Scientist with HALO at the Children's Hospital of Eastern Ontario Research Institute and an Adjunct Professor in the School of Human Kinetics at the University of Ottawa. Dr. Gunnell joined HALO in September of 2014. In addition to holding a PhD in Kinesiology with a specialization in Exercise Psychology, Dr. Gunnell also holds a sub-specialization in Measurement, Evaluation, and Research Methodology. Her Masters, PhD, and post-doctoral research were funded by the Social Sciences and Humanities Research Council of Canada (SSHRC).

Research, Clinical, Professional and Scholarly Focus and Service

Dr. Gunnell's research focuses on three broad streams. First, she is interested in understanding the factors that lead to greater psychological well-being and physical activity participation as well as less screen time and ill-being. In this line of research, she examines the role of goals, different sources of physical activity or screen time motivation, and experiences of competence, autonomy, and relatedness as predictors of psychological and behavioural outcomes. In a second line of research, she examines measurement properties of instruments used to assess psychological variables related to physical activity and screen time. Finally, Dr. Gunnell is interested in longitudinal research (examining factors over time) and interventions aimed at increasing physical activity and well-being as well as reducing screen time and ill-being.

- Associate Editor for International Review of Sport and Exercise Psychology
- Reviewer for many scholarly journals including the Journal of Sport and Exercise Psychology, Psychology of Sport and Exercise, Sport Exercise and Performance Psychology
- Guest Lecturer at the University of Ottawa
- Member, Children's Hospital of Eastern Ontario Research Institute Joint Health and Safety Committee

Graduate Students, Supervision and Training

- Vedrana Sember, PhD student, University of Primorska. Thesis Committee Member

Memberships

- The Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS)
- North American Society for Psychology of Sport and Physical Activity (NASPPA)
- European Congress of Sport Psychology
- 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
- Research Scientist, Children's Hospital of Eastern Ontario Research Institute
- Assistant Professor, Department of Pediatrics, Faculty of Medicine, University of Ottawa
- Cross-appointed to Department of Human Kinetics, Faculty of Health Sciences, University of Ottawa
- Cross-appointed to School of Graduate and Post-graduate Studies, University of Ottawa
- College of Kinesiology of Ontario – Registered Kinesiologist
- Canadian Society for Exercise Physiology – Certified Exercise Physiologist

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 45 papers and 6 book chapters in the peer-reviewed literature. She has delivered over 140 scholarly conference presentations, and more than 60 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) paediatric exercise as medicine, vi) 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 Student Research Supervision and Training

- Angelica Blais (University of Ottawa) – M.Sc. candidate (2015-2017)
- Kevin Moncion (University of Ottawa) – M.Sc. candidate (2016-2018)
- Tyler Kung (University of Ottawa) – M.Sc. candidate (2016-2018)
- Warsame Yusuf (University of Ottawa) – B.Sc candidate (2015-2016)
- Kevin Moncion (University of Ottawa) – B.Sc candidate (2015-2016)
- Meng Yang Sunny Xia (University of Ottawa) – M.D. candidate (2015-2016)
- Julia Jackson (Queen's University) – BPHE candidate (2016)
- Emily Ertel (University of Ottawa) – B.Sc. candidate (2014-2016)

Graduate and Undergraduate Student Clinical Supervision and Training

- Jenna Yaraskavitch (U. of Ottawa) – M.HK. Intervention & Counselling (2016)
- Jeremy Paplinski (U. of Ottawa) – M.HK. Intervention & Counselling (2016)

Memberships

- North American Society for Paediatric Exercise Medicine
- Canadian Society for Exercise Physiology
- American College of Sports Medicine
- American Heart Association
- North American Federation of Adapted Physical Activity



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
- 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
- Visiting Professor, University of Strathclyde, Glasgow, Scotland
- Visiting Professor, Southwest University, Chong Qing, China
- Chief Scientific Officer, ParticipACTION
- 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, Chair of the Active Healthy Kids Global Alliance, Chief Scientific Officer of the ParticipACTION Report Card, Chair of the Canadian Physical Activity Guidelines Committee, Founder of the Sedentary Behaviour Research Network, and former Dean of Kinesiology at the University of Saskatchewan. Dr. Tremblay has published more than 340 papers and book chapters in the peer-reviewed literature, has an h-index of >50 and his published research has been cited >11,000 times according to Scopus. He has delivered over 700 scholarly conference presentations, including more than 140 invited and keynote addresses, in 20 different countries. Dr. Tremblay received an honorary doctorate from Nipissing University, the Queen Elizabeth II Diamond Jubilee Medal, the Lawson Foundation 60th Anniversary Award, and the Canadian Society for Exercise Physiology Honour Award 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.

- Chair of the Active Healthy Kids Global Alliance, including release of the Global Matrix 2.0 in Bangkok, Thailand
- Founder of the Sedentary Behaviour Research Network (SBRN)
- Chair of Public Health Ontario's Healthy Kids Community Challenge Scientific Reference Committee
- Chief Scientific Officer and spokesperson for the release of the 12th annual ParticipACTION Report Card on Physical Activity for Children and Youth
- Chair, Canadian Physical Activity Guidelines Committee, Canadian Society for Exercise Physiology, including the release of the Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep
- Research Affiliate with the Alberta Centre for Active Living
- Chair, Scientific Advisory Committee and Steering Committee for the Canadian Assessment of Physical Literacy Project
- Member, ParticipACTION Research Advisory Group
- Member, Expert Advisory Committee of the Canadian Health Measures Survey, Statistics Canada
- Member of the World Health Organization Ad Hoc Working Group on Science and Evidence for Ending Childhood Obesity
- Appointed to the International Scientific Committee for the 2016 International Congress of Obesity
- Reviewer for many scholarly journals, granting agencies, and tenure and promotion applications

Graduate Students, Supervision and Training

- Taru Manyanga (University of Ottawa) – Ph.D. Supervisor (2015-2018)
- Salomé Aubert (University of Ottawa) – Ph.D. Supervisor (2015-2018)
- Justin Lang (University of Ottawa) – Ph.D. Supervisor (2013-2017)
- Samantha Stephens (University of Toronto) – Ph.D. Committee (2008-2016)
- Francis Okinda (Kenyatta University, Kenya) – M.Sc. Co-Supervisor (2011-16)
- Daniel McCormack (University of Ottawa) – M.Sc. Co-supervisor (2013-16)
- Richard Larouche (University of Ottawa) – PDF Supervisor (2013-17)
- Fabien Rivière (University of Lorraine, France) – visiting student PhD Supervisor (2016)

Memberships

- NASPEM
- CSEP
- ACSM
- Canadian Obesity Network
- PHE Canada
- Int. Society for PA and Health
- Sedentary Behaviour Research Network (Founder)
- African Physical Activity Network
- International Physical Literacy Association



STACEY ALPOUS completed her BSc in Human Kinetics in 2011 and MHK (Master of Human Kinetics) in 2012, both from the University of Ottawa. In 2013, Stacey joined the HALO team as a Research Assistant and contributed to various projects related to the physical literacy of children 8-12 years of age. In 2015, Stacey became a Research Coordinator and was responsible for the continuing development and dissemination of the Canadian Assessment of Physical Literacy (CAPL). In her role, she had the opportunity to speak to over 1000 recreational professionals, teachers, and coaches about the CAPL and presented her work at a number of academic conferences. In October 2016, Stacey left HALO to work as a Junior Policy Analyst at the Canadian Institutes of Health Research (CIHR). Outside of work Stacey enjoys bouldering, biking, running, yoga and playing hockey.



JOEL BARNES completed a B.Sc. in 2001 from the University of New Brunswick and a M.Sc. in 2003 from the University of Saskatchewan. In 2010, Joel joined HALO as Knowledge Synthesis and Analysis Manager. His main responsibilities include managing the ParticipACTION Report Card on Physical Activity for Children and Youth (www.participaction.com/reportcard) and providing web programming and data management services for the HALO suite of websites (www.haloresearch.ca, www.capl-eclp.ca, www.sedentarybehaviour.org, www.activehealthykids.org). Outside of work, Joel enjoys running, whitewater canoeing, fingerstyle guitar, home renovations and reading.



KEVIN BELANGER has a BSc and MSc in Human Kinetics from the University of Ottawa. Kevin's Master's work, completed at HALO under the supervision of Dr. Kristi Adamo, involved measuring cardiorespiratory fitness levels of children with obesity, and evaluating their risk profiles after the children were stratified by a newly developed pediatric obesity screening tool. Kevin re-joined HALO in the summer of 2014 as a Research Coordinator for the CAPL-RBC Learn to Play project. Kevin enjoys several active pursuits outside of HALO which include hockey, soccer, tennis, golf, football and more!



DR. JAMEASON CAMERON is a research coordinator with the HALO group, working under Dr. Gary Goldfield. Dr. Cameron attained his M.Sc. while at Montfort Hospital in the Behavioural and Metabolic Research Unit, and in 2013 completed his doctorate looking at the role of appetite-related hormones, food reward, and olfaction in predicting appetite and food intake in normal weight and obese adults. Currently he is coordinating a project titled "The Effects of Prenatal Smoking on Adiposity and Metabolism in Young Children". Dr. Cameron has also attained a NOL from Health Canada to begin a clinical drug trial examining the off-label use of the ADHD medication methylphenidate and its role in appetite and weight loss. Dr. Cameron's main interests are explored using randomized controlled trials, often in paradigms of energy depletion, with the intention of identifying how physiological and behavioural changes are inter-related in the context of fasting and weight loss. New topics of interest include how the microbiome and genetic markers of impulsivity may impact obesity.



NATASHA CINANNI graduated from University of Ottawa with a Bachelor of Science with honours in Human Kinetics. Since then she has been an active member of rehab and physical activity in her community. As a certified Kinesiologist, she enjoys creating personalized programs for injured individuals based on their rehabilitation needs, as well as providing education on muscles surrounding injured areas and their functional purpose. With her growing interest in physical activity promotion, Natasha now enjoys completing assessments and working to find healthy lifestyles for children with heart defects. With her love for children and physical activity, Natasha passionately works on the Toddler Study here at CHEO. Working under the supervision of Pat Longmuir, she helps with an array of projects: Access ON, CHEO Physically Literacy, Fearless, Putting PL, Exercise Counselling, ReACH, CSEP GAQ, Teen Cardiac, etc. Through the British Association of Teachers of Dancing, Natasha has completed her Associate Teachers Certification in tap, jazz, modern, stage and hip hop. Natasha continues to be an active member of the British Association of Teachers of Dancing by attending dance classes and teaching at Cumbræ School of Dance. She has been able to use all these acquired skills for several years to continuously aid in her extensive experience in community health, raising awareness to increase physical activity, and active rehabilitation.



DR. CASEY GRAY joined the HALO team in March 2013 as Project Manager. Her main research areas are risky active outdoor play, systematic reviews, and guideline development. Casey moved to Ottawa in 2011 after completing her Ph.D. 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 Ruby's mom and spending time at "the cottage".



DR. GENEVIÈVE LEDUC moved to Ottawa after completing a Bachelors and a Masters degree in kinesiology, as well as a Doctoral Degree in nutrition at Université Laval in Quebec City where she studied environmental influences on adiposity and fitness levels in elementary school-aged children. 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 first joined HALO in 2012 as the project manager of the Canadian site for the International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) and was back with the group in 2015 after a maternity leave. She is currently working as a Research Coordinator for a multi-site research project looking into active transportation and independent mobility in 4th to 6th grade children. Coming from a francophone background, she is also contributing to the French version of various projects alongside Dr. Mark Tremblay. Outside of work, Geneviève loves to cook healthy and delicious meals for her family and enjoys participating in running events and short distance triathlons.



DR. VERONICA POITRAS completed her PhD in Kinesiology at Queen's University in September of 2014. Her graduate work focused on: 1) the impact of lifestyle factors (psychosocial stress and consumption of a high-fat diet) on cardiovascular health and function, and 2) the cardiovascular consequences of type 2 diabetes and the preliminary development of an intervention to enhance exercise tolerance in this population. She joined HALO in December 2014 as part of the team working to develop the world's first "24-Hour Movement Guidelines for Children and Youth" that were released in 2016. In 2016 she managed an ongoing analogous guideline development project for children in the early years (ages 0-4 years), and served as the coordinator for the Active Healthy Kids Global Alliance which launched the Global Matrix 2.0 (a global comparison of physical activity indicators). She also served as a Methodology Consultant in the ongoing development of "Clinical Practice Guidelines for Exercise during Pregnancy" in partnership with the Canadian Society for Exercise Physiology. Outside of work, Veronica loves spending time in the Great Outdoors. She enjoys cycling, hiking, snowshoeing, group exercise/fitness classes, reading, baking/cooking, and spending time with family and friends.



HÉLÈNE SINCLAIR is a Certified Administration Professional – with additional certifications in Organizational Management and Technology Applications (CAP-OM-TA – International Association of Administrative Professionals – IAAP). She provides administrative, human resource and financial services assistance to the Director and the HALO team (since November 2010). Originally from Northern Ontario (Sudbury), she brings over 30 years of experience in office administration. She is an active volunteer within CHEO as the Staff Forum Co-Chair. She has been a member of the IAAP since January 2009 and served as President in 2014/2015 and 2010/2011 for the Ottawa Chapter. Beyond her role with HALO, Hélène's passion and interest for walking the HALO talk is evident as she launched the Staff Forum Fit Club organizing weekly walking group meetings and monthly Lunch and Learn sessions focused on healthy living. She is also a long time active member (> 10 years) as a Community Team Member, Team Leader and Coach with reputable online fitness and healthy living programs. Other areas of interest include walking/hiking, swimming, dancing, traveling to sunny destinations, continuous personal development, teaching and writing.



JENNA YARASKAVITCH completed a Bachelor of Science in Kinesiology at Queen's University in 2015. She continued on to pursue a Master of Human Kinetics (MHK) in Intervention and Consultation at the University of Ottawa. Jenna is a Registered Kinesiologist with the College of Kinesiologists of Ontario. In 2016, she joined the HALO team as a Research Assistant and is currently responsible for the coordination of the Fearless Physical Activity project. She will be organizing and delivering a series of events designed to promote physical activity in those living with congenital heart defects. Outside of her work at HALO, Jenna keeps busy as a competitive volleyball coach, participating in recreational sports, and being active outdoors with friends and family.

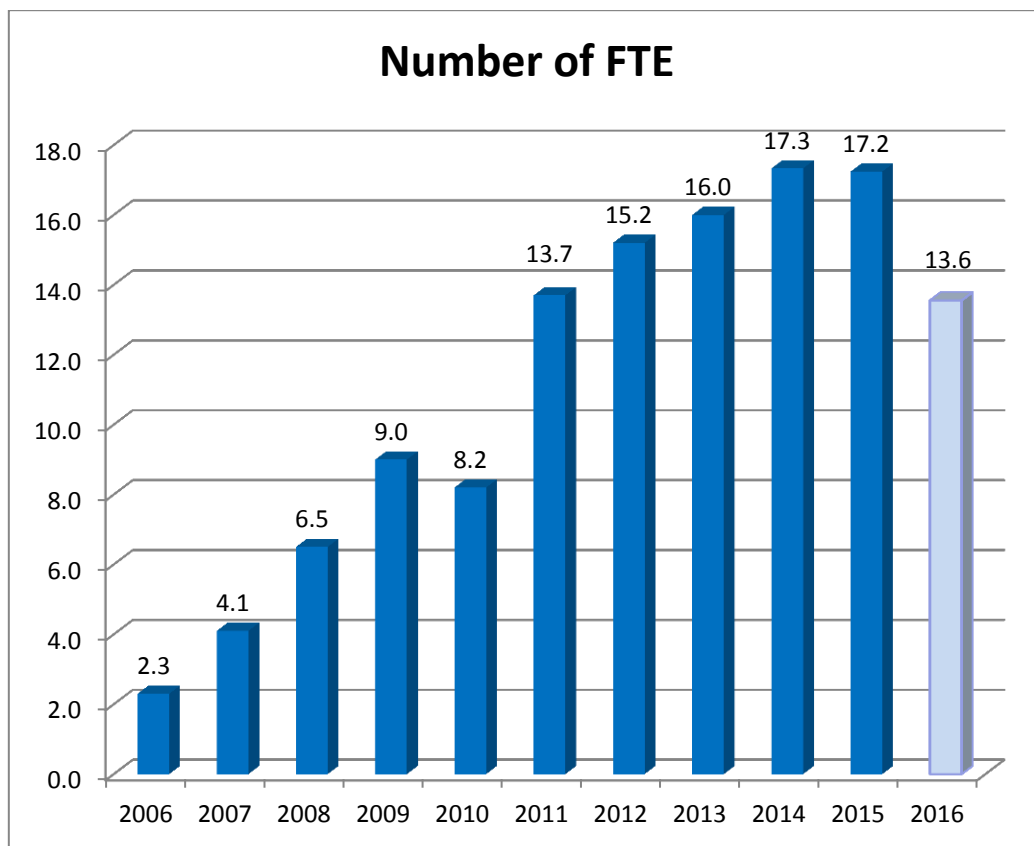


Figure 1: Number of Full Time Equivalent (FTE) positions in HALO Research Group from 2006 to 2016. Between 2006 and 2016, there was a 491% increase in FTE, and between 2015 and 2016, there was a decrease of 21% in FTE.



Annual HALO BBQ hosted at the Tremblay's

GRADUATE STUDENTS

HALO proudly displays the names of Graduate Students on a plaque in the main office. As of 2016, with Greg Traversy completing his MSc this year, we now have a total of 18 students who have successfully completed their Master's or PhD Degrees.



SALOMÉ AUBERT

Ph.D. Candidate

Supervisor:

Dr. Mark Tremblay

Research Program:

Ph.D. Population Health, University of Ottawa

Dissertation Topic:

International and intercultural childhood physical activity comparison for the promotion of healthy active living among children in countries around the world.



SHAKIBASADAT BANI FATEMI

M.Sc. Candidate

Supervisor:

Dr. Gary Goldfield & Dr. Eric Doucet

Research Program:

M.Sc. Human Kinetics, University of Ottawa

Thesis Topic:

The effect of MPH on Energy Intake and Body composition.



ANGELICA BLAIS

M.Sc. Candidate

Supervisor:

Dr. Pat Longmuir and Dr. Kristi Adamo

Research Program:

M.Sc. Human Kinetics, University of Ottawa

Thesis Topic:

Looking at the participation of children with congenital heart disease in a recreational, after-school physical activity program.



CAROLINE DUTIL

M.Sc. Candidate

Supervisor:

Dr. Jean-Philippe Chaput and Dr. François Haman

Research Program:

M.Sc. Human Kinetics, University of Ottawa

Thesis Topic:

Looking at the influence of the relative age effect on scores obtained in the Canadian Assessment of Physical Literacy in a large sample of Canadian children ages 8 to 12.



KAAMEL HAFIZI

M.Sc. Candidate

Supervisor:

Dr. Gary Goldfield

Research Program:

M.Sc. Human Kinetics, University of Ottawa

Dissertation Topic:

Examining the effect of Methylphenidate on Energy Expenditure and Energy intake in obese populations.



TYLER KUNG

M.Sc. Candidate

Supervisor:

Dr. Pat Longmuir and Dr. Kristi Adamo

Research Program:

MSc. Human Kinetics, University of Ottawa

Thesis Topic:

The efficacy of peripheral oxygen extraction at submaximal exercise intensities in complex congenital heart disease patient.



JUSTIN LANG

Ph.D. Candidate

Supervisor:

Dr. Mark Tremblay

Research Program:

Ph.D. Population Health – University of Ottawa

Dissertation Topic:

Exploring the Utility of Cardiorespiratory Fitness as a Population Health Surveillance Indicator for Children and Youth: An International Analysis of Results from the 20m Shuttle Run Test.



HOLLY LIVOCK

M.Sc. Candidate

Supervisor:

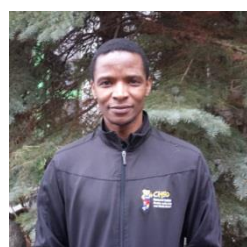
Dr. Jean-Philippe Chaput

Research Program:

M.Sc. Human Kinetics, University of Ottawa

Thesis Topic:

Does Exercising with a Screen or Music Lead to Post-Exercise Energy Compensation in Adolescent Boys?



TARU MANYANGA

Ph.D. Candidate

Supervisor:

Dr. Mark Tremblay

Research Program:

Ph.D. Epidemiology, University of Ottawa

Dissertation Topic:

Relationships between lifestyle behaviours and weight status in Mozambican children: a search to understand lifestyle transitions in a developing country.



KEVIN MONCION

M.Sc. Candidate

Supervisor:

Dr. Pat Longmuir and Dr. Kristi Adamo

Research Program:

M.Sc. Human Kinetics., University of Ottawa

Dissertation Topic:

Investigating the exercise capacities and physical activity behaviours in children with cardiomyopathy.



MARISA MURRAY

Ph.D. Candidate

Supervisor:

Dr. Gary Goldfield

Research Program:

Ph.D. Clinical Psychology, University of Ottawa

Dissertation Topic:

Delivering behavioural intervention for obese children via the Internet.



ALESSANDRO TIRELLI

M.A. Student

Supervisor:

Dr. Gary Goldfield

Research Program:

M.A. Human Kinetics, University of Ottawa

Thesis Topic:

How our perceptions influence our eating behaviour.



GREG TRAVERSY

M.Sc. Candidate

Supervisor:

Dr. Jean-Philippe Chaput

Research Program:

M.Sc. Human Kinetics, University of Ottawa

Thesis Topic:

Associations between domains of physical literacy in 8-12 year-old children, by weight status.



DARCIE VALOIS

M.A. Student

Supervisor:

Dr. Gary Goldfield

Research Program:

M.A. Psychology, Carleton University

Thesis Topic:

Identifying projective factors for body esteem in overweight/obese youth who have experienced weight teasing.



ANGELA WILSON

Ph.D. Student

Supervisor:

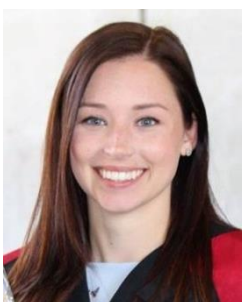
Dr. Gary Goldfield

Research Program:

Ph.D. Clinical Psychology, University of Ottawa

Dissertation Topic:

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



JAMIE-LEE YABSLEY

M.Sc. Candidate

Supervisor:

Dr. Jean-Philippe Chaput and Dr. Kristi Adamo

Research Program:

M.Sc. Human Kinetics, University of Ottawa

Dissertation Topic:

Validation of a Child Version of the Three- Factor Eating Questionnaire.

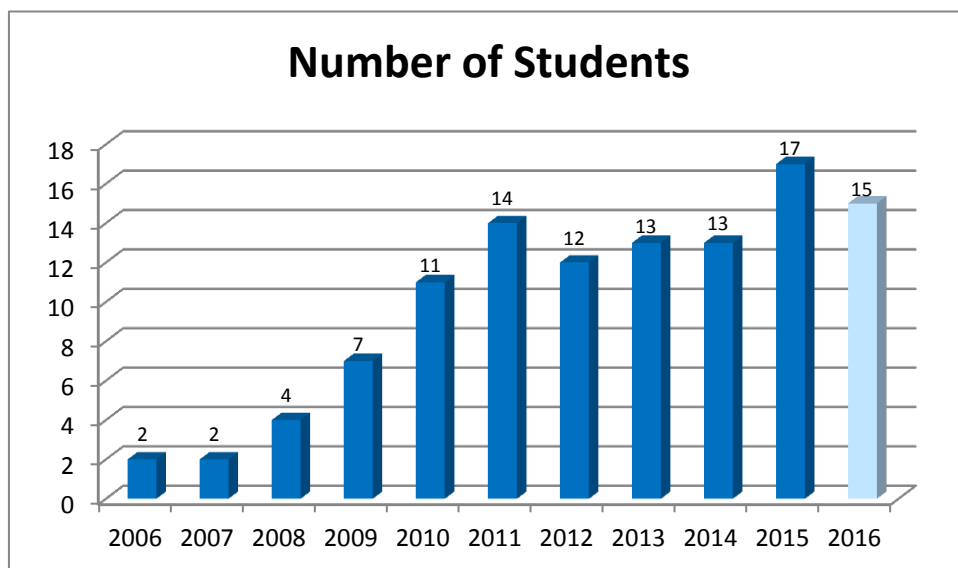


Figure 2: Number of Full Time Equivalent (FTE) graduate students in the HALO Research Group from 2006 to 2016. Between 2006 and 2016, there was a 650% increase, and between 2015 and 2016, there was a 12% decrease in the number of students.

FELLOWS



DR. RICHARD LAROCHE is a postdoctoral fellow with the HALO group. He holds a postdoctoral fellowship from the Canadian Institutes of Health Research. His research focusses on many themes related to healthy active living among children and youth including active transportation, physical activity, outdoor play and health-related fitness. He completed his PhD in 2013 with Dr. Mark Tremblay and his dissertation examined the health-related outcomes and correlates of active transportation in children and youth. Dr. Larouche is the recipient of the CHEO Research Institute 2015 Outstanding Trainee award. He has published 40 peer-reviewed articles and 2 book chapters, delivered 46 scholarly presentations, and received over \$1,000,000 in research funds. Dr. Larouche enjoys several hobbies outside of HALO including cycling, running, hiking, snowshoeing, camping, and road hockey. He is the current Vice-President of the Healthy Transportation Coalition, which advocates for improved access to sustainable travel options in the Ottawa-Gatineau region. In December 2016, Dr. Larouche was appointed to the rank of Assistant Professor in the Department of Applied Human Sciences at the University of Prince Edward Island for a 5-month term.

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 is a pediatric endocrinologist and the Medical Director of CHEO's Center for Healthy Active Living. She is an Associate 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. 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 graduated from the University of Guelph with a Masters in Nutrition, Exercise & Metabolism, and then worked in cardiac rehabilitation and sports medicine at the Ontario Aerobics Centre and was a Fitness Consultant at Guelph's Health and Performance Centre. Since its inception 6 years ago, Jane has been the Exercise Specialist for CHEO's Centre for Healthy Active Living where she works with families to create a balance between physical activity, sleep and screen time, helping them to achieve their best possible health – both mental and physical.

AFFILIATE INVESTIGATORS



DR. KRISTI ADAMO

Associate Professor & CIHR New Investigator
Associate Professor with Faculty of Medicine, Pediatrics
School of Human Kinetics, Faculty of Health Sciences
University of Ottawa
Ottawa, ON



DR. VALERIE CARSON

Assistant Professor
Faculty of Physical Education and Recreation
University of Alberta
Edmonton, AB



DR. AMY LATIMER-CHEUNG

Associate Professor
School of Kinesiology and Health Studies
Queen's University
Ottawa, ON



DR. VINCENT O. ONYWERA

Associate Professor
Department of Recreation Management and Exercise Science
Registrar of Research, Innovation and Outreach
Kenyatta University
Nairobi-KENYA



DR. MARGARET SAMPSON

Librarian
Children's Hospital of Eastern Ontario
Ottawa ON

WHERE ARE THEY NOW – UPDATES FROM FORMER HALO'ITES

STACEY ALPOUS currently works as a Junior Policy Analyst in the Policy and Government Relations Unit at the Canadian Institutes of Health Research (CIHR). Stacey resides in Ottawa in her newly purchased home with her common law partner, Eric.

MICHAEL BORGHESE is completing his PhD in Physical Activity Epidemiology at Queen's University.

CHARLES BOYER is a Researcher and Executive Network Manager at The Conference Board of Canada. He manages a professional network of employers from across Canada who lead health and wellness initiatives in their respective organizations. He is very proud of his son Gio (age 1) who just started walking! Charles still exercises with fellow HALOites at lunch time as his office is right beside CHEO.

KENDRA BRETT is a Clinical Research Associate with the Center for Transfusion Research at the Ottawa Hospital Research Institute. Her research focuses on establishing quality of care metrics for kidney transplant programs, and developing better criteria for determining who would be a good candidate for a kidney transplant.

CYNTHIA K. COLAPINTO is an Epidemiologist with Health Canada's Office of Nutrition Policy and Promotion. Dr. Colapinto leads the evidence review for dietary guidance, which informs federal nutrition policies such as the revision of Canada's Food Guide. Dr. Colapinto's research interests include nutritional epidemiology, dietary patterns, surveillance and evidence review methods.

RACHEL COLLEY is now working as a Researcher in the Health Analysis Division at Statistics Canada. Her work is still focused on health, physical activity and obesity research. While she is not at HALO anymore, Rachel continues to collaborate with HALO on a few projects.

AMÉLIE FOURNIER moved to Montréal, QC, in August 2015. She is now completing her second year of Dental School at McGill University.

REBECCA GIBBONS is still out in Vancouver, and works as a Project Coordinator at DASH BC, an organization that helps children thrive in healthy school communities. In her role, she works with the Province of BC to provide fun, high quality after school programs that promote physical literacy and arts opportunities for children, from Vancouver Island to BC's Interior and all the way up to Haida Gwaii. She sends her best to the talented and fun HALO team!

KIMBERLY GRATTAN is now an Outreach Facilitator in the Department of Cardiac Prevention and Rehabilitation at the University of Ottawa Heart Institute. She helps facilitate the Ottawa Model for Smoking Cessation (OMSC) program in Primary Care settings throughout Ontario. Kimberly continues to stay connected to HALO through her deep-seated friendships and is grateful for the time she spent at HALO.

SONIA JEAN-PHILIPPE is a registered dietitian working for Ottawa Public Health. Her work includes content development for social media platforms, nutrition support to parents in the community through Parenting in Ottawa Facebook and website, addressing public health issues such as the unhealthy food environment, marketing of food and beverages to children, food literacy and more.

ALLANA LEBLANC is currently a Post-Doctoral Fellow at the University of Ottawa Heart Institute. Prior to this, Allana worked as the Knowledge Manager with ParticipACTION in Toronto. Allana is happy to be back in Ottawa with her family and has taken advantage of being so close to Gatineau park and the Rideau canal.

CHRISTIAN LIZOTTE is currently working as a Health Promotion Specialist for the Canadian Forces Support Unit (Ottawa) at the Department of National Defence. He also owns his personal training business. Christian and his girlfriend are now enjoying their new home after a self-build housing project.

ALLISON MCFARLANE has moved to Orillia and is working with a sports specialist chiropractor at Back to Function. She is also currently working on an injury prevention project with Hydro One in Barrie, Penetanguishene, and Orillia.

DANIJELA MARAS is currently completing her PhD in Clinical Psychology at the University of Ottawa. She is currently examining how attachment style is related to group psychotherapy outcomes among adults living with chronic medical

conditions, and who are receiving services at The Ottawa Hospital Rehabilitation Centre.

STELLA K. MUTHURI now lives in Nairobi, Kenya, and works at the African Population and Health Research Center as an Associate Research Scientist. Stella continues to work towards driving a healthy active living agenda among school-aged children in the country and region. She is thrilled to be living close to her family and friends.

NELSON NARDO JUNIOR is back to his institution, the State University of Maringá, Paraná, Brazil where he is an Associated Professor at the Department of Physical Education and the vice director of the Health Science Center. His work as the NEMO director is gaining proportion as it is getting closer to the Public Health System sector to work as a partner. Based on all that the expectations for 2017 are very good.

STEPHANIE PRINCE WARE is a Research Associate with the Division of Prevention and Rehabilitation and the Canadian Women's Heart Health Centre at the University of Ottawa Heart Institute. Her research continues to focus on interventions to reduce sedentary behaviours in at risk populations, as well as primary and secondary prevention of heart disease among women.

TRAVIS SAUNDERS is an Assistant Professor and the Jeanne and J.-Louis Lévesque Research Professor in Nutrisciences and Health at the University of Prince Edward Island. His research focuses on the health impact of sedentary behaviour in children and adults.

DAVID THIVEL is Associate Professor in Exercise Physiology and Human Nutrition at Clermont Auvergne University in France. David continues working with HALO through the leadership of the French Report Card on Physical activity in children and youth and thanks to several collaborations with Dr. Jean-Philippe Chaput.

VISITORS AND INVITED SPEAKERS

VISITORS



- Fabien Rivière – Ph.D. Visiting International Student (August to December 2016). Research Program: PhD in Public Health at University of Lorraine with the Doctoral Network of the French School of Public Health (EHESP). Dissertation Topic: Looking at instruments used in research and surveillance system to measure physical activity and sedentary behaviors, with a specific focus on questionnaires. Fabien is now back in France, completing his Ph.D. at the University of Lorraine under the supervision of Dr. Anne Vuillemin and Dr. Barbara Ainsworth and will defend at the end of 2017.

- Visiting Post-Doctoral Fellow (June to August 2016), Blanca Roman Viñas, MD, PhD, Associate professor, Department of Physical Activity and Sport Sciences, FPCEE Blanquerna, Ramon Llull University, Researcher, Nutrition Research Foundation, Barcelona Science Park from Barcelona, Spain. Blanca writes “I am very grateful to all of you for having me and for having the opportunity to spend some time with HALO!”

INVITED SPEAKERS



Dr. Adewale Oyeyemi, PhD, Lecturer, University of Maiduguri (Nigeria), Postdoctoral Fellow, North-West University (South Africa) – April 1, 2016 – “Research on neighborhood environment and physical activity in Africa: my experience and lessons for developed countries.”

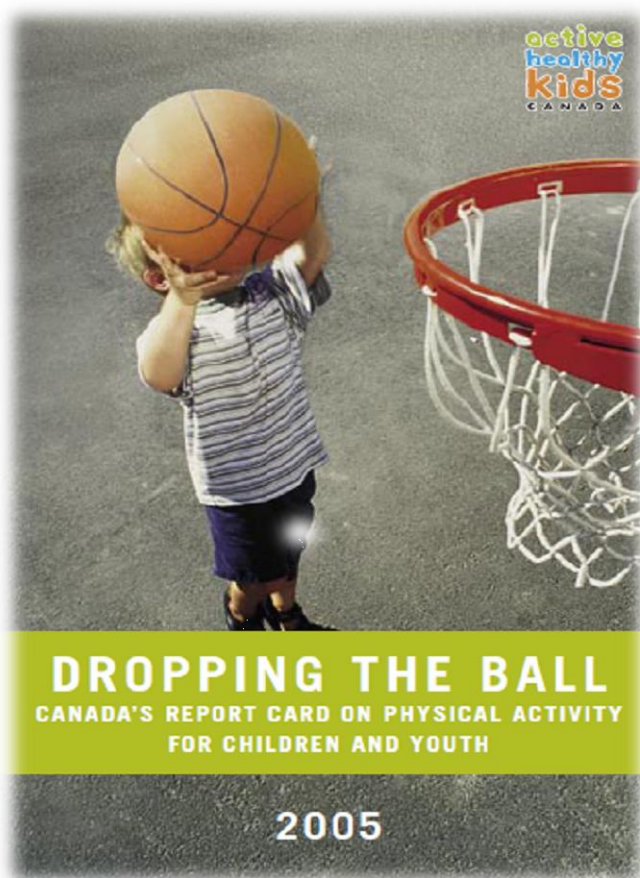
STUDENTS AND VOLUNTEERS

| NAME | UNIVERSITY/ROLE | PROJECT(S) | SUPERVISOR |
|--------------------|--|---|---|
| Alyssa Ashton | Volunteer | The Canadian Assessment of Physical Literacy (CAPL) | Dr. Pat Longmuir |
| Laura Callendar | Summer Research Student | Systematic review of sedentary behavior in the early years | Dr. Mark Tremblay Dr. Veronica Poitras |
| Charlotte Dunlap | Summer Student | Physical activity, screen time, and the brain | Dr. Katie Gunnell |
| Jennifer Erlikh | Volunteer | Sleep and cardio-metabolic health in youth | Dr. Jean-Philippe Chaput |
| Emily Ertel | Student | Motor development of toddlers with congenital heart disease | Dr. Pat Longmuir |
| Sheniz Eryuzlu | University of Ottawa, Undergraduate Thesis Student | Active transportation, independent mobility, and physical activity among school children: a multi-site study | Dr. Mark Tremblay |
| Sheniz Eryuzlu | Summer Research Student | Systematic review of sedentary behavior in the early years | Dr. Mark Tremblay Dr. Veronica Poitras |
| Ryan Featherstone | Volunteer | Validation of a short version of the three-factor eating questionnaire | Dr. Jean-Philippe Chaput |
| Brandon Heidinger | Volunteer | Ramping Up Neurocognition (RUN): Effects of physical activity on cognitive development in Kindergarten children | Dr. Gary Goldfield |
| Julia Jackson | Student | Evaluation of the get active questionnaire among children with medical conditions and disabilities | Dr. Pat Longmuir |
| Brian Khoe | Volunteer | Effects of prenatal smoking on adiposity and metabolism in young children | Dr. Gary Goldfield |
| Madeline Kubiseski | Volunteer | Physical activity, screen time, and the brain | Dr. Katie Gunnell |
| Tyler Kung | Student | Impact of cyanosis on energy efficiency during submaximal exercise | Dr. Pat Longmuir |
| Holly Livock | Carleton University Undergraduate Thesis Student | Active transportation, independent mobility, and physical activity among school children: a multi-site study | Dr. Mark Tremblay |
| Holly Livock | Summer Research Student | Systematic review of sedentary behavior in the early years | Dr. Mark Tremblay Dr. Veronica Poitras |
| Emily Lowry | Volunteer | Effects of prenatal smoking on adiposity and metabolism in young children | Dr. Gary Goldfield |
| Bradley MacCosham | Student | Making meaning for physical activity among adults with congenital heart defects | Dr. Pat Longmuir (committee member) |
| Praneal Merchant | Volunteer | Effects of prenatal smoking on adiposity and metabolism in young children | Dr. Gary Goldfield |
| Kevin Moncion | Student | Physical activity among children with cardiomyopathy | Dr. Pat Longmuir |

| NAME | UNIVERSITY/ROLE | PROJECT(S) | SUPERVISOR |
|---------------------|--|--|--|
| Kevin Moncion | Student | Translating physical activity knowledge to adolescents with inherited arrhythmia syndromes, their families and community leaders | Dr. Pat Longmuir |
| Kevin Moncion | Summer Research Student | Access ON Childhood Physical Literacy | Dr. Pat Longmuir |
| Jessica Oey | Volunteer | Effects of prenatal smoking on adiposity and metabolism in young children | Dr. Gary Goldfield |
| Connor O'Reilly | Volunteer | Effects of prenatal smoking on adiposity and metabolism in young children | Dr. Gary Goldfield |
| Jeremy Paplinskie | Clinical Intern | Physical activity counseling for children with medical conditions and disabilities | Dr. Pat Longmuir |
| Yannick Plante | Volunteer | Effects of prenatal smoking on adiposity and metabolism in young children | Dr. Gary Goldfield |
| Ozman Raza | Summer Research Student | Smartphone accelerometer validation study | Dr. Mark Tremblay |
| Marissa Simpson | Volunteer | LIFE and health for young children with congenital heart defects (learning, inclusion, friends and emotional and physical health) | Dr. Pat Longmuir |
| Alex Taranowski | Volunteer | Effects of prenatal smoking on adiposity and metabolism in young children | Dr. Gary Goldfield |
| Liisa Wainman | Student | Impact of Fearless Physical Activity events on children with congenital heart disease | Dr. Pat Longmuir |
| Ashley Weekes | Student | A pilot study evaluating the effectiveness of the "5As for Healthy Pregnancy Weight Gain" tool on patient experiences and medical outcomes of pregnancy | Dr. Kristi Adamo Dr. Pat Longmuir (committee member) |
| Meng Yang Sunny Xia | Student | Recognizing children with medically necessary physical activity restrictions: Helping community leaders to provide appropriate physical activity opportunities | Dr. Pat Longmuir |
| Jenna Yaraskavitch | Clinical Intern | Physical activity counseling for children with medical conditions and disabilities | Dr. Pat Longmuir |
| Warsame Yusuf | Student | Impact of a healthy lifestyle intervention on the knowledge of physical activity of young adolescents | Dr. Pat Longmuir |
| Veronica Zuccala | Carleton University Undergraduate Thesis | Active transportation and independent mobility study | Dr. Mark Tremblay Dr. Richard Larouche Dr. Geneviève Leduc |



HALO Research Group FIRST strategic planning retreat, Calabogie Peaks Resort, October, 2007



The yearly Physical Activity Report Card 2005 (highlighted in our 2008 Annual Report) to 2016



2008 Annual Report Feature: Kenyan International Development Study – Canadian Activity Needs Research Alliance (KIDS-CAN): Vincent Onyvera, Keren Mburugu, Kristi Adamo, Mark Tremblay, Judith Waudo, Bill Sheel, Mike Boit (left to right)



2009 HALO Team



2010 CHEO FitHeads (Dragonboat Races)



HALO Wall of Fame unveiling in 2010



2011 HALO Road Hockey





Surprised Mark for his 50th to join him for a Birthday Walk 2011



Graduation 2013



Skirts & Sneakers – ParticipACTION Sneak It In Week 2013



HALO World Cup Fun 2014



HALOites having fun at Winter Gala Photo Booth 2015



HALO Curling 2015

PHOTO GALLERY – HIGHLIGHTS FROM 2016

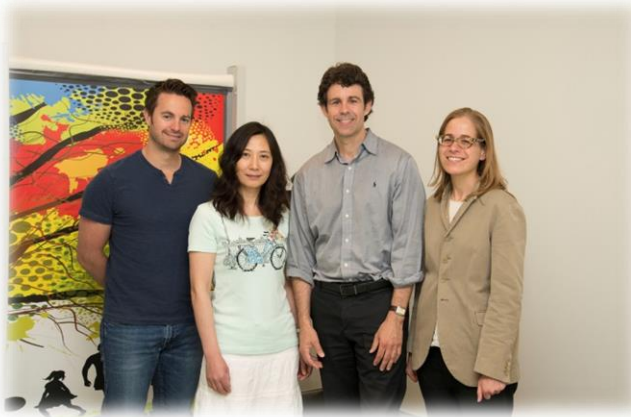




PHOTO GALLERY



CANADIAN 24-HOUR MOVEMENT GUIDELINES FOR CHILDREN AND YOUTH: AN INTEGRATION OF PHYSICAL ACTIVITY, SEDENTARY BEHAVIOUR, AND SLEEP

A healthy childhood requires a balance of physical activity, sedentary behaviour, and sleep. The *Canadian 24-Hour Movement Guidelines for Children and Youth*, released on June 16, 2016, were developed through a robust and transparent process, and provide guidance for achieving this healthy balance. They are the first such guidelines anywhere in the world!

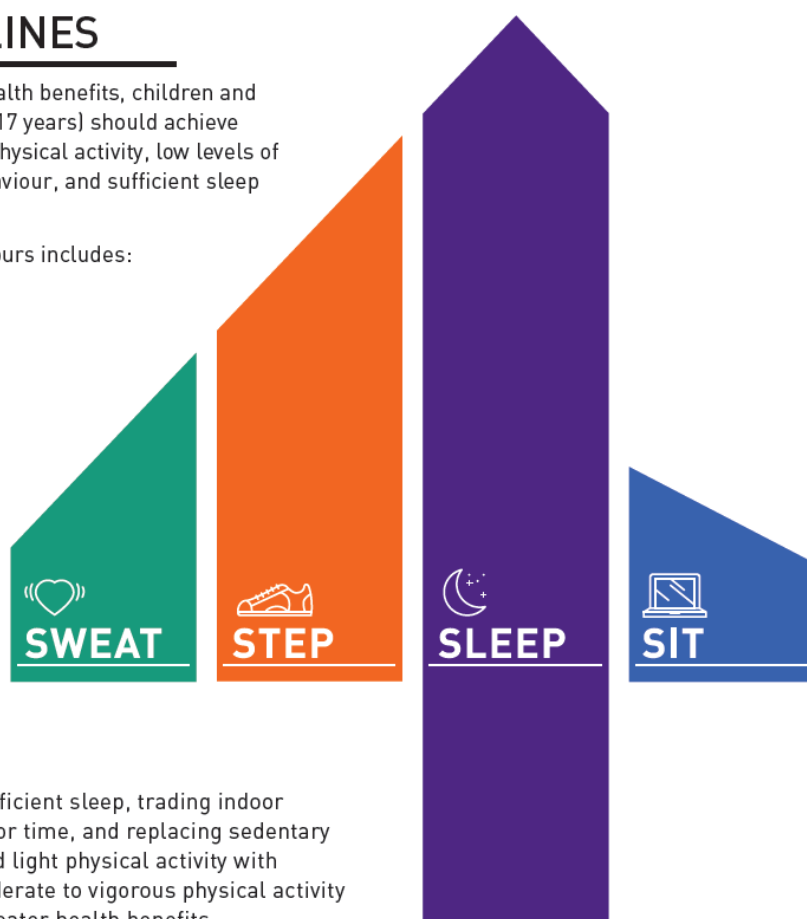
The guidelines were developed with leadership from HALO Director Dr. Mark Tremblay and with support from the Guideline Development Partners: the Canadian Society for Exercise Physiology, HALO, the Conference Board of Canada, the Public Health Agency of Canada, and ParticipACTION. The development process started by assembling an international panel of experts and stakeholders, who identified a list of important indicators of physical, psychological or social, and cognitive health. Four systematic reviews (summarizing ~600 scientific papers) and an original research study (with a nationally representative sample of >4,000 Canadian youth) were then conducted to comprehensively examine existing and new evidence of the relationships between physical activity, sedentary behaviour, and sleep, with each of these health indicators. This evidence informed a draft version of the guidelines which was provided to ~700 stakeholders, who gave feedback (online and in-person) that was then incorporated into the final version of the guidelines, while staying true to the research evidence. The full process took about 2 years from beginning to completion; efforts to implement and activate the guidelines are still ongoing.

The new guidelines, shown below, encourage children and youth to achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day – they need to Sweat, Step, Sleep and Sit the right amounts to be healthy! More information is available at www.csep.ca/guidelines.

GUIDELINES

For optimal health benefits, children and youth (aged 5–17 years) should achieve high levels of physical activity, low levels of sedentary behaviour, and sufficient sleep each day.

A healthy 24 hours includes:



Preserving sufficient sleep, trading indoor time for outdoor time, and replacing sedentary behaviours and light physical activity with additional moderate to vigorous physical activity can provide greater health benefits.

SWEAT

MODERATE TO VIGOROUS PHYSICAL ACTIVITY

An accumulation of at least 60 minutes per day of moderate to vigorous physical activity involving a variety of aerobic activities. Vigorous physical activities, and muscle and bone strengthening activities should each be incorporated at least 3 days per week;

STEP

LIGHT PHYSICAL ACTIVITY

Several hours of a variety of structured and unstructured light physical activities;

SLEEP

SLEEP

Uninterrupted 9 to 11 hours of sleep per night for those aged 5–13 years and 8 to 10 hours per night for those aged 14–17 years, with consistent bed and wake-up times;

SIT

SEDENTARY BEHAVIOUR

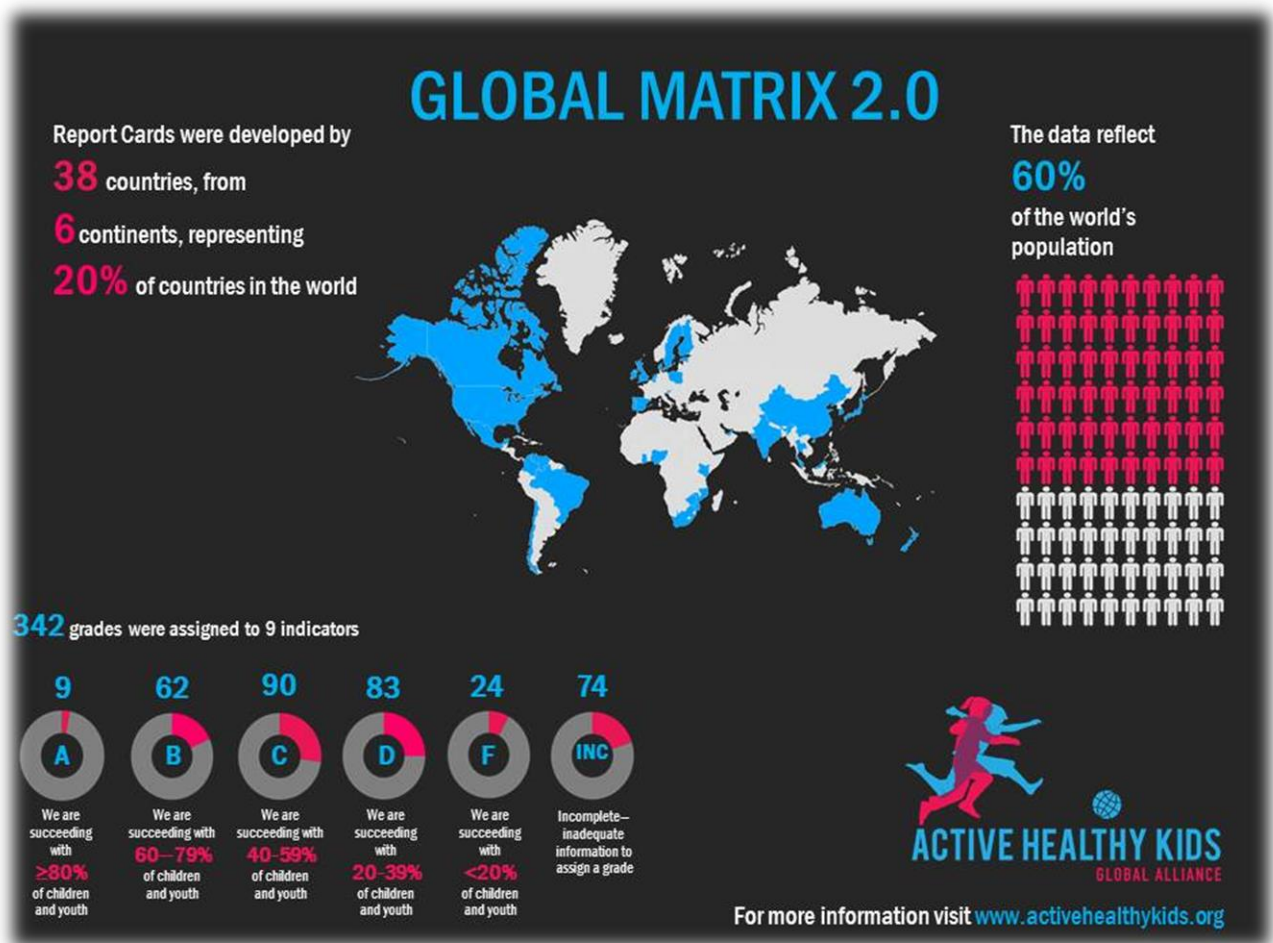
No more than 2 hours per day of recreational screen time;
Limited sitting for extended periods.

A number of HALO researchers including HALO Director and Active Healthy Kids Global Alliance Chair Dr. Mark Tremblay attended the 6th International Congress on Physical Activity and Public Health in Bangkok, Thailand on November 16th, 2016 to release the Global Matrix 2.0, a matrix of 342 grades, showing how 38 countries across 6 continents measure up on child and youth physical activity.

Report Cards from each of the 38 countries, as well as the results of the global comparisons, were presented at the opening plenary of the International Congress on Physical Activity and Public Health in Bangkok, Thailand and published in the Journal of Physical Activity and Health (journals.humankinetics.com/toc/jpah/13/11+Suppl+2).

Key global findings included the following:

- Average grades for both Overall Physical Activity and Sedentary Behaviour around the world are “D” (low/poor).
- Countries with the most active children and youth overall, including Slovenia, New Zealand and Zimbabwe, rely on very different approaches to get kids moving. What is consistent between all of them is that physical activity is driven by pervasive cultural norms—being active is not just a choice, but a way of life.
- Lower income countries generally have better grades on active behaviours compared to higher income countries, yet worse grades for related strategies, supports and investments. Fewer attractive sedentary pursuits and increased autonomy to play and roam outdoors may be as important as infrastructure and structured activities to facilitate higher levels of childhood physical activity.
- Grades were generally lower in countries in Asia, North America and South America than countries in Africa, Europe and Oceania



More information is available at: www.activehealthykids.org



The Ontario-China Young Scientist Exchange Program (YSEP) involves exchange of early-career researchers from the Province of Ontario and China for the purpose of enhancing and supporting scientific and technological cooperation between the two jurisdictions. The main goals of the YSEP are to (1) raise awareness and facilitate a greater understanding of the respective scientific cultures and research practices and systems of Ontario and China; (2) encourage the development of leadership skills among YSEP participants as well as future “science ambassadors” between the two jurisdictions; and (3) facilitate access to expertise in China and Ontario. All of the above-mentioned objectives have been met during my 3-week visit to China (August 2016), and it is expected that this exchange program will lead to long-term research collaborations in areas of mutual research interest between CHEO/University of Ottawa and the research groups in China.

A total of four institutions have been visited during my 3-week visit to China:

- First week: Sport Rehabilitation Department, Beijing University of Sport (host: Professor Zhengzhen Wang)
- Second week: College of Sports Science, Nanjing Normal University (host: Professor ZhiDong Chu)
- Third week: School of Kinesiology, Shanghai University of Sport (host: Professor Zhuang Jie) and Institute of Pediatric Translational Medicine, Shanghai Children’s Medical Center (host: Professor Shijian Liu)

RAMPING UP NEUROCOGNITION (RUN): A RANDOMIZED CONTROLLED PILOT TRIAL EXAMINING THE EFFECTS OF PHYSICAL ACTIVITY PROMOTION ON NEUROCOGNITIVE DEVELOPMENT IN YOUNG CHILDREN

Principal Investigator: **Dr. Gary Goldfield**

Co-Investigators: A. D'Angiulli, K. Adamo, P. Anderson, N. Barrowman, **P. Longmuir, M. Tremblay, K. Gunnell**, P.J. Naylor, V. Temple, V. Carson

Funding Source: Children's Hospital of Eastern Ontario (\$30,000)

Background: Only 15% of children aged 3-5 years meet the Canadian physical activity (PA) and sedentary behavior (SB) guidelines. This is alarming given PA and SB habits start young and track over time, and are associated with many health outcomes. Indeed, early childhood represents a critical period of brain development that lays the foundation for future cognitive growth and academic achievement. Based on a systematic review, the existing association between PA and SB and neurocognitive development in young children is based primarily on cross-sectional designs, negating causal inferences. Our team has conducted several provider-teacher led interventions demonstrating increased PA and reduced SB in children aged 3-5 years, but neither our interventions nor others examined neurocognitive outcomes in this population.

Primary Objective: To evaluate the feasibility and efficacy of a kindergarten-based and teacher-led PA (Ramping up neurocognition; RUN) intervention on children's neurocognitive development assessed by a composite score.

Secondary Objectives: 1) To evaluate the efficacy of the RUN intervention on the neurocognitive indicators that comprise the composite score, including measures of cognitive flexibility, inhibitory control and attention, episodic memory, and receptive vocabulary; 2) To examine the association between changes in all neurocognitive functioning indicators, PA (duration and intensity), and SB to gain insight into which indicators best predict neurocognitive development in children.

Design: This study uses a two-arm, cluster randomized controlled trial design. We plan to randomly select 4 schools from the Catholic District School Board of Eastern Ontario, all of which now offer full day junior and senior Kindergarten classes. Two schools will be randomized to either the RUN intervention delivered in Kindergarten classes (n=40 children) or to the Control condition that will implement their standard Kindergarten curriculum (n=40 children). The 6-month intervention will include two, 3-hour training workshops to Kindergarten teachers along with bi-weekly booster sessions from a master trainer, and the RUN resource manual and training kit developed from our previous PA promotion trials in this population.

Measures/Data Analysis: Neurocognitive development will be assessed by the widely used National Institutes of Health (NIH) toolbox battery validated in children aged 3-6 years. This consists of a composite score and individual scores of computer-based assessments of cognitive flexibility (Dimensional Change Card Sort Test), inhibitory control and attention (Flanker test), episodic memory (Picture Memory Sequence Tests), and receptive vocabulary (The Picture Vocabulary Test). PA (duration and intensity) and SB will be assessed over 1-week by accelerometry. Changes between groups in outcomes will be examined by analysis of covariance.

Anticipated results and Impact on Child Health: Although a pilot, this study will be the first RCT to provide data on the feasibility and efficacy of a teacher-led intervention aimed at increasing PA and reducing SB to enhance neurocognitive development in early childhood. If efficacious, the pilot data will inform a larger, clustered RCT designed to assess whether promoting PA is critical for establishing a trajectory for optimal cognitive health and academic achievement. Such a trial would carry important public health implications for informing Kindergarten curricula during this critical period of brain development.

Principal Investigators: **Dr. Pat Longmuir** & Ms. Jennifer Graham (Canadian Congenital Heart Association)

Co-Investigator: Dr. Lillian Lai

Funding Source: Ontario Sport and Recreation Communities Fund

"Fearless Physical Activity" are fun, physical literacy events where people with congenital heart disease (CHD) and sport/recreation leaders can do community-based sport/recreation opportunities "without fear" (i.e., appropriate for their health). Ontarians with CHD are a large and rapidly growing population; 1% of children are born with CHD, adding 1,440 new children/year to the 113,900 Ontarians of all ages who are living with CHD. 'Fearless' will target CHD children, youth or adults, while encouraging family-based participation. During each season, we will offer a one-day event for each age group (children, youth, adults) in each region of Ontario (4 seasons x 3 age groups x 4 regions = 48 events). Event activities will be sustainable beyond this project because they will be hosted by community partners: MLSE Launch Pad (Toronto), YMCA/YWCA of the National Capital Region (Ottawa), YMCA/YWCA of Sudbury, YMCA/YWCA of London, Canada Games Complex (Thunder Bay). Activities are chosen based on opportunities available in local communities at little to no cost (e.g., use of local trails and parks). We know that people with CHD lead mostly sedentary lives. They are much less active than their friends and colleagues, even when their heart disease is mild, and that can contribute to a higher risk for heart attacks, stroke, obesity, and depression. Uncertainty about physical activity, even though it is recommended (American Heart Association, May 2013), is an important barrier to the physical and mental health benefits of physical activity. "How much is too much?" and "Will it be too much for my heart?" are top-of-mind. "Fearless Physical Activity" is designed to provide children, youth and adults living with CHD with new physical activity experiences and opportunities to enhance their physical literacy so they are better able to be "active for life".



The planning and partnership phase of 'Fearless' (April to December 2016) laid the groundwork for the delivery of the "Fearless Physical Activity" events. The Project Coordinator worked collaboratively with the leadership of the Canadian Congenital Heart Alliance (CCHA) and existing CCHA chapters in London and Eastern Ontario to develop the educational content and desired physical activity opportunities that will be delivered through the 'Fearless' events. We have previously held a one-day 'Fearless' event to evaluate the feasibility of our concept and the interest among families of those with CHD. Our one-day event combined education sessions about physical activity goal setting, identifying personal activity interests, and finding community physical activity opportunities with opportunities to participate in a wide variety of physical activities (e.g., geocaching, Frisbee golf, croquet, beachball volleyball). Feedback from

participating families rated all aspects of the 'Fearless' event as excellent or outstanding. However, this one event was held for children with CHD and their families during the summer, therefore the project coordinator and partners needed to develop additional content and activity plans to ensure that we can provide events for three age groups (children, youth, adults) and in all four seasons of the year. Providing events in all four seasons is important because people with CHD are highly susceptible to temperature extremes (cold, hot) and humidity; leading many people with CHD to believe that physical activity is not a feasible option at many times of the year. During the planning phase, the project coordinator also strengthened existing partnerships and networks within the CCHA and the sport and recreation sector, as well as developed the new partnerships (recreation/sport partners in western and northern Ontario) and expanded networks (northern Ontario) needed to ensure that people with CHD know about the Fearless events, which will be offered in all regions of Ontario.

Web Statistics

The current size of the HALO website (www.haloresearch.ca) is 1,265 web pages (17% above 2015). The statistics presented below are based on web activity across these web pages in the last year.

Overall Statistics

In 2016, there were approximately 2,200 unique visitors to www.haloresearch.ca every month (note: a different method was used to calculate unique visitors in 2016 and is not comparable to previous years). These visitors viewed HALO web pages 194,000 times per month (18% above 2015). 337,600 items were sent from www.haloresearch.ca to web users (93% above 2015). Figure 3 shows overall statistics from 2011 to 2016.

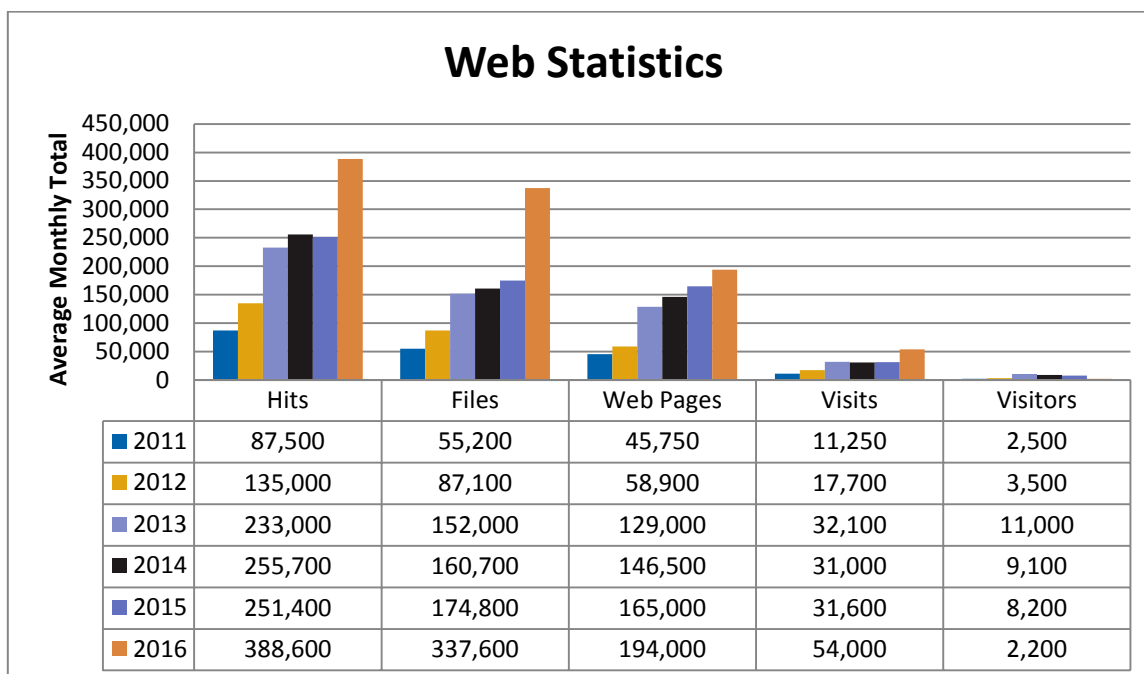


Figure 3: Average Monthly Totals for Select Web Statistics for www.haloresearch.ca, 2011-16. Note: the visitor statistic in 2016 is not comparable to previous years.

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 addresses that makes requests to www.haloresearch.ca.

Most Popular Web Pages

In 2016, the most popular web pages as measured by 2016 webpage views were:

1. [The Development of the Canadian 24 Hour Movement Behaviour Guidelines for Children and Youth](#) (6,594 views)
2. [HALO Researchers Part of New Bariatric Team Grant](#) (715 views)
3. [Position Statement on Active Outdoor Play](#) (667 views)
4. [HALOize Your Workday](#) (416 views)
5. [Director's Message](#) (361 views)
6. [HALO's History](#) (305 views)
7. [Jennifer Ham Gets UROP Award to Work at HALO](#) (203 views)
8. [CSEP Special Supplement – Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep](#) (193 views)
9. [Strategic Partnerships](#) (189 views)
10. [Walking Meeting Rooms](#) (187 views)

SEDENTARY BEHAVIOUR RESEARCH NETWORK (SBRN)



The Sedentary Behaviour Research Network (SBRN) is the only organization for researchers and health professionals which focuses specifically on the health impact of sedentary behaviour. SBRN's mission is to connect sedentary behaviour researchers and health professionals working in all fields of study, and to disseminate this research to the academic community and to the public at large.

The Network has grown to include over 1,250 members (~20% above 2015), 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.

The Healthy Active Living and Obesity Research Group created SBRN and launched the SBRN website in 2011 and actively maintains the website, its content, a rapidly expanding list-serve for sedentary behaviour researchers, and the world's largest online database of sedentary behaviour research. Approximately 11,250 unique visitors reach the SBRN website every month.



In 2015, HALO launched the Active Healthy Kids Global Alliance (AHKGA) website, which is available at www.activehealthykids.org. AHKGA is a network of researchers, health professionals and stakeholders who are working together to advance physical activity in children and youth from around the world. AHKGA was established in 2014, following the success of the world's first Global Summit on the Physical Activity of Children in Toronto.

On November 16, 2016, the AHKGA website was re-launched with the release of the Global Matrix 2.0 in Bangkok, Thailand and includes an interactive world map of physical activity grades (www.activehealthykids.org/the-global-matrix-2-0-on-physical-activity-for-children-and-youth) as well as a comprehensive archive of all physical activity report cards released around the world (www.activehealthykids.org/report-card-archive).



STAFF AWARDS

| NAME | ORGANIZATION/AGENCY | GRANT/AWARD |
|----------------------|--|---|
| Stacey Alpous | The Canadian Obesity Network | New Professional Poster Presentation Award |
| Jean-Philippe Chaput | Canadian Society for Exercise Physiology | Young Investigator Award |
| Jean-Philippe Chaput | Governments of Ontario and China | Ontario-China Young Scientist Exchange Program Award |
| Jean-Philippe Chaput | Queensland University of Technology | Institute of Health and Biomedical Innovation Visiting Researcher Award |
| Jean-Philippe Chaput | Canadian Obesity Network | Faculty Supervisor Award |
| Jean-Philippe Chaput | Canadian Institutes of Health Research | Travel Award |
| Mark Tremblay | The Lawson Foundation | 60 th Anniversary Award |
| Mark Tremblay | CHEO Research Institute | Outstanding Investigator Award |
| Mark Tremblay | Canadian Society for Exercise Physiology | Honour Award |
| Mark Tremblay | Pittu Laungani Award | Best Paper in the International Journal of Health Promotion and Education |

STUDENT FUNDING, SCHOLARSHIPS AND AWARDS

| STUDENT NAME | ORGANIZATION/AGENCY | GRANT/AWARD |
|--------------------|---|--|
| Angelica Blais | Mitacs | Accelerate Internship |
| Angelica Blais | Government of Canada | Canada Summer Jobs Studentship |
| Caroline Dutil | University of Ottawa | Admission Graduate Scholarship |
| Kaamel Hafizi | University of Ottawa | Admission scholarship |
| Julia Jackson | Government of Canada | Canada Summer Jobs Studentship |
| Justin Lang | CIHR | Travel Award |
| Justin Lang | University of Ottawa | FGPS Travel Award |
| Justin Lang | Government of Ontario | Queen Elizabeth II-GSST |
| Justin Lang | University of Ottawa | Excellence Scholarship |
| Taru Manyanga | Government of Ontario | Ontario Graduate Scholarship |
| Taru Manyanga | University of Ottawa | Excellence Scholarship |
| Kevin Moncion | CHEO Research Institute | CHEO Research Institute Summer Studentship |
| Kevin Moncion | University of Ottawa | Admission Graduate Scholarship |
| Marissa Murray | Government of Ontario | Ontario Graduate Scholarship |
| Marissa Murray | University of Ottawa | Excellence Scholarship |
| Men Yang Sunny Xia | University of Ottawa | Undergraduate Research Opportunity Program |
| Darcie Valois | Social Sciences and Humanities Research Council | Canada Graduate Scholarship - Masters |
| Jamie-lee Yabsley | University of Ottawa | Admission Graduate Scholarship |



The HALO Spirit Award is given to a HALO staff or student who best exemplifies our vision, mission, and lines of business. This person embodies HALO's core values and is essential to the success and spirit of HALO. In 2016 we presented 3 recipients with this award:

- 2013-2014 Charles Boyer
- 2014-2015 Allana LeBlanc
- 2015-2016 Joel Barnes

SUMMARY OF RESEARCH FUNDING AND GRANTS

This table represents the grants for which HALO Investigators are assigned Principal Investigators or directly receive funding. This does not include all other projects that our investigators are involved with in the capacity of Co-Principal Investigators or Co-Investigators or participants.

| NAME OF THE PI(S) | ORGANIZATION/AGENCY | TITLE OF PROJECT | AMOUNT (YEAR) |
|--------------------------|---|--|--------------------------|
| Chaput/Katz | CIHR | <i>Mobilizing the healthcare community towards an integrated approach to improving outcomes of patients with sleep disorders – Canadian Sleep and Circadian Network (CSCN)</i> | \$200,000 (2015-2020) |
| Chaput | CHEO Research Institute (Research Growth Award) | <i>Effects of increasing sleep duration on insulin sensitivity in adolescents having risk factors for type 2 diabetes</i> | \$30,000 (2016-2017) |
| Chaput | Ministry of Research and Innovation (Early Researcher Awards program) | <i>A good night's sleep to prevent type 2 diabetes in adolescents</i> | \$150,000 (2016-2021) |
| Chaput | Canadian Obesity Network (CON Local Chapter Grant) | <i>Treating severe obesity in children with dignity</i> | \$1,500 (2016-2017) |
| 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 Research Growth Award | <i>Ramping up Neurocognition (RUN): Effects of physical activity on cognitive development in Kindergarten children</i> | \$30,000 (2016-2017) |
| Goldfield | CHEO Research Institute and University of Ottawa | <i>Effects of Methylphenidate on Weight Loss and Energy Balance in Obese Youth</i> | \$15,000 (2016-2018) |
| Longmuir | Canadian Institutes for Health Research | <i>New Investigator Salary Award</i> | \$300,000 (2016-2021) |
| Longmuir | Heart and Stroke Foundation of Canada | <i>LIFE and Health for Young Children with Congenital Heart Defects</i> | \$254,244 (2013-2016) |
| Longmuir/Graham | Ontario Sport and Recreation Communities Fund | <i>Fearless Physical Activity: Building Physical Literacy among Ontarians with Congenital Heart Disease</i> | \$186,934 (2016-2018) |
| Longmuir | Canadian Society for Exercise Physiology | <i>Research Evaluation of the Get Active Questionnaire for Children (3 to 15 years of age)</i> | \$9,440 (2016-2017) |
| Longmuir/Pohl | CHEO Research Institute | <i>Enhancing Physical Activity in Children with Epilepsy: Impact on Sleep and Fatigue</i> | \$30,000 (2014-2016) |
| Longmuir/Tremblay | Ontario Sport and Recreation Communities Fund | <i>Putting physical literacy within REACH</i> | \$129,000 (2013-2016) |

| NAME OF THE PI(S) | ORGANIZATION/AGENCY | TITLE OF PROJECT | AMOUNT (YEAR) |
|-------------------|---|--|---------------------------------------|
| 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 (2013-2017) |
| Tremblay | Public Health Agency of Canada (Healthy Living Fund) | <i>Development of the Canadian 24-hour movement guidelines for the early years</i> | \$293,996 (2016-2017) |
| Tremblay | Public Health Agency of Canada (Healthy Living Fund) | <i>Canadian 24-Hour Movement Guidelines for Children and Youth: Phase2 – integration and activation</i> | \$1,165,000 (2016-2019) |
| Tremblay | Faculty of Medicine, University of Ottawa, Medical Student Summer Studentship grant | <i>Smartphone accelerometer validation study</i> | \$5,000 (2016) |
| Tremblay | Organix Foundation CHEO Foundation | <i>Physical activity and healthy brain development white paper</i> | \$5,000 \$5,000 (2016) |
| Tremblay/Carson | CIHR Knowledge Synthesis Grant | <i>Update of the Canadian Sedentary Behaviour Guidelines for the Early Years</i> | \$100,000 (2016-2017) |
| Tremblay/Carson | CIHR Knowledge Synthesis Grant | <i>Update of the Canadian Physical Activity Guidelines for the Early Years</i> | \$100,000 (2016-2017) |
| Tremblay | Employment and Social Development Canada | <i>Summer student grant</i> | \$13,560 (2016) |
| Tremblay | CSEP Conference Board of Canada HALO PHAC University of Alberta | <i>Canadian Integrated Movement Behaviour Guidelines</i> | \$813,375 (2014-2016) |
| Tremblay | The Lawson Foundation The CHEO Foundation (matching) | <i>HALO Junior Research Chair Program</i> | \$508,250 \$508,250 (2010-2017) |
| Tremblay | ParticipACTION/PHAC | <i>Learn to Play CAPL Monitoring</i> | \$300,000 (2014-2017) |
| Tremblay | Mitacs-Accelerate | <i>Canadian Assessment of Physical Literacy – Graduate Research Program</i> | \$466,667 (2014-2017) |
| Tremblay | ParticipACTION/RBC | <i>Learn to Play CAPL Monitoring</i> | \$300,000 (2014-2017) |
| Tremblay/Larouche | Heart and Stroke Foundation of Canada | <i>Active transportation, independent mobility, and physical activity among school children: a multi-site study</i> | \$216,692 (2015-2018) |

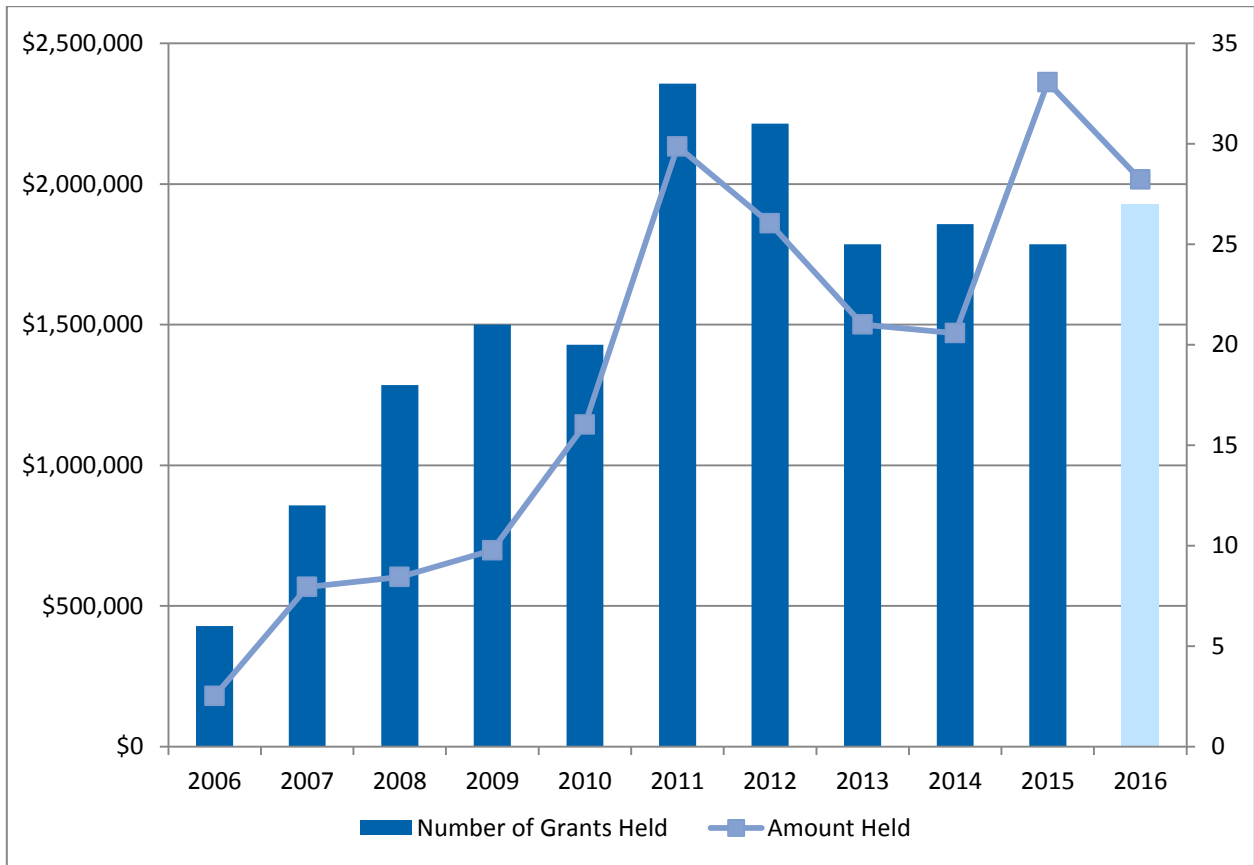


Figure 4: Number of grants held and amount of funds held as principal or co-principal investigator (attributed to 2016) by HALO Research Group from 2006 to 2016. Between 2006 and 2016, there was a 250% increase in the number of grants held and a 1023% increase in the amount held. Between 2015 and 2016, there was a 8% increase in the number of grants held and a 15% decrease in the amount held.



In recognition of all the great work done by all HALO staff and students (some of which may have occurred outside of HALO) this report includes all publications from 2016. HALO staff and students are indicated in bold.

1. **Adamo KB**, Wilson S, Harvey AL, Grattan KP, Naylor PJ, Temple VA, **Goldfield GS**. Does intervening in childcare settings impact fundamental movement skill development. *Medicine and Science in Sports and Exercise* 48(5):926-32, 2016.
2. Alberga AS, Prud'homme D, Sigal RJ, **Goldfield GS**, **Hadjiyannakis S**, Phillips P, Malcolm J, Ma J, Doucette S, Gougeon R, Wells GA, Kenny GP. Effects of aerobic training, resistance training, or both on cardiorespiratory and musculoskeletal fitness in adolescents with obesity: the HEARTY trial. *Applied Physiology, Nutrition, and Metabolism* 41: 255–265, 2016.
3. Alberga AS, Sigal RJ, Kenny GP, Prud'homme D, **Goldfield GS**. Promoting exercise for kids and teens: Let's NOT talk about weight. *Medicine and Science in Sports and Exercise* 48 (5 supplement 1):153, 2016.
4. **Barnes JD**, Cameron C, **Carson V**, **Chaput JP**, Faulkner GE, Janson K, Janssen I, Kramers R, **LeBlanc AG**, Spence JC, **Tremblay MS**. Results from Canada's 2016 ParticipACTION Report Card on Physical Activity for Children and Youth. *Journal of Physical Activity and Health* 13(Suppl. 2):S110-116, 2016.
5. **Barnes JD**, **Tremblay MS**. Changes in indicators of child and youth physical activity in Canada, 2005-2016. *Canadian Journal of Public Health* 107(6):e586-e589, 2016.
6. Brunet J, **Gunnell KE**, Teixeira P, Sabiston CM, Bélanger M. Should we be looking at the forest or the trees? Overall psychological needs satisfaction and individual needs as predictors of physical activity. *Journal of Sport & Exercise Psychology* 38:317-330, 2016.
7. Burghard M, Knitel K, van Oost I, **Tremblay MS**, Takken T, and the Dutch Physical Activity Report Card Study Group. Is our youth cycling to health? Results from the Netherlands' 2016 Report Card on Physical Activity for Children and Youth. *Journal of Physical Activity and Health* 13(Suppl 2):S218-S224, 2016.
8. **Cameron JD**, **Maras D**, Sigal RJ, Kenny GP, **Borghese MM**, **Chaput JP**, Alberga AS, **Goldfield GS**. The mediating role of energy intake on the relationship between screen time behaviour and body mass index in adolescents with obesity: the HEARTY study. *Appetite* 107:437-444, 2016.
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10. **Cameron JD**, **Goldfield GS**, Riou MÈ, Finlayson GS, Blundell JE, Doucet É. Energy depletion by diet or aerobic exercise alone: impact of energy deficit modality on appetite parameters. *American Journal of Clinical Nutrition* 103(4):1008-16, 2016.
11. Campbell N, **Gray C**, Foley L, Maddison R, Prapavessis H. A domain specific approach for assessing physical activity efficacy in adolescents: from scale conception to predictive validity. *Psychology of Sport and Exercise* 22:20-26, 2016.
12. Campbell N, Gaston A, **Gray C**, Rush E, Maddison R, Prapavessis P. The short questionnaire to assess health-enhancing (SQUASH) physical activity in adolescents: A validation using doubly labelled water. *Journal of Physical Activity and Health* 13(2):154-158, 2016.
13. **Carson V**, Hunter S, Kuzik N, **Gray CE**, **Poitras VJ**, **Chaput JP**, **Saunders TJ**, Katzmarzyk PT, Okely AD, Connor Gorber S, Kho ME, **Sampson M**, Lee H, **Tremblay MS**. Systematic review of sedentary behaviour and health indicators in school-aged children and youth: an update. *Applied Physiology, Nutrition, and Metabolism* 41(Suppl. 3):S240-S265, 2016.
14. **Carson V**, **Tremblay MS**, **Chaput JP**, Chastin SFM. Associations between sleep duration, sedentary time, physical activity and health indicators among Canadian children and youth using compositional analyses. *Applied Physiology, Nutrition, and Metabolism* 41(Suppl. 3):S294-S302, 2016.

15. **Carson V**, Hunter S, Kuzik N, Wiebe SA, Spence JC, Friedman A, **Tremblay MS**, Slater L, Hinkley T. Systematic review of physical activity and cognitive development in early childhood. *Journal of Science and Medicine in Sport* 19:573-578, 2016.
16. **Chaput JP**, Janssen I. Sleep duration estimates of Canadian children and adolescents. *Journal of Sleep Research* 25:541-548, 2016.
17. **Chaput JP**. Les enfants sont-ils trop fatigués pour bouger? *Journal Propulsion* 29:19-22, 2016.
18. **Chaput JP, Dutil C**. Lack of sleep as a contributor to obesity in adolescents: impacts on eating and activity behaviors. *International Journal of Behavioral Nutrition and Physical Activity* 13:103, 2016.
19. **Chaput JP, Gray CE, Poitras VJ, Carson V**, Gruber R, Olds T, Weiss S, Connor Gorber S, Kho ME, **Sampson M, Belanger K, Eryuzlu S, Callender L, Tremblay MS**. Systematic review of the relationships between sleep duration and health indicators in school-aged children and youth. *Applied Physiology, Nutrition, and Metabolism* 41(Suppl. 3):S266-S282, 2016.
20. **Chaput JP, Weippert M, LeBlanc AG**, Hjorth MF, Michaelsen KF, Katzmarzyk PT, **Tremblay MS**, Barreira TV, Broyles ST, Fogelholm M, Hu G, Kuriyan R, Kurpad A, Lambert EV, Maher C, Maia J, Matsudo V, Olds T, **Onywera V**, Sarmiento OL, Standage M, Tudor-Locke C, Zhao P, Sjödin AM; for the ISCOLE Research Group. Are children like werewolves? Full moon and its association with sleep and activity behaviors in an international sample of children. *Frontiers in Pediatrics* 4:24, 2016.
21. **Chaput JP**, Genin PM, Le Moel B, Pereira B, Boirie Y, Duclos M, **Thivel D**. Lean adolescents achieve higher intensities but not higher energy expenditure while playing active video games compared with obese ones. *Pediatric Obesity* 11:102-106, 2016.
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23. **Chaput JP, LeBlanc AG**. More on current status and needed research in G4H for children – The challenge. *Games for Health Journal* 5:13-14, 2016.
24. **Chaput JP**, Tremblay A, Pereira B, Boirie Y, Duclos M, **Thivel D**. Food intake response to exercise and active video gaming in adolescents: effect of weight status. *British Journal of Nutrition* 115:547-553, 2016.
25. **Chaput JP**, Jomphe-Tremblay S, Lafrenière J, **Patterson S, McNeil J, Ferraro ZM**. Reliability of a food menu to measure energy and macronutrient intake in adolescents. *European Journal of Clinical Nutrition* 70:104-108, 2016.
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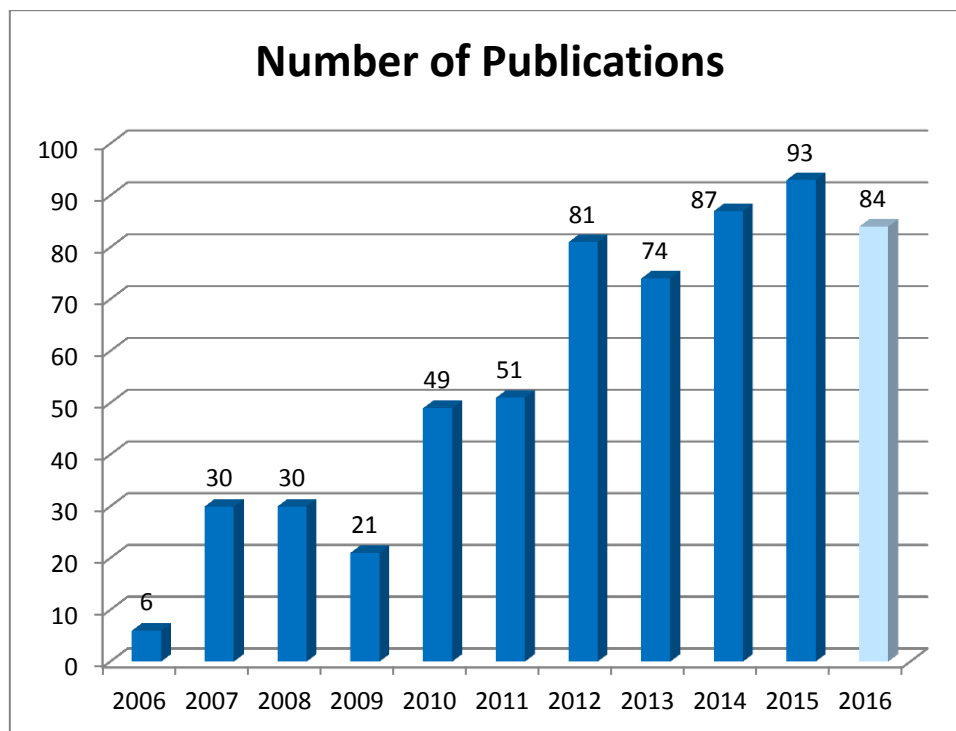


Figure 5: Number of peer-reviewed, refereed publications by HALO Research Group from 2006 to 2016 there was a 1300% increase in the number of publications. Between 2015 and 2016, there was a 10% decrease.

NON-PEER REVIEWED PUBLICATIONS

1. Alberga AS, Prud'homme D, Sigal RJ, **Goldfield GS**, Hadjiyannakis S, Gougeon R, Phillips P, Malcolm J, Wells G, Doucette S, Ma J, and Kenny GP. Effects of aerobic training, resistance training or both on fitness in adolescents with obesity: the HEARTY trial. *Communiqué*, December 2016.
2. **Gunnell KE**, Flament MF, **Buchholz A**, Henderson K, Obeid N, Schubert N, **Goldfield GS**. Are there reciprocal relationships between physical activity and screen time and symptoms of depression and anxiety in adolescents? Research Spot light in *Perseverance: Newsletter of the Canadian Psychological Association's Sport and Exercise Psychology Section*, 1, May 2016 <http://www.cpa.ca/aboutcpa/cpasections/sportandexercise/>
3. **Gunnell KE**, Flament MF, **Buchholz A**, Henderson K, Obeid N, Schubert N, **Goldfield GS**. Screen time, Mental Health, & Activity in Youth. Guest blog written for *the Team to Address Bariatric Care in Canadian Children (Team ABC3)*, 2016 Retrieved <https://teamabc3.com/2016/05/04/screen-time-mental-health-activity-in-youth/>
4. **Poitras VJ**. Guest Blog Post on Obesity Panacea, titled "Physical activity in children and youth: something is better than nothing, and more is better!" Available at: <http://blogs.plos.org/obesitypanacea>, 2016.
5. **Tremblay MS**, **Poitras VJ**. Integrating physical activity, sleep and sedentary behaviour - a world first! *WellSpring* 27(9):1-4, 2016. (Alberta Centre for Active Living)
6. **Tremblay MS**, **Barnes J**, **LeBlanc A**, Janson K. Are Canadian kids too tired to move? 2016 ParticipACTION Report Card on Physical Activity for Children and Youth. *WellSpring* 27(7):1-4, 2016. (Alberta Centre for Active Living)
7. **Tremblay MS**, Prince SA, Ham, J, **Barnes J**. Major Initiatives Related to Childhood Obesity and Physical Inactivity in Canada: 2014 Year in Review, 2016. *Healthy Active Living and Obesity Research Group, Ottawa, Ontario, Canada*.

PUBLISHED ABSTRACTS

In recognition of all the great work done by all HALO staff and students (some of which may have occurred outside of HALO) this report includes all abstracts from 2016. HALO staff and students are indicated in bold.

1. **Alpous A, Longmuir PE.** Canadian Physical Literacy Screen: Simple, quick, and accurate identification of children with important physical literacy deficits. *Pediatric Exercise Science* 28 (Suppl):16, 2016.
2. **Barnes JD, Tremblay MS.** Assessing change in indicators of child and youth physical activity in Canada, 2005-2016. *Applied Physiology, Nutrition, and Metabolism* 41(9(Suppl. 4)):S339, 2016.
3. **Barnes JD, Tremblay MS.** Assessing change in indicators of child and youth physical activity in Canada, 2005-2015. *Medicine and Science in Sports and Exercise* 48(5 suppl):822, 2016.
4. **Belanger K, Tremblay MS, Longmuir PE, Barnes J,** Sheehan D, Copeland JL, Woodruff SJ, Bruner B, Law B, Martin LJ, Kolen AM, Stone M, Huybers Withers S, Anderson K, Lane KN, Hall N, Gregg M, Saunders TJ, MacDonald D. Physical literacy domain scores in Canadian children meeting and not meeting Canada's physical activity guidelines. *Medicine and Science in Sports and Exercise* 48(5 suppl):267, 2016.
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6. **Blais A, Longmuir PE.** An interactive gym game to assess physical activity adequacy and predilection: The CSAPPA Questionnaire for children unable to read and write. *Pediatric Exercise Science* 28 (Suppl):48, 2016.
7. **Carson V, Tremblay MS, Chaput JP,** Chastin S. Associations between physical activity, sedentary time, sleep, and adiposity indicators of Canadian children and youth using compositional analyses. *Obesity Reviews* 17(Suppl. 2):86, 2016.
8. **Chaput JP, Gray CE, Poitras VJ, Carson V,** Gruber R, Olds T, Weiss S, Connor Gorber S, Kho ME, **Sampson M, Belanger K, Eryuzlu S, Callender L, Tremblay MS.** Sleep duration and health indicators in children and adolescents: a systematic review. *Sleep* 39:A337, 2016.
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11. Donahoe K, MacDonald DJ, **Tremblay MS,** Saunders T. Validation of PiezoRx-determined sedentary time. *Applied Physiology, Nutrition, and Metabolism* 41(9(Suppl. 4)):S354, 2016.
12. **Dutil C,** Anderson KD, Bruner B, Copeland JL, Gregg MJ, Hall N, Kolen AM, Lane KN, Law B, MacDonald DJ, Martin LJ, **Saunders TJ,** Sheehan D, Stone M, Woodruff SJ, **Barnes JD, Longmuir PE, Tremblay MS, Chaput JP.** Canadian Assessment of Physical Literacy domain scores are more susceptible to the relative age effect in girls than boys. *Applied Physiology, Nutrition, and Metabolism* 41(Suppl. 4):S355, 2016.
13. **Gunnell KE,** Brunet J, Sabiston CM, Bélanger M. Direct, indirect and reciprocal relationships between psychological need satisfaction and physical activity in adolescents: Their effect on health-related quality of life. *Journal of Sport & Exercise Psychology*, issue number pending. *Journal of Sport and Exercise Psychology* 37(Suppl):S195, 2016.
14. **Lang JJ,** Dale M, **LeBlanc AG, Belanger K,** Ortega FB, Léger L, **Tremblay MS,** Tomkinson GR. Systematic review and analysis of 20 m shuttle run results in children and youth. *Medicine and Science in Sports and Exercise* 48(5 suppl):823, 2016.

15. **Larouche R**, He JX, Calderwood K, **Chaput JP**, **Leduc G**, **Boyer C**, **LeBlanc AG**, **Borghese MM**, **Tremblay MS**. Relationships between objective measures of the built environment and children's active transportation and physical activity. *Medicine and Science in Sports and Exercise* 48(5):S827, 2016.
16. **LeBlanc AG**, **Barnes JD**, **Tremblay MS**, on behalf of the Report Card Research Committee. Results from the 2016 ParticipACTION Report Card on Physical Activity for Children and Youth: Are Canadian kids too tired move? *Applied Physiology, Nutrition, and Metabolism* 41(9(Suppl. 4)):S368, 2016.
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19. **Moncion K**, Gow RM, **Longmuir PE**. Conveying physical activity recommendations to youth with inherited arrhythmia syndromes: Development of a knowledge translation tool. *Pediatric Exercise Science* 28 (Suppl):38, 2016.
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24. **Xia M-W**, Doja A, Duffy CM, Gardin L, Gow RM, Jurencak R, Katz SL, Lai LSW, Lamontagne C, Lee S, Loughheed J, McCormick A, McMillan HJ, Pohl D, Roth J, Theoret-Douglas C, Watanabe Duffy K, Wong D, Zemek R, **Longmuir PE**. Identifying children with medically necessary physical activity restrictions: Optimizing their safe and successful participation with peers and in community. *Pediatric Exercise Science* 28 (Suppl):35, 2016.
25. **Yusuf W**, Cardarelli S, **Alpous A**, Shaw K, Rhodenizer T, Adams R, **Longmuir PE**. Enhancing physical activity knowledge of grade 6 students: The Y Kids Academy. *Pediatric Exercise Science* 28 (Suppl):35, 2016.

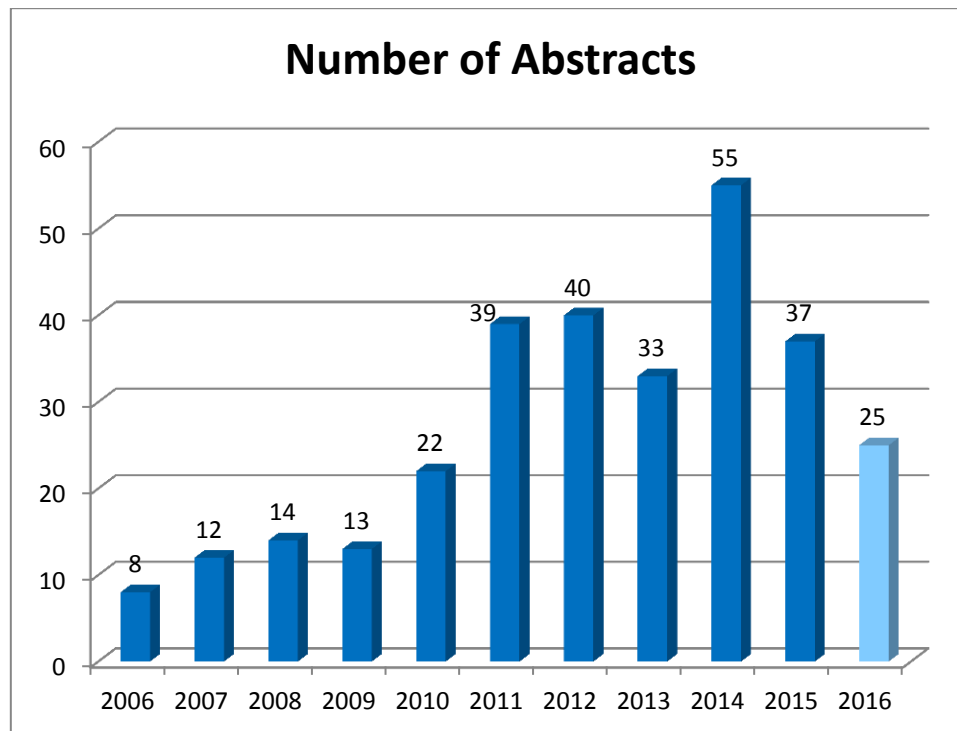


Figure 6: Number of published abstracts by HALO Research Group from 2006 to 2016. Between 2006 and 2016 there was a 213% increase in the number of published abstracts; between 2015 and 2016, there was a 32% decrease.

BOOK CHAPTERS

1. **Carson V**, Saunders T, **Tremblay MS**. Can the epidemiologist learn more from sedentary behaviour than from the measurement of physical activity? In R.J. Shephard and C. Tudor-Locke (Eds.), *The Objective Monitoring of Physical Activity: Contributions of Accelerometry to Epidemiology, Exercise Science and Rehabilitation*. Springer Series on Epidemiology and Public Health, Springer International Publishing, Switzerland, p. 181-196, 2016.
2. Connor Gorber S, **Tremblay MS**. Self-report and direct measures of health: bias and implications. In R.J. Shephard and C. Tudor-Locke (Eds.), *The Objective Monitoring of Physical Activity: Contributions of Accelerometry to Epidemiology, Exercise Science and Rehabilitation*. Springer Series on Epidemiology and Public Health, Springer International Publishing, Switzerland, p. 369-376, 2016.
3. Ferguson LJ, **Gunnell KE**. Eudaimonic wellbeing: A gendered perspective. In J. Vittersø (Ed). *Handbook of Eudaimonic Wellbeing*. Springer International Publishing, Switzerland. p. 427-436, 2016.
4. **Gunnell, KE**, Gareau A, Gaudreau P. Introduction to factor analysis and structural equation modelling. In N. Ntoumanis, ND. Myers (Eds.) *An Introduction to Intermediate and Advanced Statistical Analyses for Sport and Exercise Scientists*. Wiley, Chichester, United Kingdom. p. 79-99, 2016.
5. **Larouche R**, **Chaput J-P**, **Tremblay MS**. New information on population activity patterns revealed by objective monitoring. In R.J. Shephard and C. Tudor-Locke (Eds.), *The Objective Monitoring of Physical Activity: Contributions of Accelerometry to Epidemiology, Exercise Science and Rehabilitation*. Springer Series on Epidemiology and Public Health, Springer International Publishing, Switzerland, p. 159-179, 2016.

CONFERENCES AND INVITED PRESENTATIONS

1. Alberga AS, Sigal RJ, Kenny GP, Prud'homme D, **Goldfield GS**. Promoting Exercise for Kids and Teens: Let's NOT Talk About Weight. *American Congress of Sports Medicine's Annual Meeting, World Congress on Exercise is Medicine® and World Congress on the Basic Science of Energy Balance* (Boston, USA), 2016.
2. **Alpous A, Longmuir PE**. Canadian Physical Literacy Screen: Simple, quick, and accurate identification of children with important physical literacy deficits. *North American Society for Pediatric Exercise Medicine* (Knoxville, USA), 2016.
3. **Barnes JD, Tremblay MS**. Assessing change in indicators of child and youth physical activity in Canada, 2005-2016. *Canadian Society for Exercise Physiology Annual Scientific Conference* (Victoria, Canada), 2016.
4. **Barnes JD, Tremblay MS**. Assessing change in indicators of child and youth physical activity in Canada, 2005-2015. *American College of Sports Medicine Annual Conference* (Boston, USA), 2016.
5. Bassett-Gunter RL, Faulkner G, **Tremblay M**, Berry T, Nair P, Kamarhie A. Can the Moblees Move Canadian Kids? *North American Society for the Psychology of Sport and Physical Activity* (Montreal, Canada), 2016.
6. **Belanger K, Tremblay MS, Longmuir PE, Barnes J**, Sheehan D, Copeland JL, Woodruff SJ, Bruner B, Law B, Martin LJ, Kolen AM, Stone M, Huybers Withers S, Anderson K, Lane KN, Hall N, Gregg M, Saunders TJ, MacDonald D. Physical literacy domain scores in Canadian children meeting and not meeting Canada's physical activity guidelines. *American College of Sports Medicine Annual Conference* (Boston, USA), 2016.
7. **Blais A, Longmuir PE**. An interactive gym game to assess physical activity adequacy and predilection: The CSAPPA Questionnaire for children unable to read and write. *North American Society for Pediatric Exercise Medicine* (Knoxville, USA), 2016.
8. **Blais A, Longmuir PE**. Vague in, vague out: How published guidelines may make it difficult for cardiologists to provide specific activity recommendations. *North American Society for Pediatric Exercise Medicine* (Knoxville, USA), 2016.
9. **Blais A**. Master's thesis proposal: Looking at the physical and psychosocial outcomes of an after-school physical activity program among children with congenital heart disease. *Exercise is Medicine Student Conference* (London, Canada), 2016.
10. **Cameron JD**. Running on Empty: Modality of energy deprivation differently heightens food reward and smell performance. Invited keynote speaker at the *International Congress on the Treatment of Obesity and Non-Communicable Chronic Diseases* (Maringa, Brazil), October 26-28th, 2016.
11. **Carson V**, Hunter S, Kuzik N, **Gray CE, Poitras VJ, Chaput J-P**, Saunders TJ, Katzmarzyk PT, Okely AD, Connor Gorber S, Kho ME, **Sampson M**, Lee H, **Tremblay MS**. Systematic review of sedentary behaviour and health indicators in school-aged children and youth: an update. *International Conference on Behavioral Nutrition and Physical Activity* (Cape Town, South Africa), 2016.
12. **Carson V, Tremblay MS, Chaput J-P**, Chastin S. Associations between physical activity, sedentary time, sleep, and adiposity indicators of Canadian children and youth using compositional analyses. *International Congress on Obesity* (Vancouver, Canada), 2016.
13. **Chaput JP**. Sleep duration and health indicators in children and adolescents: a systematic review. *SLEEP Meeting* (Denver, USA), 2016.
14. **Chaput JP**. Importance of a good night's sleep for overall health in children and youth. *Ottawa-Carleton District School Board, Longfields-Davidson Heights Secondary School* (Ottawa, Canada), 2016.
15. **Chaput JP**. Widespread misconceptions about obesity. *Medical Students Association, University of Ottawa* (Ottawa, Canada), 2016.

16. **Chaput JP.** Use of social networking sites and adherence to physical activity and screen time recommendations in adolescents. *6th International Congress on Physical Activity and Public Health (ISPAH)* (Bangkok, Thailand), 2016.
17. **Chaput JP.** Is sleep deprivation a contributor to obesity and type 2 diabetes in children? *Canadian Diabetes Association/Canadian Society for Endocrinology and Metabolism Professional Conference and Annual Meetings* (Ottawa, Canada), 2016.
18. **Chaput JP.** Importance of sleep for mental and physical health. *6th Conference on Recent Advances in the Prevention & Management of Childhood and Adolescent Obesity* (Ottawa, Canada), 2016.
19. **Chaput JP.** From zzz to intense exercise: my journey as a young scientist. Young Investigator Award Lecture. *Canadian Society for Exercise Physiology Annual General Meeting* (Victoria, Canada), 2016.
20. **Chaput JP.** Systematic review of the relationships between sleep duration and health indicators in school-aged children and youth. *Canadian Society for Exercise Physiology Annual General Meeting* (Victoria, Canada), 2016.
21. **Chaput JP.** Mid-upper arm circumference as an accurate screening tool for identifying obesity in children from around the world. *2nd International Conference on Physical Activity and Sports for Health and Development in Africa (PASHDA)* (Nairobi, Kenya), 2016.
22. **Chaput JP.** Healthy active living and obesity research – A Canadian experience. *Sport Rehabilitation Department, Beijing Sport University* (Beijing, China), 2016.
23. **Chaput JP.** Healthy active living and obesity research – A Canadian experience. *College of Sports Science, Nanjing Normal University* (Nanjing, China), 2016.
24. **Chaput JP.** Healthy active living and obesity research – A Canadian experience. *School of Kinesiology, Shanghai University of Sport* (Shanghai, China), 2016.
25. **Chaput JP.** Healthy active living and obesity research – A Canadian experience. *Institute of Pediatric Translational Medicine, Shanghai Children's Medical Center* (Shanghai, China), 2016.
26. **Chaput JP.** My journey to become a successful scientist at CHEO. *Children's Hospital of Eastern Ontario* (Ottawa, Canada), 2016.
27. **Chaput JP.** You snooze, you lose? A good night's sleep to control body weight. *Canadian Obesity Network public webinar* (Ottawa, Canada), 2016.
28. **Chaput JP.** Results from the 2016 ParticipACTION Report Card on Physical Activity for Children and Youth. *Physical Activity Resource Centre (PARC)* (Ottawa, Canada), 2016.
29. **Chaput JP.** Health implications of insufficient sleep in children and adolescents. *University of Colorado* (Denver, USA), 2016.
30. **Chaput JP.** Too long or too short – what is the right sleep duration for children? *International Congress on Obesity* (Vancouver, Canada), 2016.
31. **Chaput JP.** Interactions between movement, sleep and other non-movement behaviors in the pathogenesis of obesity and overall health. *Exercise is Medicine Canada Event, University of Ottawa* (Ottawa, Canada), 2016.
32. **Chaput JP.** Strategies to successfully build a research program in academia. *Queen's University* (Kingston, Canada), 2016.

33. **Chaput JP.** Issues and misconceptions about sleep. *Queen's University* (Kingston, Canada), 2016.
34. **Chaput JP.** ParticipACTION Report Card: the biggest risk is keeping kids indoors. *Recreation Connections Manitoba Annual Provincial Conference* (Winnipeg, Canada), 2016.
35. **Chaput JP, Gray CE, Poitras VJ, Carson V, Gruber R, Olds T, Weiss S, Connor Gorber S, Kho ME, Sampson M, Belanger K, Eryuzlu S, Callender L, Tremblay MS.** Sleep duration and health indicators in children and adolescents: a systematic review. *SLEEP Meeting* (Denver, USA), 2016.
36. **Cinanni N, D'Alimonte N, Ertel E, Lee S, Shanmugam G, Adamo K, Barrowman N, Tremblay MS, Dillenburg R, Timmons BW, Longmuir PE.** Physical inactivity in very young children with congenital heart defects cannot be explained by motor development, hospitalization or cardiopulmonary bypass exposure. *Canadian Cardiovascular Congress (Montreal, Canada), 2016.*
37. **Cinanni N, D'Alimonte N, Ertel E, Lee S, Shanmugam G, Adamo K, Barrowman N, Tremblay MS, Dillenburg R, Timmons BW, Longmuir PE.** Physical inactivity in very young children with congenital heart defects cannot be explained by motor development, hospitalization or cardiopulmonary bypass exposure. *North American Society for Pediatric Exercise Medicine Biennial Conference* (Knoxville, USA), 2016.
38. **Donahoe K, MacDonald DJ, Tremblay MS, Saunders T.** Validation of PiezoRx-determined sedentary time. *Canadian Society for Exercise Physiology Annual Scientific Conference* (Victoria, Canada), 2016.
39. **Dutil C, Anderson KD, Bruner B, Copeland JL, Gregg MJ, Hall N, Kolen AM, Lane KN, Law B, MacDonald DJ, Martin LJ, Saunders TJ, Sheehan D, Stone M, Woodruff SJ, Barnes JD, Longmuir PE, Tremblay MS, Chaput JP.** Canadian Assessment of Physical Literacy domain scores are more susceptible to the relative age effect in girls than boys. *Canadian Society for Exercise Physiology Annual Scientific Conference* (Victoria, Canada), 2016.
40. **Dutil C.** Master's thesis proposal: Influence of the relative age effect on scores obtained in the Canadian Assessment of Physical Literacy in children. *Exercise is Medicine Student Conference* (London, Canada), 2016.
41. **Dutil C.** Self-determination theory: a practical approach when working with different populations. *Camosun College, Behavioural Fitness Presentations* (British Columbia, Canada), 2016.
42. **Faulkner G, Berry T, Latimer-Cheung A, Rhodes R, Spence JC, Tremblay MS.** Perceptions of organizational capacity to promote physical activity in Canada: Exploring the impact of ParticipACTION five years after relaunch. *International Congress on Physical Activity and Public Health* (Bangkok, Thailand), 2016.
43. **Goldfield GS.** Obesity and Mental Health. Keynote presentation at the 6th *Conference on Recent Advances in the Prevention and Management of Childhood and Adolescent Obesity: Understanding the Interplay between Physical and Mental Health* (Ottawa, Canada), 2016.
44. **Goldfield, GS.** A focus on Mental Health in Youth with Obesity. *Canadian Obesity Network-Student meeting, Children's Hospital of Eastern Ontario* (Ottawa, Canada), 2016.
45. **Gunnell KE, Crocker PRE, Mack DE, Wilson PM.** Examining the factor structure of the Personally Expressive Activities Questionnaire in Physical Activity Contexts. *Canadian Society for Psychomotor Learning and Sport Psychology* (Waterloo, Canada), 2016.
46. **Gunnell KE, Brunet J, Sabiston CM, Bélanger M.** Direct, indirect and reciprocal relationships between psychological need satisfaction and physical activity in adolescents: Their effect on health-related quality of life. *North American Society for Psychology of Sport and Physical Activity* (Montreal, Canada), 2016.
47. **Heenan A, Sweet SN, Goldfield GS, Kenny GP, Sigal RJ, Alberga A, Tulloch H.** Self-efficacy and outcome expectancies predict fitness in obese youth: The HEARTY trial. *1st Annual International Behavioural Trials Network (IBTN) Conference*, (Montreal, Canada), 2016.

48. Heenan A, Sweet SN, **Goldfield GS**, Kenny GP, Sigal RJ, Alberga A, Tulloch H. The HEARTY trial: Autonomy support and self-determined motivation predict fitness in obese youth. *37th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine (SBM)* (Washington DC, USA), 2016.
49. **Lang J, Tremblay MS**, Leger L, Olds T, Tomkinson G. International variability in 20 m shuttle run performance in children and youth: Who are the best from a 50 country comparison? *International Congress on Physical Activity and Public Health* (Bangkok, Thailand), 2016.
50. **Lang J, Tremblay MS**, Leger L, Olds T, Tomkinson G. International variability in 20 m shuttle run performance in children and youth: Who are the best from a 50 country comparison? *International Congress on Physical Activity and Public Health* (Bangkok, Thailand), 2016.
51. **Lang J, Tremblay MS**, Tomkinson G. Comparing cardiorespiratory fitness standards: What proportion of children and youth are healthy? *International Congress on Physical Activity and Public Health* (Bangkok, Thailand), 2016.
52. **Lang JJ**, Dale M, **LeBlanc AG**, **Belanger K**, Ortega FB, Léger L, **Tremblay MS**, Tomkinson GR. Systematic review and analysis of 20 m shuttle run results in children and youth. *American College of Sports Medicine Annual Conference* (Boston, USA), 2016.
53. **Larouche R**, Eryuzlu S, Livock H, **Leduc G**, Faulkner G, Trudeau F, **Tremblay MS**. Test-retest reliability and convergent validity of measures of children's active transportation and independent mobility. *International Congress on Physical Activity and Public Health* (Bangkok, Thailand), 2016.
54. **Larouche R**, Garriguet D, **Tremblay MS**. Outdoor time and physical activity among young children: the 2012-2013 Canadian Health Measures Survey. *International Congress on Physical Activity and Public Health* (Bangkok, Thailand), 2016.
55. **Larouche R**, He JX, Calderwood K, **Chaput J-P**, **Leduc G**, Boyer C, **LeBlanc AG**, Borghese MM, **Tremblay MS**. Relationship between objective measures of the built environment and children's active transportation and physical activity. *American College of Sports Medicine Annual Conference* (Boston, USA), 2016.
56. **Larouche R**, Sarmiento OL, Broyles ST, Denstel KD, Katzmarzyk PT, Church TS, **Chaput J-P**, Fogelholm M, Hu G, Kuriyan R, Kurpad A, Lambert EV, Maher C, Maia J, Matsudo V, Olds T, **Onywera V**, Standage M, Tudor-Locke C, Zhao P, **Tremblay MS**, for the ISCOLE Research Group. Are the correlates of active school transport context-specific?: the International Study of Childhood Obesity, Lifestyle and the Environment. *Active Living Research Conference* (Clearwater Beach, USA), 2016.
57. **Larouche R, Tremblay MS, Gray C**, Babcock S, **Barnes J**, Bradstreet CC, Carr D, Chabot G, Choquette L, Chorney D, Collyer C, Herrington S, Jansen K, Janssen I, LeBlanc C, Pickett W, Power M, Sandseter EBH, Simon B, Brussoni M. The ParticipACTION Position Statement on Active Outdoor Play. *Active Living Research Conference* (Clearwater Beach, USA), 2016.
58. **Larouche R**, Mammen G, Faulkner G, Rowe DA. Effectiveness of active school transport interventions: a review and update. *6th International Conference on Physical Activity and Public Health* (Bangkok, Thailand), 2016.
59. **Larouche R**. Built environment correlates of cycling among school-aged children: a review. *Environment(s) and Health conference* (Ottawa, Canada), 2016.
60. **LeBlanc AG, Barnes JD, Tremblay MS**, on behalf of the Report Card Research Committee. Results from the 2016 ParticipACTION Report Card on Physical Activity for Children and Youth: Are Canadian kids too tired move? *Canadian Society for Exercise Physiology Annual Scientific Conference* (Victoria, Canada), 2016.
61. **LeBlanc AG, Barnes JD, Tremblay MS**. 2015 ParticipACTION Report Card on Physical Activity for Children and Youth. *Ever Active Schools Conference* (Kananaskis, Canada), 2016.

62. **LeBlanc A, Poitras VJ.** Are kids too tired to move? Results from the 2016 ParticipACTION Report Card on Physical Activity for Children and Youth. *Chronic Disease Prevention Alliance of Canada Webinar*, 2016.
63. **Leduc G.** Déclaration de consensus canadien sur le savoir-faire physique. *Canadian Sport for Life National Summit 2016* (Gatineau, Canada), 2016.
64. **Leduc G.** Évaluation canadienne du savoir-faire physique 101 (ÉCSFP) – Citius Vocem. *Canadian Sport for Life National Summit 2016* (Gatineau, Canada), 2016.
65. **Leduc G.** Directives canadiennes en matière de mouvement sur 24 heures pour les enfants et les jeunes: une approche intégrée regroupant l'activité physique, le comportement sédentaire et le sommeil. *Webinaire*, 2016. Available at: www.csep.ca/guidelines.
66. **Leduc G.** Évaluation canadienne du savoir-faire physique (ÉCSFP) ParticipACTION Webinar, 2016.
67. **Leduc G.** Physical Literacy Assessment 101: The Canadian Assessment of Physical Literacy (CAPL) ParticipACTION Webinar, 2016.
68. **Livock H, Larouche R, Tremblay MS.** The relationship between active transportation and children's physical activity level. *Carleton University Student Research Day* (Ottawa, Canada), 2016.
69. **Longmuir PE, Cinanni N, D'Alimonte N, Ertel E, Dillenburg R, Shanmugam G, Adamo K, Barrowman N, Tremblay MS, Timmons BW, Lee S.** Physical inactivity in very young children with congenital heart defects cannot be explained by motor development, hospitalization or cardiopulmonary bypass exposure. *Canadian Cardiovascular Congress* (Montreal, Canada), 2016.
70. **Longmuir PE, Sheehan D, Woodruff S, Copeland JL.** Symposium: Physical literacy: The building blocks for a physically active lifestyle. *Canadian Society for Exercise Physiology* (Victoria, Canada), 2016.
71. **Longmuir PE.** The Canadian Assessment of Physical Literacy. *Canadian Society for Exercise Physiology* (Victoria, Canada), 2016.
72. **Mack DE, Wilson PM, Blais LT, Gunnell KE, Martin B.** Enhancing well-being: Do interpersonal supports and psychological need fulfillment matter? *Canadian Society for Psychomotor Learning and Sport Psychology* (Waterloo, Canada), 2016.
73. **Manyanga T, Makaza D, Tremblay M.** Physical activity among Zimbabwean children and youth: is there a case for advocacy? 2nd *International Conference on Physical Activity and Sports for Health and Development in Africa* (Nairobi, Kenya), 2016.
74. **McVeigh JA, Winkler EAH, Howie EK, Tremblay MS, Smith A, Abbott, RA, Eastwood P, Healy GN, Straker LM.** On which days of the week are young adults most physically active and least sedentary? The Raine Study cohort. *International Conference on Behavioral Nutrition and Physical Activity* (Cape Town, South Africa), June, 2016.
75. **Moncion K, Gow RM, Longmuir PE.** Conveying physical activity recommendations to youth with inherited arrhythmia syndromes: Development of a knowledge translation tool. *North American Society for Pediatric Exercise Medicine* (Knoxville, USA), 2016.
76. **Murray MA, Goldfield GS.** Negative implications of social media use among undergraduate students: Emotional eating as a copy strategy. 13th *Annual International Conference on Obesity* (Vancouver, Canada), 2016.
77. **Okinda FO, Wachira L-J, Muthuri S, Tremblay MS, Onywera V.** Assessment of health related physical fitness of 9-11 year old school children in Nairobi County, Kenya. 2nd *International Conference on Physical Activity and Sports for Health and Development in Africa* (Nairobi, Kenya), 2016.
78. **Onywera V, Larouche R, Oyeyemi AL, Prista A, Akinroye KK, Tremblay MS.** Physical activity and active transport among school children in eastern, western and southern regions of Africa: the case of Kenya, Nigeria, and Mozambique (The

PAAT Study). 2nd *International Conference on Physical Activity and Sports for Health and Development in Africa* (Nairobi, Kenya), 2016.

79. **Onywera V, Tremblay M, Sheel W, Adamo K, Boit M, Waudou J.** Strategic partnership for enhanced research, innovation and uptake in Africa: The KIDSCAN Research Alliance. 2nd *International Conference on Physical Activity and Sports for Health and Development in Africa* (Nairobi, Kenya), 2016.
80. Oyeyemi AL, **Larouche R, Prista A, Onywera V, Akinroye KK, Tremblay MS.** A systematic review of active transportation research of children and youth in Africa. *International Conference on Behavioral Nutrition and Physical Activity* (Cape Town, South Africa), 2016.
81. **Poitras VJ, Gray CE, Borghese MM, Carson V, Chaput J-P, Janssen I, Katzmarzyk PT, Pate R, Connor-Gorber S, Kho ME, Sampson M, Tremblay MS.** Relationships between objectively measured physical activity and health indicators in school-aged children and youth. *American College of Sports Medicine Annual Conference* (Boston, USA), 2016.
82. **Poitras VJ.** Systematic review of the relationships between objectively-measured physical activity and health indicators in school-aged children and youth. *Canadian Society for Exercise Physiology Annual Meeting* (Victoria, Canada), 2016.
83. **Poitras VJ.** Canadian 24-Hour Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep. *Webinar*, 2016. Available at: www.csep.ca/guidelines.
84. Qiao Y, Zhang T, Liu H, Katzmarzyk PT, **Chaput J-P, Fogelholm M, Johnson WD, Kuriyan R, Kurpad A, Lambert EV, Maher C, Maia JAR, Matsudo V, Olds T, Onywera V, Sarmiento OL, Standage M, Tremblay MS, Tudor-Locke C, Zhao P, Hu G;** for the ISCOLE Research Group. Joint association of birth weight and time spent in physical /sedentary activity with obesity at ages 9-11 years in 12 countries. 2nd *International Congress on Childhood Obesity and Hypertension* (Nanjing, China), 2016.
85. Raizi N, White L, **Latimer-Cheung A, Tremblay MS, Faulkner G.** Canadian 24-Hour Movement Guidelines for Children and Youth: Exploring the perceptions of stakeholders regarding their acceptability, barriers to uptake, and dissemination. *International Congress on Physical Activity and Public Health* (Bangkok, Thailand), 2016.
86. Saunders TJ, **Gray CE, Poitras VJ, Chaput J-P, Janssen I, Katzmarzyk PT, Olds T, Connor Gorber S, Kho ME, Sampson M, Tremblay MS, Carson V.** Combinations of physical activity, sedentary behaviour and sleep: relationships with health in children and youth. *American College of Sports Medicine Annual Conference* (Boston, USA), 2016.
87. Tomkinson GR, **Lang JJ, Tremblay MS, Dale M, LeBlanc AG, Belanger K, Ortega FB, Léger L.** International normative 20m shuttle run values from 850,036 children and youth representing 48 countries. *American College of Sports Medicine Annual Conference* (Boston, USA), 2016.
88. **Tremblay MS.** Global Matrix 2.0: A comparison of child physical activity across 38 countries. Invited seminar presentation to the *Physical Activity for Health Department, University of Strathclyde* (Glasgow, Scotland), 2016.
89. **Tremblay MS.** Making movement a movement: efforts from Canada to enhance childhood physical activity worldwide. Invited presentation at the *University of Stirling Visiting Lecturer Seminar Series* (Stirling, Scotland), 2016.
90. **Tremblay MS.** Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep. Invited seminar presentation at the *University of Wollongong Early Start Research Institute* (Wollongong, Australia), 2016.
91. **Tremblay MS.** Global Matrix 2.0: International results from 38 countries. Invited keynote address at the *International Congress on Physical Activity and Public Health* (Bangkok, Thailand), 2016.
92. **Tremblay MS.** Health promotion by connecting to nature through active outdoor play: an antidote to nature deficit disorder. Invited presentation at the *NatureSCENE 2016 Nature Inspiration Symposium* (Ottawa, Canada), 2016.

93. **Tremblay MS.** Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep. Invited symposium presentation at the *Canadian Society for Exercise Physiology Annual Scientific Conference* (Victoria, Canada), 2016.
94. **Tremblay MS.** Physical activity for health and development: Lessons Africa can give and take from the developed world. Invited keynote presentation at the *2nd International Conference on Physical Activity and Sports for Health and Development in Africa* (Nairobi, Kenya), 2016.
95. **Tremblay MS.** Symposium overview and brief description of ISCOLE. *2nd International Conference on Physical Activity and Sports for Health and Development in Africa* (Nairobi, Kenya), 2016.
96. **Tremblay MS.** Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep. Invited presentation to the *Canadian Public Health Network Committee* (Ottawa, Canada), 2016.
97. **Tremblay MS.** Physical activity and brain function in children: an overview of relationships and possible mechanisms of action. Invited presentation at the *Ottawa Advanced Qualification Health and Physical Education Health Fair* (Ottawa, Canada), 2016.
98. **Tremblay MS.** Canadian 24-Hour Movement Guidelines for Children and Youth: An Integration of Physical Activity, Sedentary Behaviour, and Sleep. Invited presentation to the *2016 Conference of the Federal-Provincial-Territorial Ministers of Sport, Physical Activity and Recreation* (Lethbridge, Canada), 2016.
99. **Tremblay MS.** Is sitting the new soda? The health consequences of excessive sitting. Invited presentation at the *International Congress on Obesity* (Vancouver, Canada), 2016.
100. **Tremblay MS.** Need for 24-hour movement behavior guidelines. Invited presentation at the *Wearable Devices & the 24-hour Activity Cycle Workshop* (Palo Alto, USA), 2016.
101. **Tremblay MS.** The whole day matters: promoting child health through 24-hour movement behaviours. Invited presentation at the *Mexican National Pediatric Congress CONAPEME* (Cancun, Mexico), 2016.
102. **Tremblay MS.** The Global Matrix 2.0, an initiative combining 39 country report card findings. Invited presentation to *Thailand Report Card Research Committee* (Bangkok, Thailand), 2016.
103. **Tremblay MS.** Strategies for optimizing advocacy and impact of the Thailand Report Card on Physical Activity for Children and Youth. Invited presentation to *Thailand Report Card Research Committee* (Bangkok, Thailand), 2016.
104. **Tremblay MS.** Promoting active outdoor play: Benefits, risks, and challenges. Invited presentation to *City of London Healthy Kids Community Challenge Community Family-Friendly Speaker Event* (London, Canada), 2016.
105. **Tremblay MS.** Promoting active outdoor play: Benefits, risks and challenges. Invited presentation at the *Healthy Kids Community Challenge County of Renfrew Conference* (Pembroke, Canada), 2016.
106. **Tremblay MS.** “The biggest risk is keeping kids indoors”: 2015 ParticipACTION report card on physical activity for children and youth. *Active Living Research Conference* (Clearwater Beach, USA), 2016.
107. **Tremblay MS.** Activity level of Canadian kids: In need of active outdoor play. Symposium presentation *Canadian Sport for Life Annual Conference* (Gatineau, Canada), 2016.
108. Uys M, Broyles ST, Barreira TV, **Chaput J-P**, Fogelholm M, Hu G, Kuriyan R, Kurpad A, Lambert EV, Maher C, Maia J, Matsudo V, Olds T, **Onywera V**, Sarmiento OL, Standage M, **Tremblay MS**, Tudor-Locke C, Katzmarzyk PT for the ISCOLE Research Group. School correlates of in-school physical activity among 10-year old children from 12 countries: the International Study of Childhood Obesity, Lifestyle, and the Environment. *International Congress on Physical Activity and Public Health* (Bangkok, Thailand), 2016.

109. **Valois D**, Davis, C, **Buchholz, A**, Obeid, N, Henderson K, **Goldfield, GS**. Effects of weight teasing on body esteem in youth with obesity: Moderating effects of attachment style. *Recent Advances in the Prevention and Management of Childhood and Adolescent Obesity – Understanding the Interplay between Physical and Mental Health* (Ottawa, Canada), 2016.
110. **Valois D**, Davis C, **Goldfield GS**. Effects of weight teasing on body esteem in youth with obesity: Moderating effects of attachment style. *Carleton University Graduate Student Psychology Conference* (Ottawa, Canada), 2016.
111. Wasenius N, Harvey ALJ, Grattan KP, Barrowman N, **Goldfield GS**, **Adamo KB**. Preschoolers' Physical Activity and the Role of Maternal Gestational Weight Gain. *Obesity Week-2016 – The Annual Meetings of The Obesity Society and American Society for Metabolic & Bariatric Surgery* (New Orleans, USA), 2016.
112. **Xia M-W**, Doja A, Duffy CM, Gardin L, Gow RM, Jurencak R, Katz SL, Lai LSW, Lamontagne C, Lee S, Lougheed J, McCormick A, McMillan HJ, Pohl D, Roth J, Theoret-Douglas C, Watanabe Duffy K, Wong D, Zemek R, **Longmuir PE**. Identifying children with medically necessary physical activity restrictions: Optimizing their safe and successful participation with peers and in community. *North American Society for Pediatric Exercise Medicine* (Knoxville, USA), 2016.
113. **Yusuf W**, Cardarelli S, **Alpous A**, Shaw K, Rhodenizer T, Adams R, **Longmuir PE**. Enhancing physical activity knowledge of grade 6 students: The Y Kids Academy. *North American Society for Pediatric Exercise Medicine* (Knoxville, USA), 2016.

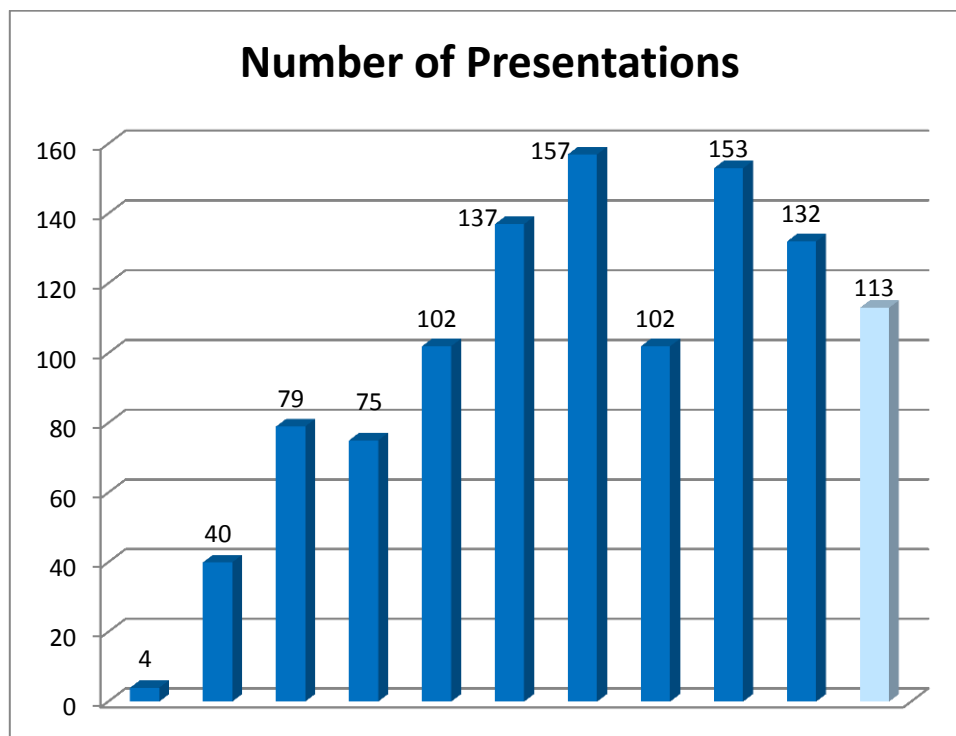


Figure 7: Number of scholarly presentations by HALO Research Group from 2006 to 2015. Between 2006 and 2016, there was a 2725% increase in the number of scholarly presentations; between 2015 and 2016, there was a 14% decrease.

MEMORANDA OF UNDERSTANDING

To facilitate research and collaboration, HALO has developed a memoranda of understanding with the following organizations/institutions:

- HALO-CHEO RI and the State University of Maringá, Maringá, Brazil
- HALO-CHEO RI and Pennington Biomedical Research Centre, Baton Rouge, LA, USA
- HALO-CHEO RI and Kenyatta University, Nairobi, Kenya
- HALO-CHEO RI and University of Copenhagen, Copenhagen, Denmark

STRATEGIC PARTNERSHIPS

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

- Active Healthy Kids Global Alliance
- 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
- KidActive
- Kids Brain Health Network
- Ottawa Public Health
- ParticipACTION
- Pennington Biomedical Research Centre
- Sedentary Behaviour Research Network
- State University of Maringá
- The Lawson Foundation
- “The Moblees”
- The Ottawa Hospital
- Treatment and Research of Obesity in Pediatrics in Canada
- University of Copenhagen
- University of Ottawa
- University of Ottawa Institute of Mental Health Research
- YMCA/YWCA of the National Capital Region





**Healthy Active Living and Obesity Research Group (HALO)
Children's Hospital of Eastern Ontario, Research Institute
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