



Research Institute  
Healthy Active Living and Obesity Research

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

2015

# HALO ANNUAL REPORT



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The Healthy Active Living and Obesity Research Group (HALO) at the Children's Hospital of Eastern Ontario Research Institute (CHEO-RI) had another successful and productive year in 2015. It was the first full year with HALO comfortably established in its consolidated home on the second floor of Research Institute 1 – it is nice to be “settled”. On the eve of our 10<sup>th</sup> anniversary we had our most productive and influential year to date. The reward and repeated evidence of positive impact on the lives of children and youth in Ottawa, Ontario, across Canada, and around the world overshadows the present challenges associated with progressive resource constraints. In 2015 we welcomed visiting

scholars and students from Australia, Brazil, Chile, France and Zimbabwe; and we welcomed two new babies – baby Ruby (Casey Gray) and baby Charlie (Angela Wilson).

Self-assessments are usually positive, so my assessment of 2015 as another good and productive year should come as no surprise. However, there are objective metrics that can be used to substantiate HALO's impact. For example, in addition to publishing 93 peer-reviewed papers in scientific journals in 2015, the research publications from HALO scientists were cited >3000 times in 2015 alone – extraordinary evidence of the impact and credibility of our work. Furthermore, local, national and international news outlets routinely seek comment from HALO scientists as thought leaders; and HALO scientists were invited to deliver >130 presentations and lectures at scholarly conferences around the world (see presentations section for details) in 2015. There were many specific highlights in 2015 and I encourage you to read about these in this Annual Report.

2015 also marked the transition of Dr. Kristi Adamo and her research team to the School of Human Kinetics at the University of Ottawa. Dr. Adamo is one of the founding members of HALO and is the 2015 Canadian Society for Exercise Physiology Young Investigator Award recipient. Congratulations to Dr. Adamo on her award and her new position. Dr. Adamo will remain connected to HALO as an Affiliated Investigator.

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 2015 and is intended to inform partners, stakeholders, funders, potential students and staff, and other interested parties about our group. It is available in print form upon request and also on our website at [www.haloresearch.ca](http://www.haloresearch.ca). 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.

Best wishes for a healthy, active 2016.



*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*

## ABOUT HALO

### *Our History and Impact*

*The Healthy Active Living and Obesity Research Group (HALO) was established in 2007 in response to the escalating obesity crisis and the increasing complexity of related co-morbidities. Today the HALO team consists of 17 staff (including 6 researchers), a childhood obesity clinical team (Centre for Healthy Active Living), 17 graduate students, and many community volunteers.*

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

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

*Since its inception in 2007, HALO has received over \$12 million in research funding; produced more than 520 peer-reviewed publications; has given more than 980 scholarly presentations locally, nationally and internationally; and secured more than 1.3 billion media impressions!*



## *Our Vision*

*HALO will...*

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

## *Our Mission*

*HALO will...*

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

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

## *Our Lines of Business*

### *Research*

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

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

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

### *Leadership*

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

### *Training and Education*

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

### *Knowledge Translation*

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

### *Partnership*

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

### *Advocacy*

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

### *Good Governance*

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



### Education, Credentials, Academic Appointments

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

### Biography

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

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

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

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

### Graduate and Undergraduate Supervision and Training

- Holly Ockenden (University of Ottawa) – M.Sc Supervisor(2013-2015)
- Kendra Brett (University of Ottawa) – Ph.D. Supervisor (2011-2015)
- Alysha Harvey (University of Ottawa) – M.Sc. Supervisor (2014- )
- Chantal Dube (University of Ottawa) – M.Sc. Supervisor (2015- )
- Angelica Blais (University of Ottawa) – M.HK Supervisor (2015-2017)
- Dr. Heidi Dutton (University of Ottawa) – M.Sc. Supervisor (2015- )
- Danilo Fernandes DaSilva (PhD - c) Universidade Estadual de Maringá. (2014 - )
- Reem Issa, Pamela Leore & Patricia Burhunduli – Undergraduate Supervisor (2015)
- Rebecca Chedid (University of Ottawa) – M.Sc. Committee (2015- )
- Hans Christian Tingelstad (University of Ottawa) – Ph.D. Committee (2014- )
- Lucien Nadeau (University of Ottawa) – M.Sc. Committee (2014- )
- Novella Martinello (University of Ottawa) – Ph.d. Committee (2015- )

### Memberships

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



**Education**

- 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
- Adjunct Professor, 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 28 and 2703 citations according to Scopus. He has been able to secure over 1.5 million dollars in research funding over the last 5 years as Principal Investigator. He serves on many editorial boards and advisory committees, and has contributed to a large number of conferences around the world (>100 lectures). He received several awards for his research, including the Roger Broughton Young Investigator Award from the Canadian Sleep Society (2015), the IJO New Faculty Award from World Obesity (2014), the New Investigator Award from the Canadian Obesity Network (2011), the New Investigator Award from the International Association for the Study of Obesity (2010) and the Ethan Sims Young Investigator Award from The Obesity Society (2005).

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

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

- Editorial Board Member, Nutrition 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 world's first Canadian 24-Hour Movement Guidelines for Children and Youth
- 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 11<sup>th</sup> ParticipACTION Report Card on Physical Activity for Children and Youth
- Reviewer for many scholarly journals and granting agencies
- Regular blogger for World Obesity

**Graduate Students, Supervision and Training**

- Claire Johnson (University of Ottawa) – Ph.D. Co-supervisor (2015- )
- Caroline Dutil (University of Ottawa) – M.Sc. Supervisor (2015- )
- Nelson Nardo Jr. (University of Ottawa) – Postdoctoral fellow supervisor (2015)
- Greg Traversy (University of Ottawa) – M.Sc. Supervisor (2014-2016)
- Aidan Gribbon (University of Ottawa) – M.Sc. Supervisor (2013-2015)
- Christian Lizotte (University of Ottawa) – M.Sc. Supervisor (2013-2015)
- Alyssa Biagé (University of Ottawa) – M.Sc. Committee (2015-2017)
- Alessandro Tirelli (University of Ottawa) – M.A. Committee (2014-2016)
- Erin Wing (University of Ottawa) – M.A. Committee (2014-2015)
- Joseph Abdunour (University of Ottawa) – Ph.D. Committee (2011-2015)

**Memberships**

- Canadian Obesity Network
- The Obesity Society
- World Obesity
- 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 Fellowship, Behavioural Medicine, State University of New York (SUNY) at Buffalo
- Registered Clinical Psychologist – College of Psychologists of Ontario
- Associate Professor, Department of Pediatrics, Faculty of Medicine, University of Ottawa
- Cross-appointed to Department of Psychology, University of Ottawa
- Adjunct Professor in the Department of Human Kinetics, University of Ottawa
- Cross-Appointment to 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 in HALO and an Associate Professor of Pediatrics, Human Kinetics, and Psychology at the University of Ottawa. He is also a registered clinical psychologist practicing in the community and sees children, adolescents and adults. Dr. Goldfield began the childhood obesity research program at the CHEO Research Institute 12 years ago and is a founding member of HALO. He has held an Endowed Scholar Award from the CHEO Volunteer Association Board, a New Investigator Award from the Canadian Institutes of Health Research, and received the 2014 CHEO RI Outstanding mentor award. Dr. Goldfield's main research interests are in the role that physical activity, sedentary behaviour and dietary changes play in the treatment and prevention of child obesity. He has published over 70 peer-reviewed papers and book chapters and has over 100 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, and neurocognitive development; iv) determinants of the rewarding value of food and eating behavior;

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

### Graduate Student Supervision and Training

- Darcie Valois (Carleton University) – M.Sc. Supervisor (2015-)
- Alessandro Tirelli (University of Ottawa) – M.Sc. Supervisor (2013-2015)
- Angela Wilson (University of Ottawa) – Ph.D. Supervisor (2010-2016)
- Marisa Murray (University of Ottawa) – Ph.D. Supervisor (2011-2017)
- 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)
- Aidan Gribbon (University of Ottawa) – M.Sc. Committee (2013-2015)
- Jennifer Brown (University of Ottawa) – M.Sc. Committee (2013-2015)
- Holly Ockenden (University of Ottawa) – M.Sc. Committee (2013-2015)

### 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 (NASPPSA)
- 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, 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 35 papers and 6 book chapters in the peer-reviewed literature. She has delivered over 90 scholarly conference presentations, and more than 50 invited and keynote addresses.

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

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

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

### **Graduate and Undergraduate Student Research Supervision and Training**

- Angelica Blais (University of Ottawa) – M.HK candidate (2015-2017)
- Warsame Yusuf (University of Ottawa) – B.Sc candidate (2015-2016)
- Kevin Moncion (University of Ottawa) – B.HK candidate (2015-2016)
- Meng Yang Sunny Xia (University of Ottawa) – M.D. candidate (2015-2016)
- Julia Jackson (Queen's University) – BPHE candidate (2015)
- Christian Lizotte (University of Ottawa) – M.H.K. Committee member (2014-2015)
- Ammar Bookwala (University of Ottawa) – M.D. candidate, Marjorie Goodrich Fellowship – co-Supervisor (2014-2015)
- Emily Ertel (University of Ottawa) – B.Sc. candidate (2014-2016)
- Bhavika Patel (University of Ottawa) – M.D. candidate (2013-2015)

### **Graduate and Undergraduate Student Clinical Supervision and Training**

- Johanna Dobransky (U. of Ottawa) – M.A.intervention & Counselling (2015)
- Karine Savard (U. of Ottawa) – M.A.intervention & Counselling (2015)
- Tharsheka Natkunam (U. of Ottawa) – M.A.intervention & Counselling (2015)

### **Memberships**

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





### Education, Credentials, Academic Appointments

- MSc and PhD, Department of Community Health, University of Toronto
- Canadian Society for Exercise Physiology – Certified Exercise Physiologist
- Full Professor, Department of Pediatrics, Faculty of Medicine, University of Ottawa
- Cross-appointed to Department of Epidemiology and Community Medicine
- Faculty appointment in Ph.D. Program in Population Health, University of Ottawa
- Senior Research Scientist, Children's Hospital of Eastern Ontario Research Institute
- Adjunct Professor, School of Graduate Studies, University of Toronto
- Visiting Professor, Kenyatta University, Nairobi, Kenya
- Chief Scientific Officer, 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 290 papers and book chapters in the peer-reviewed literature. He has delivered over 600 scholarly conference presentations, including more than 140 invited and keynote addresses, in 19 different countries. Dr. Tremblay received an honorary doctorate from Nipissing University and the Queen Elizabeth II Diamond Jubilee Medal for his leadership contributions to healthy active living in Canada.

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

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

- Chair of the Active Healthy Kids Global Alliance
- Member of the World Health Organization Ad Hoc Working Group on Science and Evidence for Ending Childhood Obesity
- Chair of Public Health Ontario's Healthy Kids Community Challenge Scientific Reference Committee
- International Scientific Committee for the 2016 International Congress of Obesity
- Visiting Professor, Kenyatta University, Nairobi Kenya
- Chief Scientific Officer and spokesperson for the release of the 11th annual ParticipACTION Report Card on Physical Activity for Children and Youth
- Chair, Canadian Physical Activity Guidelines Committee, Canadian Society for Exercise Physiology
- 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
- Reviewer for many scholarly journals, granting agencies, and tenure and promotion applications

### Graduate Students, Supervision and Training

- Taruwona 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)
- Allana LeBlanc (University of Ottawa) – Ph.D. Supervisor (2012-2015)
- Samantha Stephens (University of Toronto) – Ph.D. Committee (2008-2016)
- Francis Okinda (Kenyatta University, Kenya) – M.Sc. Co-Supervisor (2011-15)
- Daniel McCormack (University of Ottawa) – M.Sc. Co-supervisor (2013-16)
- Richard Larouche (University of Ottawa) – Post-doctoral Fellowship Supervisor (2013-2016)

### Memberships

- NASPEM
- CSEP
- ACSM
- Canadian Obesity Network
- Physical and Health Ed. Canada
- Int. Society for PA and Health
- ISPAH PA and Obesity Council
- ISPAH Global Advocacy PA
- ISPAH PA Measurement and Surveillance Council
- 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 has since worked on various projects related to the physical literacy of children 8-12 years of age. Now as a Research Coordinator, Stacey is responsible for the continuing development and the dissemination of the Canadian Assessment of Physical Literacy (CAPL). Over the past year she has had the opportunity to speak to over 800 recreational professionals, teachers, and coaches about the CAPL and has presented her work with the CAPL at a number of academic conferences. Outside of her work at HALO Stacey enjoys bouldering, yoga, biking, running, and playing hockey.



**JOEL BARNES** completed a BScKin in 2001 from the University of New Brunswick and an MSc in 2003 from the University of Saskatchewan. In 2010, Joel joined HALO as Knowledge Synthesis and Analysis Manager. His main responsibility has been managing the annual Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth. Joel also maintains a number of HALO-related websites ([www.haloresearch.ca](http://www.haloresearch.ca), [www.sedentarybehaviour.org](http://www.sedentarybehaviour.org), [www.activehealthykids.ca](http://www.activehealthykids.ca)), is lead developer for the Canadian Assessment of Physical Literacy website ([www.capl-ecsfp.ca](http://www.capl-ecsfp.ca)), and provides web programming services to HALO research projects that use web-based technologies. Outside of work, Joel enjoys reading, playing guitar and a number of outdoor activities including mountain unicycling.



**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!





**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. Natasha enjoyed working as a Kinesiologist 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. She is a Certified National Coach through NCCP and has several years' experience with individuals of varying recreational and competitive levels. Through the British Association of Teachers of Dancing, Natasha has completed her Associate Teachers Certification in tap, jazz, modern, stage and hip hop. Through the Royal Academy of Dancing, she is a certified ballet teacher. Natasha continues to be an active member of the British Association of Teachers of Dancing by attending dance classes and teaching at Cumbrae 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. When not helping others, Natasha enjoys going to the gym, dancing and spending time with her family.



**AMÉLIE FOURNIER** completed her Honours BSc specialized in Human Kinetics at the University of Ottawa in 2014, during which she completed 2 research projects; one looking at the influence of sport type on movement imagery in children, and the second looking at attentional demands associated with postural control in elderly. She was thrilled to join the HALO research team in May 2013 as a summer student for the Healthy Lifestyles for Children with Complex Heart Problems (ReACH) and the Canadian Assessment of Physical Literacy (CAPL) research projects. In January 2014, she joined the team as a research assistant, continuing to work on CAPL research projects, the Tumbling Together study looking at the effectiveness of a gymnastics program to improve self-regulation skills in preschool-aged children, as well as various other projects. Outside of work, Amélie enjoys going to the gym, practicing Barre Fitness, snowmobiling, painting, and cooking for family and friends. As a career goal, she hopes to become either a medical doctor or a dentist.



**KIMBERLY P. GRATTAN** has a Masters in Applied Health Sciences from Brock University '09. She is a Research Coordinator for Dr. Kristi Adamo and her main responsibilities pertain to the Activity Begins in Childhood (ABC) trial, an intervention aimed at increasing the moderate to vigorous physical activity of preschool aged children and decreasing time spent sedentary. She has recently transitioned to overseeing SmartMoms-Canada, an app-based pregnancy intervention aimed at improving the health of both mother and baby as the ABC study is now closed to accrual and work begins on knowledge translation. Kimberly is an active member of the HALO Social Committee and the Research Coordinators Network in the Research Institute. Outside of work Kimberly continues to be an avid member of the Gatineau-Ottawa underwater hockey club and a previous member of the women's National underwater hockey team. She also enjoys weight training, travelling, biking, skiing, and reading. She is a founding member of the "HALO bike gang".





**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".



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



**DR. GENEVIÈVE LEDUC** moved to Ottawa after completing 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 various projects alongside Drs. Mark Tremblay and Richard Larouche. Outside of work, Geneviève loves to cook healthy and delicious meals for her family and participate in running events and short distance triathlons.



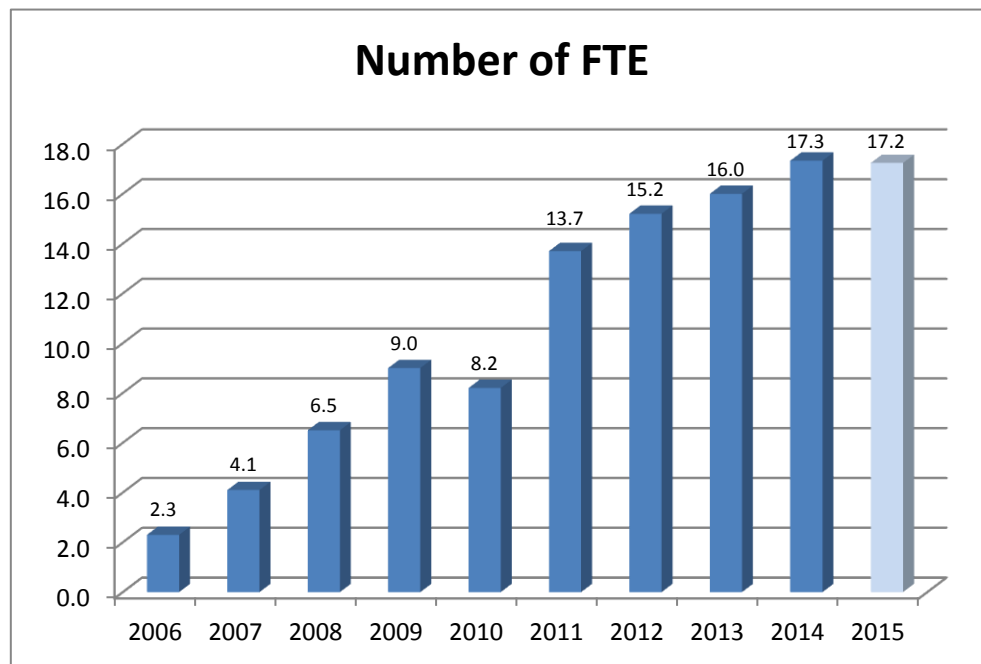
**DR. VERONICA POITRAS** completed her PhD in Kinesiology at Queen's University in September of 2014. Her graduate work focused on: 1) the impact of lifestyle factors (psychosocial stress and consumption of a high-fat diet) on cardiovascular health and function, and 2) the cardiovascular consequences 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". This project is based on the appreciation that all behaviours along the movement continuum (from sleep and sedentary behaviours to vigorous intensity physical activity) interact with one another with respect to health, and ultimately aims to improve the overall well-being of children and youth. She is also involved in a number of initiatives aimed at advancing physical activity in children and youth in Canada and around the world (e.g., with the Active Canada 20/20 Active Play Action Group, and the Active Healthy Kids Global Alliance). 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 29 years of experience in office administration. She is an active volunteer within CHEO as the Staff Forum Co-Chair and she serves as Co-Chair (worker representative) of the Research Institute's Joint Health and Safety Committee. 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 (> 9 years) as a Community Team Member, Team Leader with reputable online fitness and healthy living programs. Other areas of interest include walking/hiking, swimming, dancing, traveling, continuous personal development and writing.



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



**Figure 1: Number of Full Time Equivalent (FTE) positions in HALO Research Group from 2006 to 2015. Between 2006 and 2015, there was a 650% increase in FTE, and between 2014 and 2015, there was a very slight variance in FTE.**



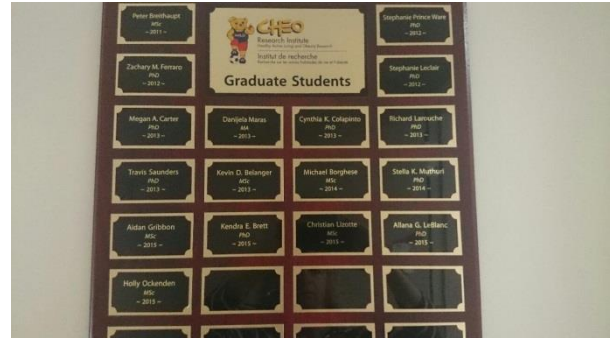
***HALO's Strategic Planning Retreat – June 23, 2015***



## GRADUATE STUDENTS

HALO proudly displays the names of Graduate Students on a plaque in the main office. Those honoured in 2015 include:

- Aidan Gribbon (MSc)
- Kendra Brett (PhD)
- Christian Lizotte (MSc)
- Allana LeBlanc (PhD)
- Holly Ockenden (MSc)



**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.*



**ANGELICA BLAIS**

*M.Sc. Candidate*

**Supervisor:**

*Dr. Pat Longmuir and Dr. Kristi Adamo*

**Research Program:**

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

**Thesis Topic:**

*The impact of Sportball participation in pediatric cardiovascular disease patients*



**KENDRA BRETT**

*Ph.D. Student*

**Supervisor:**

*Dr. Kristi Adamo*

**Research Program:**

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

**Dissertation Topic:**

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



**DANILO DA SILVA**

*Ph.D. Visiting International Student*

**Co-Supervisor:**

*Dr. Kristi Adamo*

**Research Program:**

*Universidade Estadual de Maringá*

**Dissertation Topic:**

*Endurance running training guided by heart rate variability in female recreational runners: effects on running performance*



**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*



**AIDAN GRIBBON**

*M.Sc. Student*

**Supervisor:**

*Dr. Jean-Philippe Chaput*

**Research Program:**

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

**Thesis Topic:**

*Active Video Games and Appetite Control in Adolescents*



**ALYSHA (DINGWALL) HARVEY**

*M.Sc. Student*

**Supervisor:**

*Dr. Kristi Adamo*

**Research Program:**

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

**Thesis Topic:**

*Metabolic profile of various pregnancy phenotypes*



**JUSTIN LANG**

*Ph.D. Candidate*

**Supervisor:**

*Dr. Mark Tremblay*

**Research Program:**

*PhD 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*



**ALLANA LEBLANC**

*Ph.D. Candidate,*

**Supervisor:**

*Dr. Mark Tremblay*

**Research Program:**

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

**Dissertation Topic:**

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



**CHRISTIAN LIZOTTE**

*M.Sc. Candidate*

**Supervisor:**

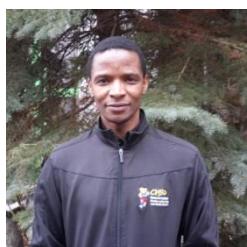
*Dr. Jean-Philippe Chaput*

**Research Program:**

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

**Thesis Topic:**

*Investigation of new correlates of physical literacy in children*



**TARU MANYANGA**

*Ph.D. Candidate*

**Supervisor:**

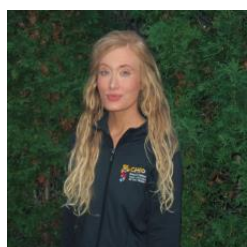
*Dr. Mark Tremblay*

**Research Program:**

*Ph.D. Epidemiology, University of Ottawa*

**Dissertation Topic:**

*A cross-cultural comparison of determinants and correlates of physical activity and sedentary behaviors among school-aged children*



**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*



**HOLLY OCKENDEN**

*M.Sc. Student*

**Supervisor:**

*Dr. Kristi Adamo*

**Research Program:**

*MSc. Human Kinetics, University of Ottawa*

**Thesis Topic:**

*Women's perceptions and health behaviours contributing to excess gestational weight gain*



**ALESSANDRO TIRELLI**

*M.A. Student*

**Supervisor:**

*Dr. Gary Goldfield*

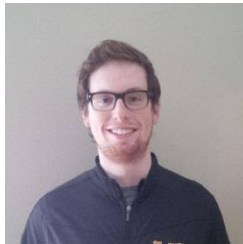
**Research Program:**

*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:**

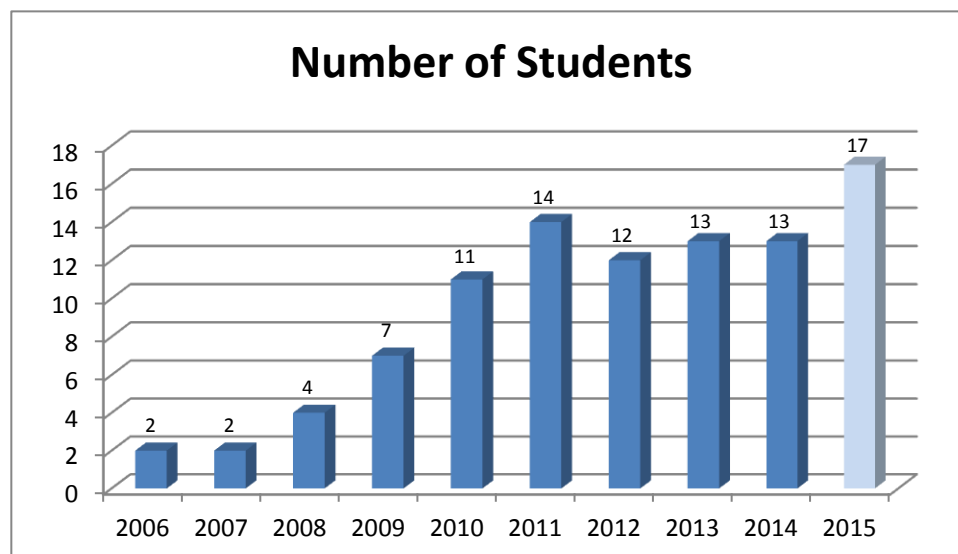
*Dr. Gary Goldfield*

**Research Program:**

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

**Dissertation Topic:**

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



**Figure 2: Number of Full Time Equivalent (FTE) graduate students in the HALO Research Group from 2006 to 2015. Between 2006 and 2015, there was a 588% increase, and between 2014 and 2015, there was a 31% increase in the number of students. A total of 5 students graduated in 2015 while 7 new students joined the team in 2015.**



**DR. JAMEASON CAMERON** is a postdoctoral fellow 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.



**DR. RICHARD LAROCHE** is a postdoctoral fellow with the HALO group and a Part-time professor in the School of Human Kinetics at the University of Ottawa. 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 30 peer-reviewed articles and 2 book chapters, delivered 36 scholarly presentations, and received about \$700,000 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.



**DR. NELSON NARDO JUNIOR** (also known as the “Brazilian Pirate”) spent 1 year with the HALO group (January to December 2015) as a postdoctoral fellow funded through the program Science Without Borders. The goal of his visit in Canada was to build collaborations with Canadian scientists and also work on a project titled “Intervention program for obesity treatment in Brazil and Canada” as well as on the Brazilian Report Card on Physical Activity for Children and Youth. Dr. Nardo Junior is a professor of physical education in Brazil (State University of Maringa) interested in interdisciplinary programs to address pediatric obesity. The initiative of Dr. Nardo Junior to come to our research group in Canada was instrumental in strengthening the academic linkages between both institutions (Canada and Brazil). To this effect, a Memorandum of Understanding has been signed between both institutions (University of Ottawa and State University of Maringa) and should facilitate future collaborations and student exchanges. Dr. Nardo Junior enjoys several hobbies outside of HALO including cycling, motor biking, and music.

## RESEARCH ASSOCIATE



**DR. ZACHARY FERRARO** is a clinical research associate with the HALO group. Prior to starting his Doctor of Medicine (MD) degree at the University of Ottawa in August 2015 he held a CIHR Postdoctoral Fellowship from the Institute of Human Development, Child and Youth Health. In 2006, he received a Bachelor of Kinesiology from McMaster University and specialized in physiology and metabolism. In 2007, he obtained his MSc in Human Health & Nutritional Science at the University of Guelph where he studied glycemic control in overweight/obese men. He completed his PhD at the University of Ottawa and CHEO with the HALO Research Group. His dissertation was titled “maternal predictors and potential modifiers of fetal growth during pregnancy”.

He is a certified exercise physiologist (CSEP-CEP) and outgoing Chair of the Canadian Obesity Network’s Student and New Professional initiative. Dr. Ferraro has over 45 peer-reviewed publications in medical/scientific journals, 110+ public presentations, was an Ontario Graduate Scholar, and University of Ottawa Deans Scholar. His dissertation was nominated for the University of Ottawa Governor General’s Gold Medal and he was the inaugural recipient of the Canadian Obesity Network’s Rising Star award. For more information please visit his website: [www.DrFerraro.ca](http://www.DrFerraro.ca)

## HALO CLINICAL ASSOCIATES



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



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





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

## AFFILIATE INVESTIGATORS



### **DR. VALERIE CARSON**

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



### **DR. VINCENT O. ONYWERA**

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



**Dr. Mark Tremblay's visit in Shanghai, China – November 2015**

*New for 2015, we added a section about our HALO alumni and where they are now.*

**PRISCILLA BÉLANGER** was part of the HALO team from September 2012 to March 2014. HALO provided her with valuable exposure and experience in public health research and a great start to her career in public health. She is now an Outreach Facilitator for the Ottawa Model for Smoking Cessation (OMSC) program at the University of Ottawa Heart Institute. Her work consists of implementing and sustaining the OMSC program in hospitals across Ontario.

**MICHAEL BORGHESE** is completing his PhD in Physical Activity Epidemiology (School of Kinesiology and Health Studies) at Queen's University with Dr. Ian Janssen. The focus on his work is on the measurement of physical activity in children and youth.

**CHARLES BOYER** is now a Research Associate with the Workplace Health, Wellness and Safety Research Group at The Conference Board of Canada. He is also the Network Manager for the Conference Board's Council on Workplace Health and Wellness. In 2016 he became a proud papa of a baby boy named Gio Angelo Bareggi Boyer. His new work location is just a short walk away from CHEO, so from time to time he still gets out to play HALO ball hockey or soccer with his HALO buddies.

After spending two years with the Child Health and Exercise Medicine Program at McMaster University and then the two subsequent years with the department of Orthopaedic Surgery at the Ottawa Hospital **PETER BREITHAUPT** now teaches courses at Algonquin College in their Fitness and Health Promotion program, he certifies Personal Trainers for CSEP and remains active in the training field with clients across a number of populations.

In March 2015, **KENDRA BRETT** started working as a clinical research coordinator in orthopedic surgery at the Ottawa Hospital Research Institute (OHRI), where she was responsible for the coordination of 10 clinical trials. She successfully defended her doctoral thesis in May 2015, and is enjoying having free time again. In January 2016, she took a new position within the OHRI as a clinical research associate studying quality indicators in kidney transplant patients.

**CYNTHIA K. COLAPINTO** joined Health Canada's Office of Nutrition Policy and Promotion as a Nutrition Advisor and Epidemiologist, following a post-doctoral fellowship in perinatal epidemiology (Université de Sherbrooke, 2013-2014). Dr. Colapinto uses research to inform nutrition policy. Dr. Colapinto's research interests include nutritional epidemiology, dietary patterns, surveillance and evidence review methods.

**AMÉLIE FOURNIER** moved to Montréal, QC, in August 2015. She is now in her first year of Dental School at McGill University, hoping to graduate as a general dentist in 2019.

**CLAIRE FRANCIS** is back in England completing the NHS Scientist Training Programme where she is working to become a clinical scientist in Respiratory and Sleep science.

**REBECCA GIBBONS** recently finished her Master's in Public Health at UBC and is now working in Vancouver for a non-profit called DASH (Directorate of Agencies for School Health) as a Health Promotion Coordinator. She helps support a network of educators and health authority staff to promote healthier schools throughout BC. She has been exploring the beautiful west coast, discovering the value of tidal maps, and pretending she knows what it means to "shred" in the mountains.

**AIDAN GRIBBON** is working as a Health Measures Specialist with the Canadian Health Measures Survey, and teaching part time at Algonquin College here in Ottawa.

**ALLANA LEBLANC** completed her PhD in Population Health in September 2015 and is now working as the Knowledge Manager with ParticipACTION. At ParticipACTION, Allana is the lead on the ParticipACTION Report Card on Physical Activity for Children and Youth as well as many other knowledge products meaning she's able to continue to work with many HALO colleagues on an on-going basis. Allana has also maintained her certifications as a CSEP Certified Exercise Physiologist and as a Physical Activity in Public Health Specialist and Certified Exercised Physiologist with the American College of Sports Medicine.

**CHRISTIAN LIZOTTE** is now working as a physical exercise specialist for the Canadian Forces Morale and Welfare services (Department of National Defence). He is also working part time in the same field with a team of psychologists and nutritionists in a multidisciplinary healthcare clinic.

**DANIJELA MARAS** is completing her PhD in Clinical Psychology at the University of Ottawa. Her thesis research focuses on health and rehabilitation psychology. Danijela is also involved in various projects related to child and youth mental health, gay men's wellness, program evaluation, and is on the executive committee of the Interdisciplinary Conference in Psychology at the University of Ottawa.

**STELLA K. MUTHURI** moved back to Kenya, her country of origin, and joined the African Population and Health Research Center (APHRC) as a Post-Doctoral Fellow in the Population Dynamics and Reproductive Health Research Program. Dr. Muthuri's thesis work tapped into a growing need for physical activity research in Africa, and has been referenced in various reports such as the Non-Communicable Disease Report (2015) by the Population Reference Bureau, and the Kenya National Strategy for Non-Communicable Diseases 2015-2020. Stella is currently engaged in the development of a National Physical Activity Action Plan, and continues to work towards driving a Non-Communicable Disease 'prevention rather than cure' agenda, which requires African nations to focus on its younger populations.

**STEPHANIE PRINCE WARE** is currently a CIHR-funded post-doctoral fellow in the Division of Prevention and Rehabilitation at the University of Ottawa Heart Institute. She is currently working on projects looking at both the determinants and effects of sedentary behaviours in cardiac-specific and general populations.

**TRAVIS SAUNDERS** is an Assistant Professor in the Department of Applied Human Science at the University of Prince Edward Island. His research continues to focus on the health impact of sedentary behaviour in children and adults.

**DR. DAVID THIVEL** is now Assistant Professor at Clermont Auvergne University (France) where he is conducting research relative to better understanding the effect of pediatric obesity on the control of energy intake, and to identify the nutritional adaptations to exercise and sedentary behaviors in obese youth. Since 2012, he has also been part of the European Childhood Obesity Group. Dr. Thivel continues to collaborate with HALO and especially Dr. Jean-Philippe Chaput, conducting collaborative studies and publishing common papers.

## VISITORS AND INVITED SPEAKERS

### INVITED SPEAKERS

- Dr. Thomas Rowland, MD, Pediatrics Department, Pediatric Cardiology Division, Professor of Pediatrics – Tufts University School of Medicine, USA — May 8, 2015 Research Institute – “The Biological Control of Physical Activity in Children and Adolescents.”
- Danilo da Silva, Ph.D.(c), Department of Physical Education, State University of Maringa, Brazil and HALO International Graduate Student in 2015 – June 5, 2015 Research Institute – “Academic experience in Brazil: How did I get here and what are my objectives?”
- Dr. Tiago V. Barreira, PhD, Assistant Professor, Department of Exercise Science – Syracuse University, USA – October 9, 2015 – “24 hour accelerometry monitoring. Benefits, Challenges and Possible Solutions.”





## STUDENTS AND VOLUNTEERS

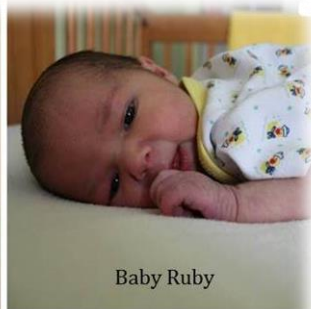
NAME	UNIVERSITY/ROLE	PROJECT(S)	SUPERVISOR
Alyssa Ashton	Volunteer	The Canadian Assessment of Physical Literacy (CAPL)	Dr. Pat Longmuir
Ammar Bookwala	Research Student	Impact of Physical Activity Counselling on Symptoms of Children with Tourettes and Tics	Dr. Pat Longmuir
Kristi Calderwood	Carleton University Undergraduate Thesis	ISCOLE Canada Geocoding	Dr. Mark Tremblay Dr. Richard Larouche
Laura Callender	Summer Research Student	24-Hour Guideline Reviews	Dr. Mark Tremblay
Ray Cronin	Volunteer	CAPL	Dr. Jean-Philippe Chaput
Johanna Dobransky	Clinical Intern	Physical Activity Counselling for Children with Medical Conditions and Disabilities	Dr. Pat Longmuir
Jennifer Erlikh	Volunteer	Sleep and insulin sensitivity in adolescents	Dr. Jean-Philippe Chaput
Emily Ertel	Research Student	Motor Development of Toddlers with Congenital Heart Disease	Dr. Pat Longmuir
Sheniz Eryuzlu	Summer Research Student	24-Hour Guideline Reviews	Dr. Mark Tremblay
Sheniz Eryuzlu	University of Ottawa Undergraduate Thesis	Active Transportation and Independent Mobility	Dr. Mark Tremblay
John Esposito	Volunteer	MOM Trial	Dr. Kristi Adamo
Diana Farhat	Volunteer	CAPL	Dr. Jean-Philippe Chaput
Rayan Ghaedi	Volunteer	ABC Trial	Dr. Kristi Adamo
Jennifer Ham	Volunteer	Physical activity and Obesity Year in Review	Dr. Mark Tremblay
Stephanie Harris	Volunteer	Music as a motivator to exercise	Dr. Jean-Philippe Chaput
Julia Jackson	Research Student	Assessing the Emotional Health Quality of Life of Children and Adolescents with Cardiac Arrhythmias and Cardiomyopathies	Dr. Pat Longmuir
Holly Livock	Carleton University Undergraduate Thesis	The relationship between active transportation and children's physical activity level	Dr. Mark Tremblay Dr. Richard Larouche
Sydney McNeely	Volunteer	Exergaming and eating behaviour in male adolescents	Dr. Jean-Philippe Chaput
Kevin Moncion	Research Student	Translating physical activity knowledge to adolescents with inherited arrhythmia syndromes, their families and community leaders	Dr. Pat Longmuir
Tharsheka Natkunam	Clinical Intern	Physical Activity Counselling for Children with Medical Conditions and Disabilities	Dr. Pat Longmuir
Bhavika Patel	Research Student	Psychosocial Health of Children and Teens with Complex Heart Problems	Dr. Pat Longmuir

NAME	UNIVERSITY/ROLE	PROJECT(s)	SUPERVISOR
Jonathan Rankin	Volunteer	ABC Trial	Dr. Kristi Adamo
Karine Savard	Clinical Intern	Physical Activity Counselling for Children with Medical Conditions and Disabilities	Dr. Pat Longmuir
Marissa Simpson	Volunteer	LIFE and Health for Young Children with Congenital Heart Defects (Learning, Inclusion, Friends and Emotional and physical Health)"	Dr. Pat Longmuir
Meng Yang Sunny Xia	Research Student	Recognizing children with medically necessary physical activity restrictions: Helping community leaders to provide appropriate physical activity opportunities	Dr. Pat Longmuir
Warsame Yusuf	Research Student	Impact of a healthy lifestyle intervention on the knowledge and physical activity of young adolescents	Dr. Pat Longmuir



*Halo Staff and Student Meeting – December 8, 2015*













After a year of research and development, on June 9<sup>th</sup> a collective of 13 Canadian organizations released an evidence-informed *Position Statement on Active Outdoor Play*. The *Position Statement* was supported by two published systematic reviews, expert consensus, and input from over 1600 stakeholders from across Canada and around the world. The *Position Statement* was disseminated with the 2015 ParticipACTION Report Card ([www.participaction.com/report-card-2015/](http://www.participaction.com/report-card-2015/)), a process that

facilitated extensive distribution and uptake. The release of the *Position Statement* attracted traditional and social media attention worldwide. Led by HALO Director, Professor Mark Tremblay, the *Position Statement* provided a transparent and balanced examination of the best available evidence on the benefits and harms of active outdoor play, including risky play. The *Position Statement* and accompanying manuscripts are published in the *International Journal of Environmental Research and Public Health* ([www.mdpi.com/1660-4601/12/6/6455/htm](http://www.mdpi.com/1660-4601/12/6/6455/htm)). An opportunity to show public support for the *Position Statement* is available at the following link: [www.haloresearch.ca/outdoorplay/](http://www.haloresearch.ca/outdoorplay/). The *Position Statement* includes the background, context, evidence and recommendations on active outdoor play. The “Position” is reproduced below.

## POSITION STATEMENT ON ACTIVE OUTDOOR PLAY

# Position



**Access to active play in nature and outdoors—with its risks—is essential for healthy child development. We recommend increasing children’s opportunities for self-directed play outdoors in all settings—at home, at school, in child care, the community and nature.**

## PHYSICAL ACTIVITY AND DIETARY IMPLICATIONS THROUGHOUT PREGNANCY: THE PLACENTA STUDY

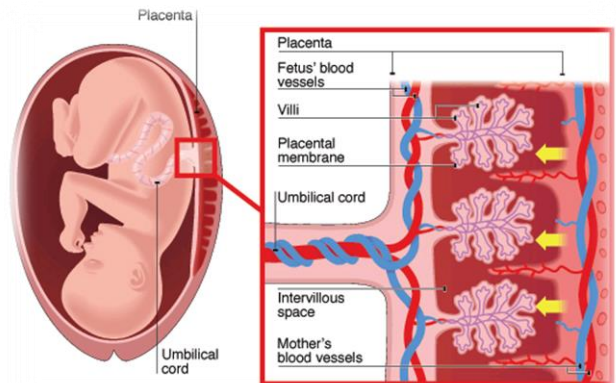
Principal Investigator: **Dr. Kristi Adamo**

Co-Investigators: *JT Arnason, S Bainbridge, Z Ferraro, L Gaudet, M Holcik, J Shearer*

Funding Source: Canadian Institutes of Health Research (\$833,867)

**Introduction:** The placenta is the key interface of nutrient and oxygen transport between a mother and her fetus. Preliminary evidence suggests that physical activity-induced changes in placenta biology are crucial factors aiding in optimal fetal development. Our study will be the *first of its kind* to take a comprehensive look at the role of PA during pregnancy in regulating gene expression and metabolic function in the placenta. This work will provide novel insight through examination of transcription and translation, as well as functional behaviour in response to habitual maternal PA; an unproven phenomenon that is believed to be a crucial factor aiding in optimal fetal development.

**Aims & Hypotheses:** The literature supports the premise that PA provides a protective advantage that aids in optimizing fetal growth (e.g. attenuating fetal overgrowth). We hypothesize that the protective mechanism is mediated by changes in placenta biology, specifically to nutrient delivery, accessibility and sensing pathways that include nutrient transport and signaling. In order to identify the key differences between the placenta biology of active and inactive women, we will use a multi-tiered approach that includes global gene expression, placenta perfusion kinetics, and systemic metabolome characterization.



- **Aim 1:** To determine differences in gene expression profiles in the placentas of women who are habitually physically active over the course of their pregnancy when compared with those who are not.

- **Aim 2:** To identify whether placentas from active women respond differently to macronutrients (i.e. glucose, fatty acids, amino acids) *ex vivo*.

- **Aim 3:** To characterize the maternal and fetal microbiome in active vs. inactive women and in relation to gestational weight gain.

- **Aim 4:** To characterize the 2nd and 3rd trimester serum metabolome of active and inactive pregnant women as well as placenta and cord blood to gather information on the maternal-fetal metabolome.

**Population:** This novel work will capitalize on our ongoing *Active Mom!* study of pregnant recruited during their second trimester of pregnancy designed to examine the relationship between lifestyle behaviours of women over the course of their pregnancy, and biological and physiological markers (i.e. placenta tissue samples, maternal and cord blood). Women are categorized as active or not based on objective accelerometry measures.

**Methods employed:** For Aim 1 we will perform transcriptional profiling using AffymetrixGeneChip Human Transcriptome array 2.0 and will use the emerging technique of ribosomal profiling to assess mRNA translation level changes. For Aim 2 we will examine nutrient transport functionality using the *ex vivo* placenta perfusion model and for Aim 3 we will collect stool samples over the course of pregnancy and once postpartum using the DNA genotek OMNIgene•GUT self-collection tubes followed by 16S ribosomal RNA (rRNA) sequencing assays. To complete Aim 4 we will perform maternal serum, fetal serum (cord blood) and placenta tissue metabolomics profiling via NMR spectroscopy.

**Relevance:** Collectively, this set of studies will provide timely and much needed understanding of the effects of maternal PA on placental mechanisms related to regulation of *in utero* growth. Over the last generation, there have been marked increases in the prevalence and severity of obesity among women of reproductive age, as well as the prevalence of fetal overgrowth. The proposed placental studies will help to fill the mechanistic void related to the effect of PA on fetal growth. Answering these basic questions will provide ammunition to researchers, clinicians and patients who strive to positively influence gestational weight gain, birthweight and long-term health and wellbeing through increased PA.





Principal Investigators' meeting, Atlanta, 2013

(Drs. Mark Tremblay and Jean-Philippe Chaput are the co-PIs of the Canadian site)

ISCOLE is a collaboration among scientists from 12 countries representing every inhabited continent (Australia, Brazil, Canada, Colombia, Finland, India, Kenya, Portugal, South Africa, United Kingdom and the United States). The participating countries span a wide range of socioeconomic and human development, as well as geographic and cultural diversity. The use of a standardized protocol and methodology and a rigorous training and quality control program was a primary focus of ISCOLE, and ensured consistently high-quality data across all sites. It is anticipated that the identification of determinants of obesity across low-, middle- and high-income countries will inform the development of lifestyle, environmental and policy interventions to address childhood obesity that can be culturally adapted for implementation around the world.

Data collection of ISCOLE is completed and the targeted sample size of 6000 children (500 per site) was well exceeded (final  $N = 7372$ ). This was accomplished by the dedicated work of the site principal investigators and their teams, as well as a healthy level of competition across sites. To date, >240 people have worked on ISCOLE in some capacity, ranging from senior scientists to postdoctoral fellows, students and staff. Further, almost 20 graduate student theses and dissertations have relied on the ISCOLE infrastructure and data so far. More than 45 peer-reviewed articles have been published using ISCOLE data, including a series of 16 original contributions published in the *International Journal of Obesity Supplements* in December 2015 ([www.nature.com/ijosup/journal/v5/n2s/index.html](http://www.nature.com/ijosup/journal/v5/n2s/index.html)).

Findings discovered so far using ISCOLE bust strongly held beliefs about key contributors of childhood obesity and healthy living behaviours. Bottom line, contributors to childhood obesity can be quite different between countries and a “one size fits all” approach to obesity prevention is misguided. We hope that the impact of ISCOLE on the field of childhood obesity will be felt for years to come. Discussions are also under way about the possibility of having a phase 2 of ISCOLE.

**Principal Investigator:** Dr. Gary Goldfield

**Co-Investigator:** K. Adamo, M. Tremblay, N. Barrowman, E. Doucet, M. Walker, P. Fried

**Funding Source:** Heart & Stroke Foundation of Ontario (\$288,397)

**Background:** Obesity in children is becoming increasingly prevalent, with approximately 25% of children and youth in Canada classified as overweight or obese. Considering that childhood obesity is strongly related to adulthood adiposity, it is clear that there is a need to better identify modifiable predictors of obesity early in life. Growth beyond infancy among the offspring of maternal smokers has been the focus of a number of recent well controlled studies including cohorts from the United States, the United Kingdom, and Canada. The findings in these studies have been remarkably consistent with the children of smokers more likely to be underweight at birth than the children of non-smokers but more likely to be overweight/obese by 5-6 years of age. It is important to note that although a number of theories have been suggested for this “reversal”, the underlying behavioural or biological explanations remain unknown.



**Objectives:** This study aims to determine if a decrease in resting energy expenditure (calories burned at rest) explains the link between smoking during pregnancy and increased body fat in young children. As secondary aims, we are also interested in examining whether there are differences in children whose mothers smoked or did not smoke during pregnancy on food intake, food reward, satiety and free-living physical activity, and which of the energy intake and energy expenditure variables best explain the association between smoking during pregnancy and increased body fat in young children.

**Design:** The participants will be mothers and children aged 6 to 10 years born from women who did or did not smoke during pregnancy. Participants will be drawn from an ongoing, long-term cohort study that has been following the offspring since birth, the Ottawa-Kingston (OAK) birth cohort. Participating mothers and children will come to the HALO laboratory for individual testing for one morning (7:30 am-12:30 pm). Assessments will involve the mother to complete some information on current demographic, obstetrical, medical and smoking and drug and alcohol use forms. A measure of resting energy expenditure will be taken in children, followed by ratings of hunger, then a standardized breakfast. Following breakfast, a measure of the amount of calories burned by digestion will be taken (same procedure as resting energy expenditure), followed by anthropometrics (height, weight, BMI, body fat) measures of both mother and child, smell testing, measures of food reward, and a buffet lunch for the child. Upon completion of the lunch, participants will be offered instruction on how to wear motion sensors and complete food records over the following 7 days to determine total energy intake and expenditure.

**Results:** Preliminary findings from our ongoing data collection suggest that prenatal exposure to smoking may not only be associated with elevated adiposity, but also a reduction in resting energy expenditure. The effects of prenatal smoking on other variables of interest will be examined further upon study completion.

**Significance:** Pre-natal smoking and child obesity are of important public health concern given the relatively high rates of maternal smoking during pregnancy (11 to 33%) and child overweight/obesity (25-30%). To our knowledge, this is the first study to investigate objectively measured behavioural and biological measures of energy balance that may explain how prenatal smoking may lead to obesity in young children. This information may be critical to informing the development of obesity prevention strategies in children.

*Principal Investigator:* **Dr. Pat Longmuir**

*Co-Investigators:* Dr. Suzie Lee, **Dr. Kristi Adamo**, Dr. Rejane Dillenburg, Dr. Brian Timmons, Dr. Nick Barrowman, **Dr. Mark Tremblay**

*Funding Source:* Heart & Stroke Foundation of Ontario

**LIFE** for young children is connected directly to physical activity. Physically active play allows young children to **Learn**, be **Included** in community activities, and socialize with **Friends**. It also provides **Emotional** benefits. Current evidence identifies that physical activity is essential to a child's mental and emotional well-being. Skill delays and inactive childhoods triple the risk of sedentary lifestyles in adulthood that can lead to important morbidities, such as diabetes, heart disease and obesity. Research demonstrates that children's daily physical activity begins to decline as early as 3 years of age.

Twelve per 1000 children and 4 per 1000 adults are living with congenital heart defects (CHD). Each year, 3,500 Canadian children are born with CHD, with 90%+ surviving to adulthood. Older children and adults with simple or complex CHD have lifestyles that are less active than their peers. Our focus is very young children since we have shown that activity and skill deficits are well established by school age. Thus, the knowledge gained through this research will allow us to support the **Learning**, **Inclusion**, **Friends**, and **Emotional** and physical health of young children.

Our project will give us the knowledge and information we need to help children with heart problems to be active and learn the skills needed to play with their friends. We are comparing children with and without heart defects, and with simple and serious heart problems to see how their activity levels and skills differ. We will have a total of 150 children in the study. The children will be separated into 5 groups, with groups based on the treatment needed for their heart problem. When beginning the study, the children will be between the ages of 1 to 3 years old. Each child comes to a "play session" every 8 months for a total of two years, so that we can evaluate activity based skills such as colouring, throwing a ball, running, etc. Testing over this timeframe will help us to understand if they are behind other children as infants, but catch up to healthy children as they get older or if any other patterns arise. We measure the children's movement, balance and active play. Before going home, we give each child a monitor to wear that measures their movement. This will help us determine whether their activity levels are the same as healthy children. We will also ask the parents to complete a few questionnaires about the family's home life and determine the impact of treatment factors, such as: length of hospitalization, and cardiopulmonary bypass exposure.

Long-term, our goal is to enhance **LIFE** and **Health** through physically active lifestyles. Understanding physical activity and skill development patterns among young children with CHD will allow us to create more effective interventions and clinician/parent resources in the future. We need to know which young children with CHD are less active, when activity levels decline, and when and how motor skills are delayed.



### Web Statistics

The current size of the HALO website ([www.haloresearch.ca](http://www.haloresearch.ca)) is 1,082 web pages (24% above 2014). The statistics presented below are based on web activity across these web pages in the last year.

### Overall Statistics

In 2015, there were approximately 8,200 unique visitors to [www.haloresearch.ca](http://www.haloresearch.ca) every month (10% below 2014). These visitors viewed HALO web pages 165,000 times per month (13% above 2014). 174,800 items were sent from [www.haloresearch.ca](http://www.haloresearch.ca) to web users (9% above 2014). Figure 3 shows overall statistics from 2011 to 2015.

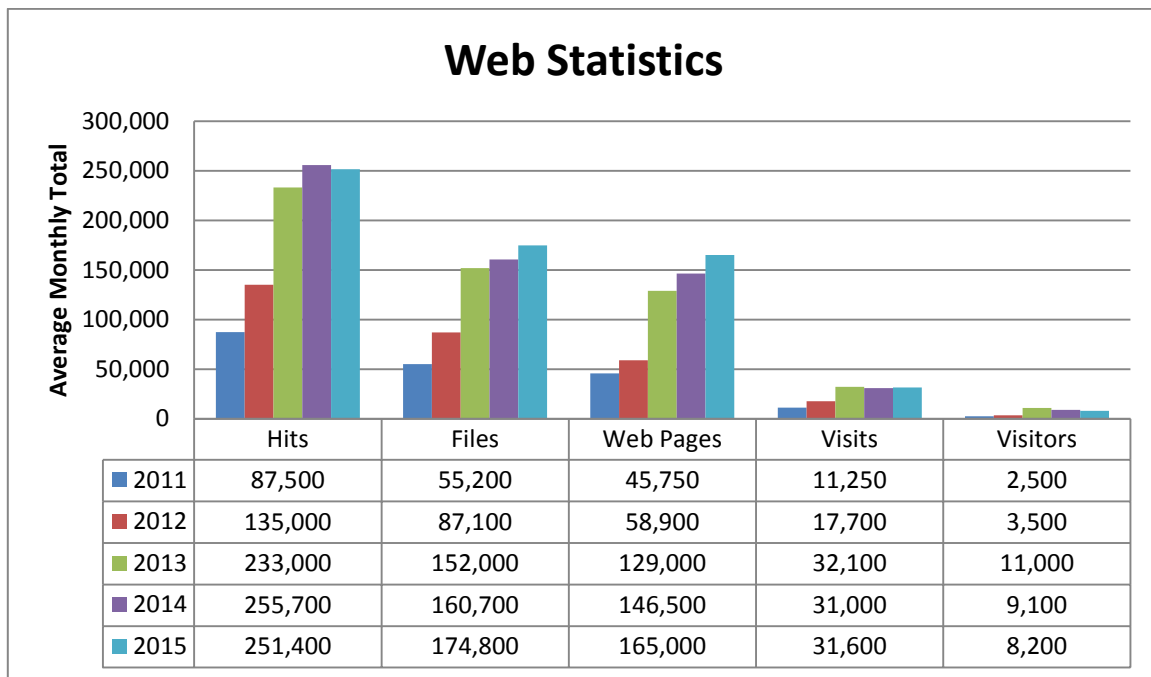


Figure 3: Average Monthly Totals for Select Web Statistics for [www.haloresearch.ca](http://www.haloresearch.ca), 2011-15.

### Dictionary for Figure 3

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

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

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

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

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



## Most Popular Web Pages

In 2015, the most popular web pages as measured by yearly views were:

1. [Dr. Pat Longmuir Develops Kids Fitness Test](#) (8,627 views)
2. [Director's Message](#) (8,215 views)
3. [Media Coverage for the 2014 Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth](#) (7,793 views)
4. [Mark Tremblay Named 2012 Harshman Lecturer at University of Guelph](#) (6,916 views)
5. [Decreasing the Health Risks of Occupational Sitting with Walking Meetings](#) (6,874 views)
6. [Dr. Jean-Philippe Chaput's Review Paper on Weight Loss Dieting Discussed in the National Post](#) (6,539 views)
7. [Metabolically Healthy Overweight and Obesity](#) (5,362 views)
8. [Mike Borghese Presents on the Canadian Physical Activity and Sedentary Behaviour Guidelines at Heritage Public School in Navan, Ontario](#) (5,267 views)
9. [Prenatal Physical Activity and Diet Composition Affect the Expression of Nutrient Transporters and mTOR Signaling Molecules in the Human Placenta](#) (4,729 views)
10. [Physical Activity and Pregnancy: The Active MOM Study](#) (4,408 views)





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 1,050 members, including prominent researchers in the areas of physiology, epidemiology, psychology, and ergonomics. Further, the Network's membership has also published a letter promoting a standardized and more robust definition of sedentary behaviour that can be applied consistently across research domains, which has been co-published in both French and English in 3 separate journals and translated into several other languages. The Network's members have also organized in-person meetings at conferences in Europe, North America, and Australia.

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.

ACTIVE HEALTHY KIDS GLOBAL ALLIANCE (AHKGA)



In 2015, HALO launched the Active Healthy Kids Global Alliance (AHKGA) website, which is available at [www.activehealthykids.org](http://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.

## STAFF AWARDS

NAME	ORGANIZATION/AGENCY	GRANT/AWARD
Kristi Adamo	Canadian Society for Exercise Physiology	Young Investigator Award
Kristi Adamo	Canadian Obesity Network	Faculty Supervisor Award
Stacey Alpous	Canadian Obesity Network	New Professional Poster Presentation Award
Jean-Philippe Chaput	Canadian Sleep Society	Roger Broughton Young Investigator Award
Gary Goldfield	CHEO RI	Outstanding Research Mentor
Katie Gunnell	CIHR	Population and Public health Community Support Program – Skills update Award
Richard Larouche	CHEO RI	Outstanding Trainee Award
Hélène Sinclair	International Association of Administrative Professionals	Member of Excellence
Mark Tremblay	XXIX Pediatric Work Physiology Meeting (Utrecht, Netherlands)	Joseph Rutenfranz Lecturer
Mark Tremblay	Southwest University, (Chong Qing, China)	Appointed as Visiting Professor



## STUDENT FUNDING, SCHOLARSHIPS AND AWARDS

STUDENT NAME	ORGANIZATION/AGENCY	GRANT/AWARD
Kendra Brett	Ontario Ministry of Training, Colleges and Universities	Queen Elizabeth II Graduate Scholarship in Science and Technology
Kendra Brett	University of Ottawa	Excellence Scholarship
Caroline Dutil	University of Ottawa	Admission Graduate Scholarship
Julia Jackson	CHEO Research Institute	Summer Studentship
Justin Lang	University of Ottawa	Admission Graduate Scholarship
Justin Lang	University of Ottawa	Research Travel Award
Justin Lang	Mitacs	Accelerate Internship
Allana LeBlanc	University of Ottawa	Dean's Scholarship
Allana LeBlanc	University of Ottawa	Conference Travel Grant
Allana LeBlanc	CIHR – Institute of Population and Public Health	Travel Award
Allana LeBlanc	Government of Ontario	Ontario Graduate Scholarship
Allana LeBlanc	University of Ottawa	Excellence Scholarship
Taru Manyanga	Government of Ontario	Ontario Graduate Scholarship
Taru Manyanga	University of Ottawa	Excellence Scholarship
Greg Traversy	Government of Ontario	Ontario Graduate Scholarship
Greg Traversy	University of Ottawa	Excellence Scholarship
Men Yang Sunny Xia	University of Ottawa	Undergraduate Research Opportunity Program

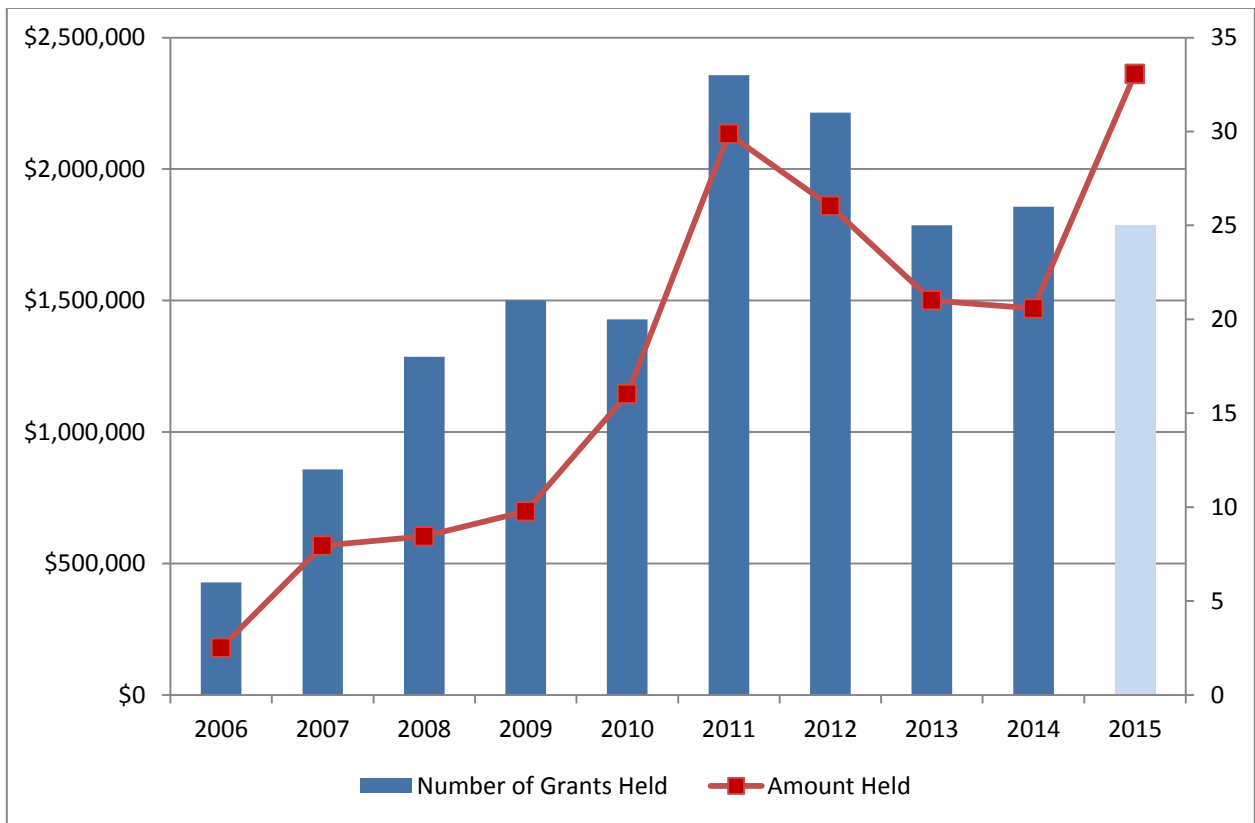
## SUMMARY OF RESEARCH FUNDING AND GRANTS

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)
Adamo	PHAC	<i>Pregnancy – a critical window for behaviour change and prevention of excessive weight gain using mobile and other technologies</i>	\$1,500,000 (2015-2020)
Adamo	CIHR	<i>New Investigator Award</i>	\$300,000 (2012-2017)
Adamo	CIHR	<i>Does maternal physical activity affect placenta biology? A multi-tiered approach.</i>	\$835,000 (2015-2020)
Adamo	CHEO Research Institute	<i>Does regular physical activity during pregnancy effect placental gene expression?</i>	\$30,000 (2014-2015)
Adamo	The W. Garfield Weston Foundation award in Obesity and Reproductive Health	<i>The Effects of Obesity on Placental Gene Expression and Fetal Growth</i>	\$18,000 (2014-2015)
Buchholz	CIHR	<i>Canadian Pediatric Weight Management Registry (CANPWR): Identifying the characteristics of successful change in Canadian pediatric weight management programs.</i>	\$50,000 (2012-2017)
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)
Goldfield	Heart & Stroke Foundation	<i>Effects of Prenatal Exposure to Cigarettes on Adiposity and Metabolism in Young Children</i>	\$288,397 (2013-2016)
Hadjiyannakis	Ontario Medical Association (OMA) and the Ministry of Health and Long-Term Care (MOHLTC) - AHSC AFP INNOVATION FUND - CHAMO Innovation Fund	<i>A New Clinical Staging Tool for Pediatric Obesity: Association with Cardiorespiratory Fitness and Quality of Life in Youth with Obesity</i>	\$64,359 (2014-2016)
Hadjiyannakis	CHEO Research Institute and Clinical Research Unit Clinical Research Capacity-Building Award	<i>Pediatric Research on Eating Disorders and Obesity</i>	\$120,000 (2014-2017)
Longmuir	Heart and Stroke Foundation of Canada	<i>LIFE and Health for Young Children with Congenital Heart Defects</i>	\$254,244 (2013-2016)



<b>Longmuir</b>	Ontario Sport and Recreation Community Fund	<i>Putting Physical Literacy within REACH (Recreation, Education, Allied health, Coaching, Health care)</i>	\$129,967 (2013-2015)
<b>Longmuir/Pohl</b>	CHEO Research Institute	<i>Enhancing Physical Activity in Children with Epilepsy: Impact on Sleep and Fatigue</i>	\$30,000 (2014-2015)
<b>Longmuir</b>	Heart and Stroke Foundation of Ontario	<i>LIFFE for Cardiac Kids through Physical Activity</i>	\$4,993 (2014-2015)
<b>Longmuir/Tremblay</b>	Ontario Trillium Foundation	<i>The Canadian Assessment of Physical Literacy: Building the Capacity of Ontario's Sport and Recreation Sector to Enable Healthy, Active Lifestyles in Children</i>	\$474,200 (2013-2016)
<b>Tremblay/Chaput</b>	Pennington Biomedical Research Center (co-ordinating center)	<i>International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) Canadian Site</i>	\$420,000 (2011-2015)
<b>Tremblay</b>	CSEP Conference Board of Canada HALO PHAC University of Alberta	<i>Canadian Integrated Movement Behaviour Guidelines</i>	\$813,375 (2014-2016)
<b>Tremblay</b>	ParticipACTION	<i>2015 Report Card on the Physical Activity of Children and Youth</i>	\$87,000 (2014-2015)
<b>Tremblay</b>	The Lawson Foundation The CHEO Foundation (matching)	<i>HALO Junior Research Chair Program</i>	\$508,250 \$508,250 (2010-2017)
<b>Tremblay</b>	Trevor Doyle CHEO Foundation (matching)	<i>Healthy Active Living and Obesity Research</i>	\$500,000 \$500,000 (2010-2015)
<b>Tremblay</b>	ParticipACTION/PHAC	<i>Learn to Play CAPL Monitoring</i>	\$300,000 (2014-2017)
<b>Tremblay</b>	Mitacs-Accelerate	<i>Canadian Assessment of Physical Literacy – Graduate Research Program</i>	\$466,667 (2014-2017)
<b>Tremblay</b>	ParticipACTION/RBC	<i>Learn to Play CAPL Monitoring</i>	\$300,000 (2014-2017)
<b>Tremblay</b>	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)
<b>Tremblay</b>	University of Ottawa Undergraduate Research Opportunity Program	<i>Systematic review of the type and prevalence of mental health problems and evidence for effective methods to treat mental health disorders among adolescents with a life-threatening heart rhythm disorder</i>	\$1,500 (2015)



**Figure 4: Number of grants held and amount of funds held as principal or co-principal investigator (attributed to 2015) by HALO Research Group from 2006 to 2015. Between 2006 and 2015, there was a 317% increase in the number of grants held and a 1216% increase in the amount held. Between 2014 and 2015, there was a 4% decrease in the number of grants held and a 61% increase in the amount held.**



In recognition of all the great work done by all HALO students and staff (some of which may have occurred outside of HALO) this report includes all publications from 2015.

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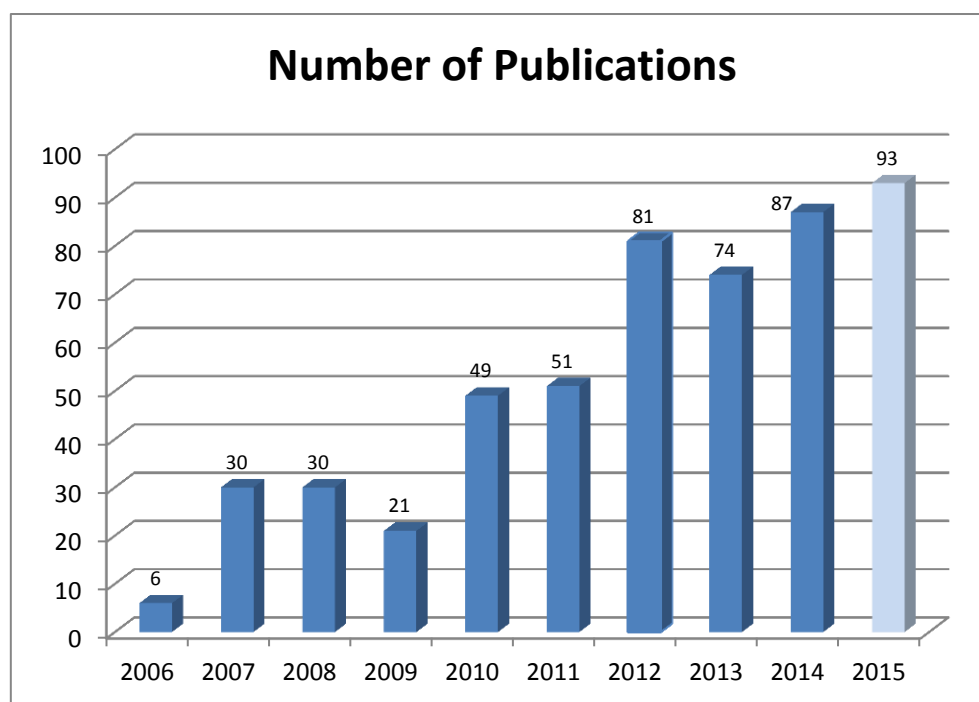
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90. Vepsäläinen H, Mikkilä V, Erkkola M, Broyles ST, **Chaput J-P**, Hu G, Kuriyan R, Kurpad A, Lambert EV, Maher C, Maia J, Matsudo V, Olds T, **Onywera V**, Sarmiento OL, Standage M, **Tremblay MS**, Tudor-Locke C, Zhao P, Church TS, Katzmarzyk PT, Fogelholm M, for the ISCOLE Research Group. Association between home and school food environments and dietary patterns among 9-11 year old children in 12 countries. *International Journal of Obesity Suppl.* 5:S66-S73, 2015.
91. Wijndaele K, Westgate K, Stephens SK, Blair SN, Bull FC, Chastin SFM, Dunstan DW, Ekelund U, Esliger DW, Freedson PS, Granat MH, Matthews CE, Owen N, Rowlands AV, Sherar LB, **Tremblay MS**, Troiano RP, Brage S, Healy GN. Utilization and harmonization of adult accelerometry data: review and expert consensus. *Medicine and Science in Sports and Exercise* 47:2129-2139, 2015.
92. Yardley JE, Kenny GP, Perkins BA, Riddell MC, **Goldfield GS**, Donovan L, **Hadjiyannakis S**, Wells GA, Phillips P, Sigal RJ. Resistance Exercise in Already-Active Diabetic Individuals (READI): Study rationale, design and methods for a randomized controlled trial of resistance and aerobic exercise in type 1 diabetes. *Contemporary Clinical Trials* 41:129-138, 2015.
93. Zakrzewski JK, Gillison FB, Cumming S, Church TS, Katzmarzyk PT, Broyles ST, Champagne CM, **Chaput J-P**, Denstel KD, Fogelholm M, Hu G, Kuriyan R, Kurpad A, Lambert EV, Maher C, Maia J, Matsudo V, Mire EF, Olds T, **Onywera V**, Sarmiento OL, **Tremblay MS**, Tudor-Locke C, Zhao P, Standage M, for the ISCOLE Research Group. Associations between breakfast frequency and adiposity indicators in children from 12 countries. *International Journal of Obesity Suppl.* 5:S80-S88, 2015.



**Figure 5: Number of peer-reviewed, refereed publications by HALO Research Group from 2006 to 2015 there was a 1450% increase in the number of publications.  
Between 2014 and 2015, there was a 7% increase.**



## NON-PEER REVIEWED PUBLICATIONS

1. **Ferraro ZM.** From PhD to MD: The value of a postdoctoral fellowship in undergraduate medical education. *University of Ottawa Postdoctoral Association Newsletter*, volume 2, 2015.
2. **Gunnell K, Poitras V, Tremblay MS.** Train your brain! Guest Blog for the Canadian Education Association about the benefits of physical activity for brain development in adolescents. [www.cea-ace.ca/blog/mark-tremblay/2015/10/3/%E2%80%9Ctrain-your-brain%E2%80%9D](http://www.cea-ace.ca/blog/mark-tremblay/2015/10/3/%E2%80%9Ctrain-your-brain%E2%80%9D), 2015.
3. **Larouche R.** (2015). From divestment to bold climate change mitigation strategies. [e-letter] *British Medical Journal*. [www.bmj.com/content/350/bmj.h600/rapid-responses](http://www.bmj.com/content/350/bmj.h600/rapid-responses), 2015.
4. **Longmuir PE, Colley RC, Wherley VA, Tremblay MS.** Taking a Stand: Balancing the BENEFITS and RISKS of physical activity in children. *Canadian Society for Exercise Physiology Communique*, 2015.

## PUBLISHED ABSTRACTS

In recognition of all the great work done by all HALO students and staff (some of which may have occurred outside of HALO) this report includes all abstracts from 2015.

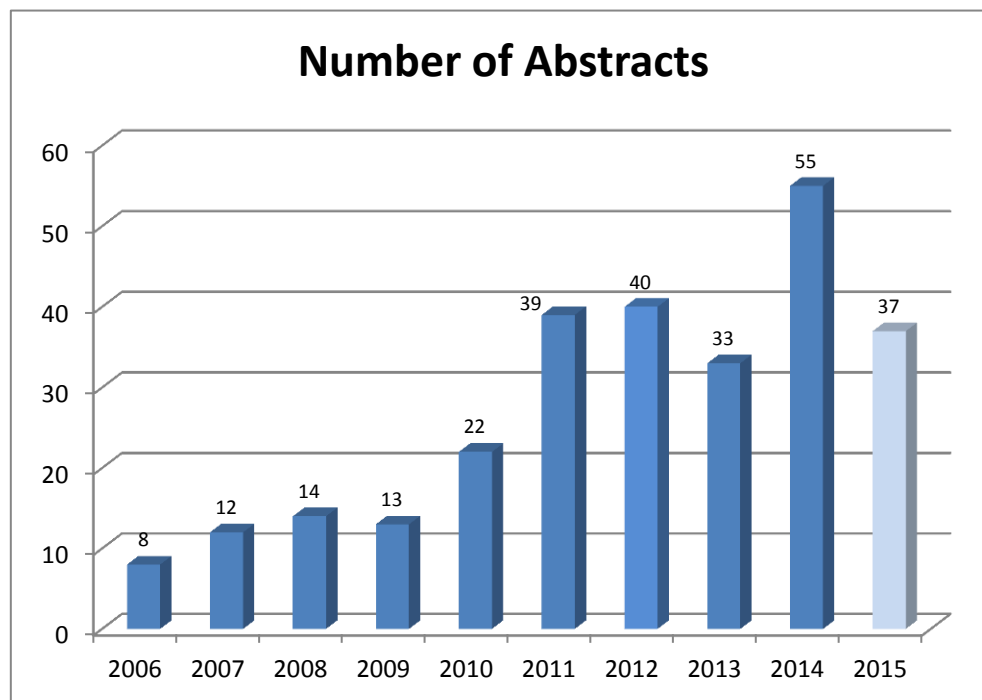
1. **Alpous A, Fournier AA, Longmuir PE.** Reliability of simple fitness and physical activity tasks for screening children's physical literacy in recreation education, allied-health, coaching and healthcare settings. *Applied Physiology, Nutrition, and Metabolism* 40(S1):S3, 2015.
2. **Bianchini JAA, Silva DF, Dada RP, Lopera CA, Mcneil J, Nardo Jr N.** The Impact of BMI-Z score changes on the effects of a multidisciplinary program of obesity treatment on health-related quality of life (HRQoL) in Brazilian adolescents. *Canadian Journal of Diabetes* 39:S42, 2015.
3. **Buchholz A, Clark L.** Improving Body Image in Our Patients: A Key Component of Weight Management. *Canadian Journal of Diabetes* 39:S14, 2015.
4. **Cameron JD, Goldfield GS, Doucet E.** Deprivation by diet alone or by aerobic exercise alone: how modality of acute intervention can differentially impact olfaction, palatability, and ad libitum feeding. *Obesity Facts* (Suppl. 1): 113-155. 2015.
5. **Cameron JD, Goldfield GS, Finlayson G, Blundell JE, Doucet E.** Deprivation by diet alone or by aerobic exercise alone: how modality of an acute 3 day intervention can differently impact bias for sweet taste and fat preference. *Canadian Journal of Diabetes* 39 (Suppl 1):S64, 2015.
6. **Chaput JP, Katzmarzyk PT, LeBlanc AG, Tremblay MS, Barreira TV, Broyles ST, Fogelholm M, Hu G, Kuriyan R, Kurpad A, Lambert EV, Rae DE, Maher C, Maia J, Matsudo V, Onywera V, Sarmiento OL, Standage M, Tudor-Locke C, Zhao P, Church TS, Olds T.** Associations between sleep patterns and lifestyle behaviors in children: an international comparison. *Obesity Facts* 8(Suppl. 1):112, 2015.
7. **Cremon AS, Moreira VM, Terra CMO, Pagan DAC, Hintze LJ, Dada RP, Lima LDC, Bianchini JAA, Silva DF, Nardo Jr N.** Bone mineral density in patients who underwent bariatric surgery and in a non-operated equivalent group: a comparative analysis of serum parameters, and urinary biochemical markers of bone metabolism. *Canadian Journal of Diabetes* 39:S50, 2015.
8. **Dada RP, Silva DF, Oliveira RP, Bianchini JAA, Moreira VM, Hintze LJ, Lima LDC, Mendes AA, Simões CF, Terra CMO, Nardo Jr N.** Comparison of resting metabolic rate of patients submitted to bariatric surgery and an equivalent non-operated group with and without cardiometabolic alterations. *Canadian Journal of Diabetes* 39:S58, 2015.
9. **Ferraro ZM & Adamo K.** Healthy Pregnancy Weight Gain: Moving Towards the Next Generation of Smart Moms. *Canadian Journal of Diabetes* 39: S21-S22, 2015.
10. **Ferraro ZM, Atkinson S, Nerenberg N, Bell R, Adamo K, Gaudet L.** Intergenerational Determinants of Obesity: From Programming to Parenting. *Canadian Journal of Diabetes* 39: S10-S16, 2015.

11. **Ferraro ZM**, Page R, Zhang T, Mugbel MA, Fung-Kee-Fung K. Maternal overweight and obesity are not associated with birth weight discordance in twin pregnancies. *Obesity Facts* 8 (Suppl. 1): 112, 2015.
12. **Ferraro ZM**, Atkinson S, Nerenberg K, Bell R, **Adamo K**, Gaudet L. Intergenerational Determinants of Obesity: From Programming to Parenting. *Canadian Journal of Diabetes* 39:S10-S16, 2015.
13. **Ferraro ZM & Adamo K**. Healthy Pregnancy Weight Gain: Moving Towards the Next Generation of Smart Moms. *Canadian Journal of Diabetes* 39:S21-S22, 2015.
14. Freedhoff Y, Pagoto S, **Chaput JP**, Evans M. When Harry tweeted Sally and other modern day stories. *Canadian Journal of Diabetes* 39(Suppl.1):S8-9, 2015.
15. **Goldfield GS**, Kenny GP, Alberga AS, **Hadjiyannakis S**, Phillips P, Tulloch HE, Doucette S, **Cameron JD**, Sigal RJ. Effects of Aerobic Training, Resistance Training, or Both on Health-Related Quality of Life in Obese Adolescents: the HEARTY trial. *Canadian Journal of Diabetes* 39 (Suppl 1):S18, 2015.
16. **Gunnell KE**, Flament M, Maras D, **Buchholz A**, Henderson KA, Schubert N, **Goldfield GS**. Associations between screen time, physical activity, and depression in adolescents: A four year Longitudinal REAL study. *Journal of Sport & Exercise Psychology* 37: S117, 2015.
17. **Harvey ALJ**, **Goldfield GS**, **Grattan K**, Naylor P-J, Temple V, Wilson S, **Adamo KB**. Does intervening in the daycare setting impact motor skill development? Findings from the preschooler activity trial (PAT) pilot. *Applied Physiology, Nutrition, and Metabolism* 40(S1):S26, 2015.
18. Herman KM, Saunders TJ, **Tremblay MS**. Sedentary behaviour trends in Canadian adults: data from the Canadian Community Health Survey 2000 to 2012. *Applied Physiology, Nutrition, and Metabolism* 40(S1):S27, 2015.
19. Killham ME, Ferguson LJ, Mosewich AD, Mack DE, **Gunnell KE** The role of self-compassion in women athletes' performance evaluations: A pilot study. *Journal of Sport & Exercise Psychology* 37: S123, 2015.
20. **Lang JJ**, **Longmuir P**, **LeBlanc A**, **Chaput JP**, Lambert EV, Muthuri S, **Onywera V**, Wachira LJ, **Tremblay MS**. Correlates of objectively measured moderate-to-vigorous physical activity and cardiorespiratory fitness in Canadian, Kenyan, and South African children. *Applied Physiology, Nutrition, and Metabolism* 40(S1):S37, 2015.
21. **Larouche R**, Garriguet D, **Gunnell KE**, **Goldfield GS**, **Tremblay MS**. Relationship between time spent outdoors, physical activity and health-related indicators among children: the 2012-2013 Canadian Health Measures Survey. *Pediatric Exercise Science* 27(3 suppl):51, 2015.
22. **Larouche R**, **Tremblay M**. Active transportation: are Canadian children and youth reaching the target? *Journal of Transport and Health* 2(Suppl.):S23, 2015.
23. **Larouche R**, **Chaput JP**, **Leduc G**, **Boyer C**, **LeBlanc AG**, **Borghese MM**, **Tremblay MS**. Is the duration of active school travel associated with children's body composition? *Canadian Journal of Diabetes* 39(Suppl.1):S38, 2015.
24. **LeBlanc AG**, **Chaput JP**, **Boyer C**, **Borghese MM**, **Larouche R**, **Leduc G**, **Tremblay MS**. Is school language associated with weight status, physical activity, or sedentary behaviour in Canadian children? *Canadian Journal of Diabetes* 39(Suppl.1):S24, 2015.
25. **Longmuir PE**, **Tremblay MS**. Assessing children's capacity for physical activity: A valid and reliable physical literacy assessment and screening tasks. *Pediatric Exercise Science* 27(3 suppl):56, 2015.
26. **Longmuir PE**, Colley RC, Wherley VA, **Tremblay MS**. Canadian Society for Exercise Physiology Position Stand: benefit and risk for promoting childhood physical activity. *Pediatric Exercise Science* 27(3 suppl):57, 2015.

27. **Longmuir PE**, Boyer C, McClelland K, **Tremblay MS**. Teacher ratings of students' physical activity behaviour, knowledge, attitudes, skill and fitness have low to moderate association with direct measures of student performance. *Pediatric Exercise Science* 27(3 suppl):59, 2015.
28. **Longmuir PE**, Faulkner G, McCrindle BW. Elementary school children after Fontan perceive more barriers to physical activity than healthy peers. *Canadian Journal of Cardiology* 31(10):S122-S123, 2015.
29. **Longmuir PE**, Xiong C, **Alpous A**, Pohl D. Physical activity counselling in children and adolescents with chronic headaches: A pilot study of feasibility and impact. *Pediatric Exercise Science* 27(3 suppl):58, 2015.
30. McNeil, J., Lamothe, G, **Cameron, JD**, Riou, M-E, Cadieux, S., Lafrenière, J, **Goldfield, GS**, Willbond, S, Prud'homme, D, and Doucet, E. Investigating Predictors of Eating: Is Resting Metabolic Rate Really the Strongest Proxy of Energy Intake? *Canadian Journal of Diabetes* 39 (Suppl 1):S59, 2015
31. Mugbel MA, **Ferraro ZM**, Page R, Abbad NA, Zhang T, Lepage N, Fung Kee Fung K. First trimester nuchal translucency in twin pregnancy as a predictor of birth weight discordance. *Ultrasound in Obstetrics & Gynecology* (Suppl. 1): 1-389, 2015.
32. Mugbel MA, **Ferraro ZM**, Page R, Abbad NA, Zhang T, Lepage N, Fung Kee Fung K. First trimester crown-rump length in twin pregnancy as a predictor of birth weight discordance. *Ultrasound in Obstetrics & Gynecology* (Suppl. 1): 1-389, 2015.
33. **Nardo Jr N**, Mendes AA, Dada RP, Oliveira RP, Silva DF, Matsuo AR, Remor JM, Bianchini JAA, Simões CF, Terra CMO, Mendes VHS, Bolognese MA, Moreira VM, Lima LDC, Garcia NCB. Impact of abdominal obesity on anthropometric, physical and hemodynamic parameters according to sex in adolescents beginning a multidisciplinary intervention program. *Official Journal of the International Chair on Cardiometabolic Risk* 1:15, 2015.
34. **Nardo Jr N**, **Silva DF**, Bianchini JAA, Oliveira RP, Dada RP, Mendes AA, Matsuo AR, Remor JM, Bolognese MA, Terra CMO, Simões CF, Mendes VHS, Barrero CAL, Santos MMR. Influence of VO2MAX at baseline on the effects of a multidisciplinary intervention on metabolic syndrome risk factors in obese adolescents. *Official Journal of the International Chair on Cardiometabolic Risk* 1:68, 2015.
35. Orr K, **LeBlanc AG**, Berry T, Deshpande S, Faulkner G, Latimer-Cheung AE, O'Reilly N, Rhodes RE, Spence JC, **Tremblay MS**. Awareness of Canadian Physical Activity Guidelines and self-reported physical activity: cross-sectional analysis. *Applied Physiology, Nutrition, and Metabolism* 40(S1):S50, 2015.
36. Sarker H, Anderson L, Borkhoff C, Abreo K, **Tremblay MS**, Lebovic G, Maguire J, Parkin P, Birken C. Validation of parent-reported physical and sedentary activity by accelerometry in young children. *Canadian Journal of Diabetes* 39(Suppl.1):S44, 2015.
37. **Tremblay MS**, Gray C, Babcock S, **Barnes J**, Costas Bradstreet C, Carr D, Chabot G, Choquette L, Chorney D, Collyer C, Herrington S, Janson K, Janssen I, **Larouche R**, Pickett W, Power M, Sandseter EBH, Simon B, Brussoni M. Position Statement on Active Outdoor Play. *Applied Physiology, Nutrition, and Metabolism* 40(S1):S64, 2015.







**Figure 6: Number of published abstracts by HALO Research Group from 2006 to 2015. Between 2006 and 2015 there was a 363% increase in the number of published abstracts; between 2014 and 2015, there was a 33% decrease.**

#### BOOK CHAPTERS

1. **Adamo KB, Wilson S, Belanger K, Chaput JP.** Later bedtime is associated with greater daily energy intake and screen time in obese adolescents independent of sleep duration. In: Vash PD, ed. *The complexity of adolescent obesity: causes, correlates, and consequences*. Oakville, Canada; Apple Academic Press P. 37-50, 2015.
2. **Gunnell KE,** Crocker PRE, Mack DE, Zumbo BD. The Effect of a Best Possible Physical Activity Self Intervention on Psychological Need Satisfaction, Well-Being, and Physical Activity. In C Higgins (Ed.). *Theories of Psychology: Fundamentals, Applications and Future Directions*. Hauppauge, NY: Nova Publishers. P. 45-62, 2015.

#### CONFERENCES AND INVITED PRESENTATIONS

1. **Adamo KB.** Pregnancy, the placenta and exercise: roles in obesity. *The Saltin International Graduate Course in Clinical Exercise & Physiology (Toronto, Canada)*, 2015.
2. **Adamo KB.** Assessment of physical activity levels in the free-living pediatric population: What are the choices and why use direct measures? *8<sup>th</sup> International Neonatal & Childhood Pulmonary Vascular Disease Conference* (San Francisco, USA), 2015.
3. **Adamo KB.** Are the early years the key to long term health? *Canadian Society for Exercise Physiology Annual Meeting* (Hamilton, Canada), 2015.
4. **Adamo KB.** The importance of early childhood behaviours for growth and development. *4<sup>th</sup> Canadian Obesity Summit: Workshop Intergenerational determinants of obesity: from programming to parenting* (Toronto, Canada), 2015.
5. **Adamo KB.** The link between pregnancy and downstream maternal & child obesity. *Senate Standing Senate Committee on social affairs, science and technology, Expert Witness* (Ottawa, Canada), 2015.

6. **Adamo KB.** The 5A's of Healthy Pregnancy Weight Gain. *University of Saskatchewan Obstetrics & Gynecology Grand Rounds* (Saskatoon, Canada), 2015.
7. **Adamo KB.** Tackling child obesity starting with mom. How did my career path bring me here? Keynote presentation at *Ontario Exercise Physiology Conference; Science in Healthy Living, Aging and Disease* (Innisfil, Canada), 2015.
8. **Adamo KB.** Networking and how my career brought me here. *UOttawa Graduate Students Networking Symposium* (Ottawa, Canada), 2015.
9. **Adamo KB.** The importance of the Early Years. *UOttawa Exercise is Medicine* (Ottawa, Canada), 2015.
10. **Alpous A, Fournier AA, Longmuir PE.** Reliability of simple fitness and physical activity tasks for screening children's physical literacy in recreation, education, allied-health, coaching and healthcare settings. *Canadian Society for Exercise Physiology* (Hamilton, Canada), 2015.
11. **Alpous A, Borghese MM, Callender L, Fournier A, Boyer C, Longmuir PE.** Assessing the accuracy of physical literacy screening tasks with the Canadian Assessment of Physical Literacy. *Canadian Paediatric Society* (Toronto, Canada), 2015.
12. **Alpous A, Fournier A, Longmuir PE.** Physical literacy screening tasks for practitioners without specialist training in physical activity. *Canadian Obesity Summit* (Toronto, Canada), 2015.
13. Banks L, Rosenthal S, **Longmuir PE**, Manlhiot C, McKillop A, McCrindle BW. Associations between physical activity, exercise capacity, and gross motor skill development are independent of the type of congenital heart disease. *Canadian Paediatric Society* (Toronto, Canada), 2015.
14. Barreira TV, Schuna Jr J, Tudor-Locke C, **Chaput J-P**, Church TS, 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**, Zhao P, Katzmarzyk PT. Reliability of accelerometer-determined moderate-to-vigorous physical activity in children: A 12 country study. *International Conference on Ambulatory Monitoring of Physical Activity and Movement* (Limerick, Ireland), 2015.
15. Biagé A, Guérin E, **Goldfield G**, Doucet E, Strychar I, Prud'homme D. Influence of menopause transition and physical activity on stress perception: A MONET Group Study. *American College of Sports Medicine* (San Diego, USA), 2015.
16. Brunet J, **Gunnell KE**, Teixeira P, Sabiston C, Belanger M. Unique and combined effects of competence, autonomy and relatedness on quality of life and physical activity among adolescents. *Canadian Society for Psychomotor Learning and Sport Psychology* (Edmonton, Canada), 2015.
17. **Cameron JD, Adamo KB**, Doucet E, Fried P, **Goldfield GS.** Effects of prenatal exposure to cigarette smoke on adiposity and metabolism: preliminary evidence of attenuated energy metabolism *Teratology Society Annual Meeting* (Montreal, Canada), 2015.
18. **Cameron J**, Sigal R, Kenny G, Alberga A, Phillips P, Maras D, Borghese M, **Murray M, Goldfield G.** Increased caloric intake mediates the relationship between screen time and body mass index in overweight/obese adolescents primarily by increased carbohydrate intake: The HEARTY trial. *Obesity Society's Annual meeting at Obesity Week* (Los Angeles, USA), 2015.
19. **Carson V, Tremblay MS, Chaput J-P**, Chastin S. Associations between physical activity, sedentary time, sleep and cardiometabolic biomarkers of children and youth using compositional analyses. *International Conference on Diet and Activity Methods* (Brisbane, Australia), 2015.
20. **Carson V**, Kuzik N, Hunter S, Wiebe SA, Spence JC, Friedman A, **Tremblay MS**, Slater L, Hinkley T. Systematic review of sedentary behavior and cognitive development in early childhood. *2015 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA)* (Edinburgh, Scotland), 2015.

21. **Chaput J-P**, Saunders TJ, **Tremblay MS**, Katzmarzyk PT, Tremblay A, Bouchard C. Workplace standing time and the incidence of obesity and Type 2 Diabetes: A longitudinal study in adults. *2015 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA)* (Edinburgh, Scotland), 2015.
22. **Chaput JP**, Katzmarzyk PT, **LeBlanc AG**, **Tremblay MS**, Barreira TV, Broyles ST, Fogelholm M, Hu G, Kuriyan R, Kurpad A, Lambert EV, Rae DE, Maher C, Maia J, Matsudo V, **Onywera V**, Sarmiento OL, Standage M, Tudor-Locke C, Zhao P, Church TS, Olds T; for the ISCOLE Research Group. Associations between sleep patterns and lifestyle behaviors in children: an international comparison. *European Congress on Obesity* (Prague, Czech Republic), 2015.
23. **Chaput JP**. Beyond inactivity and unhealthy diet: how should we address obesity in 2015? *Canadian Association of Paediatric Health Centres (CAPHC)* (Ottawa, Canada), 2015.
24. **Chaput JP**. Why do we need to move more? *Algonquin College* (Ottawa, Canada), 2015.
25. **Chaput JP**. Epidemiological aspects of sleep and obesity. *The Obesity Society's Annual Scientific Meeting* (Los Angeles, USA), 2015.
26. **Chaput JP**. Is sleep deprivation a contributor to the obesity epidemic? *School of Epidemiology, Public Health and Preventive Medicine Seminar Series, University of Ottawa* (Ottawa, Canada), 2015.
27. **Chaput JP**. Insufficient sleep and the obesity epidemic in children. *Canadian Sleep Society Conference* (Toronto, Canada), 2015.
28. **Chaput JP**. Interactions between movement, sleep and other non-movement behaviors in the pathogenesis of childhood obesity. *8<sup>th</sup> Fribourg Obesity Research Conference (FORC), University of Fribourg* (Fribourg, Switzerland), 2015.
29. **Chaput JP**. How to build a successful research program in academia? *Graduate and Postdoctoral Research Day, University of Ottawa* (Ottawa, Canada), 2015.
30. **Chaput JP**. L'édition 2015 du Bulletin de l'activité physique chez les jeunes de ParticipACTION. *Webinar to discuss the key findings of the 2015 Report Card* (Toronto, Canada), 2015.
31. **Chaput JP**. Workplace standing time and the incidence of obesity and type 2 diabetes: a longitudinal study in adults. *International Society for Behavioral Nutrition and Physical Activity Meeting* (Edinburgh, Scotland), 2015.
32. **Chaput JP**. Impact of sleep habits on energy balance and body weight stability. *Canadian Nutrition Society Annual Conference* (Winnipeg, Canada), 2015.
33. **Chaput JP**. Prévention de l'obésité chez l'enfant: un défi de taille! *GRAPA Scientific Day, Université du Québec à Montréal* (Montreal, Canada), 2015.
34. **Chaput JP**. Is exergaming a viable tool to address obesity? *Canadian Obesity Summit* (Toronto, Canada), 2015.
35. **Chaput JP**. Sleep, food intake, and obesity in kids. *Nutrition Resource Centre's Kids in Focus Webinar Series* (Toronto, Canada), 2015.
36. **Chaput JP**. Lack of sleep causing weight gain: observational evidence. *World Congress on Sleep Medicine* (Seoul, Korea), 2015.
37. **Chaput JP**. The importance of a good night's sleep for health and wellness in the workplace. *Chevron* (Calgary, Canada), 2015.



38. **Chaput JP.** Go to sleep! Is sleep deprivation contributing to the obesity epidemic? *Building Healthy Lifestyles Conference, Arizona State University* (Phoenix, USA), 2015.
39. **Chaput JP.** Strategies to build a successful research program in obesity-related research. *The Obesity Society's Early-Career Investigator Committee Online Webinar* (Ottawa, Canada), 2015
40. **da Silva DF, Ferraro ZM, Adamo K, Machado Fa.** Endurance running training guided by heart rate variability in young women: effects on performance. *Human Kinetics Graduate Student Annual Research Day, University of Ottawa* (Ottawa, Canada), 2015.
41. **Ertel E, Cinanni N, Lee S, Adamo K, Barrowman N, Tremblay MS, Timmons B, Dillenburg R, Shanmugam G, Longmuir PE.** Impact of congenital heart defects and innocent murmur on the motor development of young children. *Canadian Cardiovascular Congress* (Toronto, Canada), 2015.
42. **Ferraro ZM, Adamo KB.** Healthy Pregnancy Weight Gain: Moving Towards the Next Generation of Smart Moms. *4<sup>th</sup> Canadian Obesity Summit* (Toronto, Canada), 2015.
43. **Ferraro ZM.** Physical activity & pregnancy: Clinical recommendations. Invited Lecture for the *uOttawa MD program Exercise is Medicine Interest Group* (Ottawa, Canada), 2015.
44. **Ferraro ZM.** Are Health Canada's pregnancy weight gain guidelines too liberal for patients with obesity? Invited Grand Rounds at *Sunnybrook Health Sciences Centre* (Toronto, Canada), 2015.
45. **Ferraro ZM, Page R, Zhang T, Mugbel MA, Fung-Kee-Fung K.** Maternal overweight and obesity are not associated with birth weight discordance in twin pregnancies. *European Congress on Obesity*. (Prague, Czech Republic), 2015.
46. **Ferraro ZM.** Pregnancy weight gain: What's the limit? How to stay within it? Invited keynote for the *Ontario Society for Nutrition Professionals in Public Health (OSNPPH) annual conference* (Niagara-on-the-Lake, Canada), 2015.
47. **Ferraro ZM.** Developmental origins of obesity: Inheritance or recapitulation? Invited oral presentation for fetal programming workshop. *The 4th Canadian Obesity Summit* (Toronto, Canada), 2015.
48. **Ferraro ZM, Adamo K.** Healthy Pregnancy Weight Gain: Moving Towards the Next Generation of Smart Moms. Awarded best new professional oral presentation at *The 4th Canadian Obesity Summit* (Toronto, Canada), 2015.
49. **Ferraro ZM.** Pregnancy weight gain and the developmental origins of obesity: Public health perspectives. Invited keynote – *uOttawa resident physician academic day for Preventive Medicine & Public Health, University of Ottawa* (Ottawa, Canada), 2015.
50. **Ferraro ZM.** Physical activity & pregnancy: Clinical recommendations. *Guest Lecture for Professor Saunders at the University of Prince Edward Island*. (Ottawa, Canada – live webcast), 2015.
51. **Fournier A, Alpous A, Costas Bradstreet C, Antunes E, Tremblay M, Longmuir PE.** The Canadian Assessment of Physical Literacy. *International Physical Literacy Conference* (Vancouver, Canada), 2015.
52. **Ferraro ZM.** Pregnancy weight gain: What's the limit? How to stay within it? *Invited keynote – uOttawa Family Medicine Academic Day on weight management, Bruyere Hospital* (Ottawa, Canada), 2015.
53. **Ferraro ZM.** Tips & Tricks for a Successful Presentation: The do's and don'ts of Scientific Story Telling. *MFM Fellow Academic Learning Session*. The Ottawa General Hospital (Ottawa, Canada), 2015.
54. **Ferraro ZM.** Pregnancy weight gain & the developmental origins of obesity. *Inceptus Media Nutrition Lecture Series: Current Issues, Trends and Advances in Infant Nutrition* (Ottawa, Canada), 2015.
55. **Ferraro ZM.** Activity Begins in Childhood (ABC) Randomized Controlled Trial day care provider workshop. *Children's Hospital of Eastern Ontario* (Ottawa, Canada), 2015.

56. **Ferraro ZM.** Obesity in preconception and pregnancy: Downstream effects on child obesity. *Best Start Resource Centre community public health workshop series* (Toronto, Canada), 2015.
57. **Ferraro ZM.** The 5 A's of healthy pregnancy weight gain. *Best Start Resource Centre community public health workshop series* (Toronto, Canada), 2015.
58. **Fournier A, Longmuir PE.** Canadian Assessment of Physical Literacy. *International Physical Literacy Conference*, (Vancouver, Canada), 2015.
59. Gareau A, **Gunnell K**, Gaudreau P. Atelier pédagogique pour introduire les analyses factorielles et les équations structurales. *Société Québécoise de la Recherche en Psychologie (SQRP)* (Gatineau, Canada), 2015.
60. **Gray C**, Brussoni M, Gibbons R, Ishikawa T, Janssen I, Sampson M, **Tremblay MS.** Risky outdoor play and health indicators in children: A systematic review. *International Society for Behavioral Nutrition and Physical Activity Annual Conference* (Edinburgh, Scotland), 2015.
61. **Gunnell KE**, Flament M, Maras D, **Buchholz A**, Henderson K, Obeid N, Schubert N, **Goldfield G.** Changes in anxiety, screen time, and physical activity: A longitudinal REAL study over four years. *14<sup>th</sup> European Congress of Sport Psychology* (Bern, Switzerland), 2015.
62. **Gunnell KE**, Flament M, Maras D, **Buchholz A**, Henderson KA, Obeid N, Schubert N, **Goldfield G.** Associations between screen time, physical activity, and depression in adolescents: A four year Longitudinal REAL study. Annual general meeting of the *North American Society for Psychology of Sport and Physical Activity* (Portland, USA), 2015.
63. **Gunnell KE.** Psychological mechanisms of change and their impact on physical activity and well-being: Practical implications and considerations for analyzing change. *Children's Hospital of Eastern Ontario, Research Institute Seminar Series* (Ottawa, Canada), 2015.
64. **Gunnell KE**, Brunet J, Bélanger M. Changes in Physical Activity, Screen Time, and Hours Slept Over Three Years as Independent Predictors of Quality Of Life in Youth. *Canadian Society for Psychomotor Learning and Sport Psychology* (Edmonton, Canada), 2015.
65. Herman KM, Saunders TJ, **Tremblay MS.** Sedentary behaviour trends in Canadian adults: data from the Canadian Community Health Survey 2000 to 2012. *Canadian Society for Exercise Physiology Annual Scientific Conference* (Hamilton), October, 2015.
66. **Hadjiyannakis S.** Panel Discussion: Nutrition- Tools for Assessment of Pediatric Obesity. *Northern Ontario Pediatric Conference* (Sudbury, Canada), 2015.
67. **Hadjiyannakis S.** Pediatric Obesity: Assessment and Management Tools. *The 5As of Pediatric Obesity Management and the EOSS-P Ontario Pediatric Bariatric Network Education Day* (Toronto, Canada), 2015.
68. **Hadjiyannakis S.** Assessment of the Pediatric Patient Seeking Weight Management. *Canadian Obesity Summit* (Toronto, Canada), 2015.
69. **Hadjiyannakis S.** Clinical Debate- Bariatric Surgery for Adolescents (CON). *Canadian Pediatric Endocrine Group Annual Meeting* (Halifax, Canada), 2015.
70. **Hadjiyannakis S.** Pediatric Obesity. *11<sup>th</sup> Annual Update in Endocrinology and Diabetes, University of Ottawa CME* (Ottawa, Canada), 2015.
71. **Hadjiyannakis S, Clark L.** Pediatric Obesity : The Essentials of Helping without Harming. *CHEO's 40<sup>th</sup> Annual Peds Refresher Course* (Ottawa, Canada), 2015.
72. **Hadjiyannakis S.** Obesity in Childhood. *Mini Med School, The Ottawa Hospital* (Ottawa, Canada), 2015.

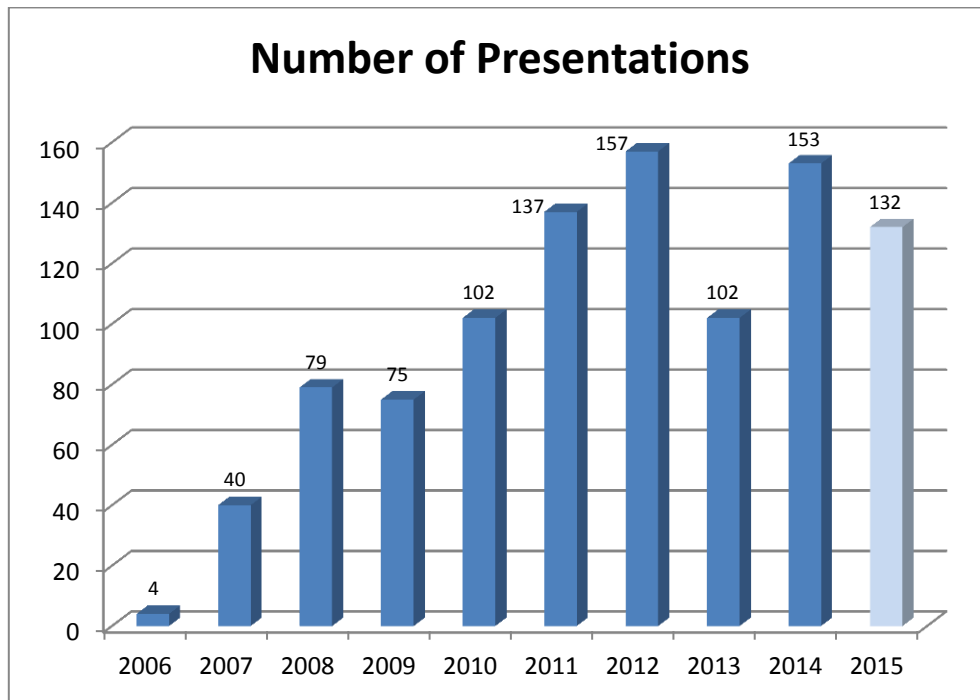
73. **Hadjiyannakis S.** Childhood Obesity. *64<sup>th</sup> Annual Family Medicine Refresher Course, University of Ottawa* (Ottawa, Canada), 2015.
74. Killham ME, Ferguson LJ, Mosewich AD, Mack DE, **Gunnell KE.** The role of self-compassion in women athletes' performance evaluations: A pilot study. *North American Society for Psychology of Sport and Physical Activity* (Portland, USA), 2015.
75. **Lang JJ, Longmuir P, LeBlanc A, Chaput JP,** Lambert EV, Muthuri S, **Onywera V,** Wachira LJ, **Tremblay MS.** Correlates of objectively measured moderate-to-vigorous physical activity and cardiorespiratory fitness in Canadian, Kenyan, and South African children. *Canadian Society for Exercise Physiology Annual Scientific Conference* (Hamilton, Canada), 2015.
76. **Lang JJ,** McNeil J, **Tremblay MS,** Saunders TJ. Sit less, stand more: A randomized point-of-decision prompt intervention to reduce sedentary time. *American College of Sports Medicine Annual Conference* (San Diego, USA), 2015.
77. **Lang J, Longmuir P, Tremblay MS.** Feasibility of the Canadian Assessment of Physical Literacy's obstacle course to assess movement skill proficiency of groups of children. *29<sup>th</sup> Australian Council for Health, Physical Education, Recreation International Conference* (Adelaide, Australia), 2015.
78. **Larouche R,** Garriguet D, **Gunnell KE, Goldfield GS, Tremblay MS.** Relationship between time spent outdoors, physical activity and health-related indicators among children: the 2012-2013 Canadian Health Measures Survey. *XXIX Pediatric Work Physiology Meeting* (Utrecht, Netherlands), 2015.
79. **Larouche R, Tremblay MS.** Active transportation: are Canadian children and youth reaching the target? *1st International Conference on Transport and Health* (London, England), 2015.
80. **Larouche R, Chaput JP, Leduc G,** Boyer C, **LeBlanc AG,** Borghese MM, **Tremblay MS.** Is the duration of active school travel associated with children's body composition? *Canadian Obesity Summit* (Toronto, Canada), 2015.
81. **Larouche R,** Faulkner GEJ, **Tremblay MS.** Prevalence and correlates of active transportation among adults: the 2007-2011 Canadian Health Measures Surveys. *Moving Active Transportation to Higher Ground: Opportunities for Accelerating the Assessment of Health Impacts Conference* (Washington, USA), 2015.
82. **Larouche R,** Oyeyemi AL, Prista A, **Onywera V,** Akinroye KK, **Tremblay MS.** Measuring active transportation in children and youth: a systematic review. *Active Living Research Conference* (San Diego, USA), 2015.
83. **Larouche R,** Stone MR, Buliung RN, Faulkner GEJ. "I want to bike, but I can't!" – profiling the children who would prefer to cycle to school. *2015 International Society of Behavioral Nutrition and Physical Activity Conference* (Edinburgh, Scotland), 2015.
84. **LeBlanc AG,** Katzmarzyk PT, Barreira TV, Broyles ST, **Chaput J-P,** Church TS, 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, **Tremblay MS.** Correlates of sedentary behaviour across 12 countries: The International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE). *International Society for Behavioral Nutrition and Physical Activity Annual Conference* (Edinburgh, Scotland), 2015.
85. **LeBlanc AG, Chaput JP,** Boyer C, Borghese MM, **Larouche R, Leduc G, Tremblay MS.** Is school language associated with weight status, physical activity, or sedentary behaviour in Canadian children? *Canadian Obesity Network Summit* (Toronto, Canada), 2015.
86. **LeBlanc AG, Tremblay MS, Leduc G,** Boyer C, Borghese MM, **Chaput JP.** Associations between sleep characteristics and dietary intake patterns in 10 year-old Canadian children. *World Congress on Sleep Medicine* (Seoul, South Korea), 2015.

87. **LeBlanc AG**, Boyer C, Borghese MM, **Chaput J-P**, **Leduc G**, **Tremblay MS**, **Longmuir PE**. Association between habitual activity and knowledge of public health guidelines in Canada. *World Congress on Sleep Medicine* (Seoul, South Korea), 2015.
88. **LeBlanc AG**. Importance on lifestyle habits on healthy active living. *Ontario Parks* (Toronto, Canada), 2015.
89. **LeBlanc AG**. Importance of lifestyle habits on healthy active living. *Haliburton, Kawartha, Pine Ridge District Health Unit* (Toronto, Canada), 2015.
90. **LeBlanc AG**, **Gunnell K**. Active Kids, Healthy Kids – A Workshop for Parents. *Robert Hopkins Public School* (Ottawa, Canada), 2015.
91. **Longmuir PE**, Boyer C, McClelland K, **Tremblay MS**. Teacher ratings of student’s physical activity behaviour, knowledge, attitudes, skill and fitness have low to moderate association with direct measures of student performance. *Canadian Cardiovascular Congress* (Toronto, Canada), 2015.
92. **Longmuir PE**, **Tremblay MS**. Assessing children’s capacity for physical activity: A valid and reliable physical literacy assessment and screening tasks. *XXIX Pediatric Work Physiology Meeting* (Utrecht, Netherlands), 2015.
93. **Longmuir PE**, Colley RC, Wherley VA, **Tremblay MS**. Canadian Society for Exercise Physiology Position Stand: benefit and risk for promoting childhood physical activity. *XXIX Pediatric Work Physiology Meeting* (Utrecht, Netherlands), 2015.
94. **Longmuir PE**, Boyer C, McClelland K, **Tremblay MS**. Teacher ratings of students’ physical activity behaviour, knowledge, attitudes, skill and fitness have low to moderate association with direct measures of student performance. *Pediatric Work Physiology Meeting* (Utrecht, Netherlands), 2015.
95. **Longmuir PE**, Faulkner G, McCrindle BW. Elementary school children after Fontan perceive more barriers to physical activity than healthy peers. *Canadian Cardiovascular Congress* (Toronto, Canada), 2015.
96. **Longmuir PE**, Xiong C, **Alpous A**, Pohl D. Physical activity counselling in children and adolescents with chronic headaches: A pilot study of feasibility and impact. *Pediatric Work Physiology 2015* (Utrecht, Netherlands), 2015.
97. **Longmuir PE**, **Alpous A**, Lougheed J. Motor skill and muscular endurance deficits and sedentary behaviour contribute to lower physical literacy in children with congenital heart defects. *Canadian Paediatric Society* (Toronto, Canada), 2015.
98. **Longmuir PE**, **Alpous A**. CAPL screening: Simple and fast tasks to identify children with low physical literacy. *International Physical Literacy Conference* (Vancouver, Canada), 2015.
99. **Longmuir PE**, **Alpous A**, Hamer S, Lougheed J, Pohl D. Physical literacy of children with epilepsy and congenital heart disease. *International Physical Literacy Conference* (Vancouver, Canada), 2015.
100. **Longmuir PE**, Yap L, Bravo C, Lee SL, Brandão LR. Body Contact Risk During childhood physical activity: Feasibility of a novel method for objective measurements to inform the care of children at risk for bleeding injuries. *Association of Hemophilia Clinic Directors of Canada Annual General Meeting* (Halifax, Canada), 2015.
101. Maras D, **Murray MA**, Schubert N, Henderson K, **Buchholz A**, Flament MF, Obeid N, **Goldfield GS**. Negative body and weight esteem differentially mediate the relationship between thin-ideal internalization and mental health in female adolescents. *Psychology Outside the Box 2015, University of Ottawa* (Ottawa, Canada), 2015.
102. Mugbel MA, **Ferraro ZM**, Page R, Abbad NA, Zhang T, Lepage N, Fung Kee Fung K. First trimester nuchal translucency in twin pregnancy as a predictor of birth weight discordance. *25th World Congress on Ultrasound in Obstetrics and Gynecology* (Montreal, Canada), 2015.



103. Mugbel MA, **Ferraro ZM**, Page R, Abbad NA, Zhang T, Lepage N, Fung Kee Fung K. First trimester crown-rump length in twin pregnancy as a predictor of birth weight discordance. *25th World Congress on Ultrasound in Obstetrics and Gynecology* (Montreal, Canada), 2015.
104. **Murray MA**, Maras D, **Goldfield GS**. The relationship between social media engagement and externalized eating. *2015 American Psychological Association Conference* (Toronto, Canada), 2015.
105. Orr K, **LeBlanc AG**, Berry T, Deshpande S, Faulkner G, Latimer-Cheung AE, O'Reilly N, Rhodes RE, Spence JC, **Tremblay MS**. Awareness of Canadian Physical Activity Guidelines and self-reported physical activity: cross-sectional analysis. *Canadian Society for Exercise Physiology Annual Scientific Conference* (Hamilton, Canada), 2015.
106. Qiao Y, Ma J, Wang Yu, Li W, 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, Church TS, Zhao P, Hu G. Birth weight and childhood obesity: a 12-country study. *1st International Congress on Childhood Obesity and Hypertension* (Beijing, China), 2015.
107. Rhodes RE, Berry T, Deshpande S, Faulkner G, Latimer-Cheung A, O'Reilly N, Spence JC, **Tremblay MS**. Predicting changes in child physical activity and three types of parental support behaviors across 12 months. *International Society for Behavioral Nutrition and Physical Activity Annual Conference* (Edinburgh, Scotland), 2015.
108. Sarker H, Anderson L, Borkhoff C, Abreo K, **Tremblay MS**, Lebovic G, Maguire J, Parkin P, Birken C. Validation of parent-reported physical and sedentary activity by accelerometry in young children. *Canadian Obesity Network Summit* (Toronto, Canada), 2015.
109. **Tremblay MS**. Promoting active outdoor play: benefits, risks, and challenges. Invited presentation to *Thunder Bay Healthy Kids Community Challenge Community Leader Forum* (Thunder Bay, Canada), 2015.
110. **Tremblay MS**. Back to the basics – the importance of active outdoor play. Invited presentation to *Thunder Bay Healthy Kids Community Challenge Public Forum* (Thunder Bay, Canada), 2015.
111. **Tremblay MS**. An Introduction to the Canadian Assessment of Physical Literacy. Invited presentation at the *2015 Nanjing International Symposium on Youth Fitness and Health* (Nanjing, China), 2015.
112. **Tremblay MS**, Gray C, Babcock S, **Barnes J**, Costas Bradstreet C, Carr D, Chabot G, Choquette L, Chorney D, Collyer C, Herrington S, Janson K, Janssen I, **Larouche R**, Pickett W, Power M, Sandseter EBH, Simon B, Brussoni M. Position Statement on Active Outdoor Play. *Canadian Society for Exercise Physiology Annual Scientific Conference* (Hamilton, Canada), 2015.
113. **Tremblay MS**. Pediatric physical activity and brain function: an overview of relationships, possible mechanisms, and research gaps. Invited presentation in the *Movement as a window to the developing brain* symposium at the *6<sup>th</sup> Annual Brain Development Conference* (Ottawa, Canada), 2015.
114. **Tremblay MS**. Stand-up and take the next step in child health and exercise research: Journeying into unfamiliar territory. Invited Joseph Rutenfranz lecture at the *XXIX Pediatric Work Physiology Meeting* (Utrecht, Netherlands), 2015.
115. **Tremblay MS**. Active Healthy Kids Report Cards. Workshop presentation at the *XXIX Pediatric Work Physiology Meeting* (Utrecht, Netherlands), 2015.
116. **Tremblay MS**. Position Statement on Active Outdoor Play: A foundation of evidence to get kids outdoors. Invited presentation to *Ottawa Public Health and Partners* (Ottawa, Canada), 2015.
117. **Tremblay MS**. Are the Kids Alright? A 24-hour movement guideline for healthier children and youth. Invited webinar presentation to *The Conference Board of Canada* (Ottawa, Canada), 2015.

118. **Tremblay MS.** Current challenges and possible solutions for promoting healthy active living among today's children and youth. Invited presentation at the *2015 YMCA-YWCA of the National Capital Region Chair's Round Table* (Ottawa, Canada), 2015.
119. **Tremblay MS.** Physical activity and sedentary behavior – what matters most in health maintenance. Invited presentation for the *American College of Advanced Medicine "Functional Approaches to Treating Obesity, Practical Methods that Work" Webinar Series* (on-line from Ottawa, Canada), 2015.
120. **Tremblay MS, Carson V, Barnes J, Moreau E, LeBlanc CMA.** Increasing Canadian Pediatricians' awareness and use of new Canadian Physical Activity and Sedentary Behaviour Guidelines for children and youth. *International Society for Behavioral Nutrition and Physical Activity Annual Conference* (Edinburgh, Scotland), 2015.
121. **Tremblay MS.** Public Health Guidelines for Sedentary Behaviour. Invited symposium presentation at the *American College of Sports Medicine Annual Conference* (San Diego, USA), 2015.
122. **Tremblay MS.** Playing Outside the Hospital: An iconoclastic perspective on research priorities in children's health. Invited keynote address at the *University of Alberta, Department of Pediatrics Research Day* (Edmonton, Canada), 2015.
123. **Tremblay MS.** Making Movement a Movement: New insights on physical activity, sedentary behaviour and sleep. Invited presentation for *University of Alberta Department of Pediatrics: Pediatric Grand Rounds* (Edmonton), May, 2015.
124. **Tremblay MS.** Thinking Outside the Gym: An integrated perspective for healthy movement behaviours in early childhood. Invited keynote address at the *National Early Years Conference* (Moose Jaw, Canada), 2015.
125. **Tremblay MS.** Active Video Games: Friend or Foe? Invited presentation at the *National Early Years Conference* (Moose Jaw, Canada), 2015.
126. **Tremblay MS, Longmuir P.** Canadian Assessment of Physical Literacy. *29<sup>th</sup> Australian Council for Health, Physical Education, Recreation International Conference* (Adelaide, Australia), 2015.
127. **Tremblay MS, Longmuir P.** Canadian Assessment of Physical Literacy. Invited presentation at *Southwest University* (Chong Qing, China), 2015.
128. **Tremblay MS, Longmuir P.** Canadian Assessment of Physical Literacy. Invited presentation to the *Xigang School District* (Da Lian, China), 2015.
129. **Tremblay MS, Longmuir P.** Canadian Assessment of Physical Literacy. Invited presentation at the *Fujian Normal University* (Fuzhou, China), 2015.
130. **Tremblay MS.** China's Physical Activity Report Card for Children and Youth and the Global Matrix 2.0. Invited presentation at the *Shanghai Sports University* (Shanghai, China), 2015.
131. **Tremblay MS, Longmuir P.** Canadian Assessment of Physical Literacy. Invited presentation at the *Shanghai Sports University* (Shanghai, China), 2015.
132. Vepsäläinen H, Mikkilä V, Erkkola M, Broyles ST, **Chaput J-P**, 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, Zhao P, Church TS, Katzmarzyk PT, Fogelholm M. Association between home and school food environments and dietary behaviors among 9–11-year-old children in 12 countries. *International Conference on Diet and Activity Methods* (Brisbane, Australia), 2015.



**Figure 7: Number of scholarly presentations by HALO Research Group from 2006 to 2015. Between 2006 and 2015, there was a 3200% increase in the number of scholarly presentations; between 2014 and 2015, there was a 14% decrease.**



## 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, Nairobi, Kenya
- KidActive
- NeuroDevNet
- Ottawa Public Health
- ParticipACTION
- Sedentary Behaviour Research Network
- The Lawson Foundation
- “The Moblees”
- The Ottawa Hospital
- Treatment and Research of Obesity in Pediatrics in Canada
- 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  
401 Smyth Road, Ottawa, ON K1H 8L1**

Please visit our HALO web site at [www.haloresearch.ca](http://www.haloresearch.ca)

**Stacey Alpous**

Research Coordinator  
613-737-7600 ext. 4003  
[aalpous@cheo.on.ca](mailto:aalpous@cheo.on.ca)

**Joel Barnes**

Knowledge Synthesis and Analysis  
Manager  
613-737-7600 ext. 4148  
[jbarnes@cheo.on.ca](mailto:jbarnes@cheo.on.ca)

**Kevin Belanger**

Research Coordinator  
613-737-7600 ext. 4408  
[kbelanger@cheo.on.ca](mailto:kbelanger@cheo.on.ca)

**Annick Buchholz**

Psychologist, CHAL  
613-260-1477 ext. 224  
[abuchholz@cheo.on.ca](mailto:abuchholz@cheo.on.ca)

**Jameason Cameron**

Post-Doctoral Fellow  
613-737-7600 ext. 4103  
[jcameron@cheo.on.ca](mailto:jcameron@cheo.on.ca)

**Jean-Philippe Chaput**

Research Scientist  
613-737-7600 ext. 3683  
[jpchaput@cheo.on.ca](mailto:jpchaput@cheo.on.ca)

**Natasha Cinanni**

Research Coordinator  
613-737-7600 ext. 4005  
[ncinanni@cheo.on.ca](mailto:ncinanni@cheo.on.ca)

**Gary Goldfield**

Clinical Scientist  
613-737-7600 ext. 3288  
[ggoldfield@cheo.on.ca](mailto:ggoldfield@cheo.on.ca)

**Katie Gunnell**

New Investigator  
613-737-7600 ext. 4016  
[kgunnell@cheo.on.ca](mailto:kgunnell@cheo.on.ca)

**Stasia Hadjiyannakis**

Pediatric Endocrinologist, CHAL  
613-737-7600 ext. 3939  
[shadjiyannakis@cheo.on.ca](mailto:shadjiyannakis@cheo.on.ca)

**Richard Larouche**

Post-Doctoral Fellow  
613-737-7600 ext. 4191  
[rlarouche@cheo.on.ca](mailto:rlarouche@cheo.on.ca)

**Geneviève Leduc**

Research Coordinator  
613-737-7600 ext. 4158  
[gleduc@cheo.on.ca](mailto:gleduc@cheo.on.ca)

**Pat Longmuir**

Junior Research Scientist  
613-737-7600 ext. 3908  
[plongmuir@cheo.on.ca](mailto:plongmuir@cheo.on.ca)

**Veronica Poitras**

Research Manager  
613-737-7600 ext. 4191  
[vepoitras@cheo.on.ca](mailto:vepoitras@cheo.on.ca)

**Jane Rutherford**

Exercise Specialist, CHAL  
613-260-1477 ext. 222  
[jrutherford@cheo.on.ca](mailto:jrutherford@cheo.on.ca)

**Hélène Sinclair**

Research Administrative Assistant  
613-737-7600 ext. 4102  
[hsinclair@cheo.on.ca](mailto:hsinclair@cheo.on.ca)

**Mark Tremblay**

Director, HALO  
613-737-7600 ext. 4114  
[mtremblay@cheo.on.ca](mailto:mtremblay@cheo.on.ca)