



# 2014 ANNUAL REPORT



Research Institute  
Healthy Active Living and Obesity Research

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

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The Healthy Active Living and Obesity Research Group (HALO) at the Children's Hospital of Eastern Ontario (CHEO) Research Institute had a very good year in 2014 despite the ever-increasing funding challenges and administrative demands of doing research. In 2014 we welcomed Dr. Katie Gunnell to the group as a new investigator. Dr. Gunnell's research focuses on understanding health-related behaviours in various populations as well as quantitative data analysis and research methods – she is a welcome addition to the group. Throughout 2014 the HALO group was maintained at 30-35 scientists, staff, students and visitors – a healthy and manageable size capable of having demonstrable impact on the health and well-being of children in Ottawa, Ontario, Canada and internationally.



This year we had success in areas across the diversity of our mandate to provide international leadership and research excellence in healthy active living and obesity in children and youth. With leadership from Active Healthy Kids Canada, we participated in the *Global Summit on the Physical Activity of Children* in Toronto ([www.activehealthykids.ca](http://www.activehealthykids.ca)). More than 750 delegates from 32 countries participated. The *Global Matrix* was released at the Summit as part of the 10<sup>th</sup> anniversary Active Healthy Kids Canada Report Card – the result of a harmonized comparison of physical activity behaviours among 15 countries from around the Globe. This cooperation led to global media coverage and ignited a worldwide dialogue that questioned some of our fundamental beliefs about the important levers for promoting physical activity among children around the world. The first Edition of the complete *Canadian Assessment of Physical Literacy* was released after nearly 7 years of preparatory work (<https://www.capl-ecsfp.ca>). The *Canadian Society for Exercise Physiology position stand: Benefit and risk for promoting childhood physical activity* was published in *Applied Physiology, Nutrition, and Metabolism* with leadership from HALO. The clinical arm of HALO, the *Centre for Healthy Active Living (CHAL)*, has been busy with its innovative family-based obesity management program and is involved in the newly formed and funded CIHR Team Addressing Bariatric Care in Canadian Children (Team ABC<sup>3</sup>). The new *Physical Activity and Metabolism Lab* (formally known as the HALO lab) became fully operational and Dr. Kristi Adamo has orchestrated the necessary training of all HALO staff and students. New research in placental biology, healthy pregnancy, early childhood physical activity and sedentary behaviour, sleep, integrated movement behaviours, the importance of physical activity and physical literacy among children with chronic conditions, active transportation, active outdoor play and healthy active living epidemiology in the pediatric population are but a few areas of current research focus.

Through research, leadership, knowledge translation, partnerships, training and education, and advocacy HALO continues to promote and preserve healthy active lifestyles while managing and treating childhood inactivity and obesity. The prominence of HALO within the new CHEO Research Institute strategic plan remains intact. Please read through this annual report for highlights and details of our accomplishments in 2014 and visit our website ([www.haloresearch.ca](http://www.haloresearch.ca)) to keep abreast of our work and contributions.

This Annual Report provides a catalogue of the activities and accomplishments made by HALO in 2014 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 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 2015.

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

## ABOUT HALO

### Our History and Impact

The Healthy Active Living and Obesity Research Group (HALO) was established in 2007 in response to the escalating obesity crisis and the increasing complexity of related co-morbidities. Today the HALO team consists of 17 staff (including 6 researchers), a childhood obesity clinical team (Centre for Healthy Active Living), 13 graduate students, and many community volunteers.

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

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

*Since its inception in 2007, HALO has received over \$10 million in research funding; produced more than 430 peer-reviewed publications; has given more than 850 scholarly presentations locally, nationally and internationally; and secured more than 1 billion media impressions!*





## *Our Vision*

*HALO will...*

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

## *Our Mission*

*HALO will...*

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

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

## *Our Lines of Business*

### *Research*

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

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

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

### *Leadership*

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

### *Training and Education*

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

### *Knowledge Translation*

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

### *Partnership*

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

### *Advocacy*

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

### *Good Governance*

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



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

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

- Amanda Higgins (University of Ottawa) – Ph.D. Supervisor (2014- )
- Holly Ockenden (University of Ottawa) – M.Sc. Supervisor (2013-2015)
- Kendra Brett (University of Ottawa) – Ph.D. Supervisor (2010-2015 )
- Hans Christian Tingelstad (University of Ottawa) - Ph.D. Committee (2014- )
- Marie-Eve Rioux (University of Ottawa) – Ph.D. Committee (2009-2014)
- Alexandre Frappier (University of Ottawa) – M.Sc. Committee (2012-2014)
- Martine Belliveau (University of Ottawa) – M.Sc. Committee (2011-2014)
- Brittany Beauchamp (University of Ottawa)– Ph.D. Committee (2010-14)
- Shalane Ha (University of Ottawa) – M.Sc. Committee (2011-2014)

### **Memberships**

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



### Education and Academic Appointments

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

### Biography

Dr. Chaput currently holds a Junior Research Chair in Healthy Active Living and Obesity Research. His research focuses on obesity prevention and the adoption of a healthy lifestyle. He is also interested in new determinants of obesity such as lack of sleep and mental stress. Dr. Chaput has published more than 150 peer-reviewed scientific articles, has an h-index of 24 and 1847 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 (87 oral presentations in total). He received several awards for his research, including 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 & Diabetes
- Editorial Board Member, Bioenergetics
- Editorial Board Member, Journal of Sleep Disorders & Therapy
- Steering Committee Member and Scientific Committee Chair, 2014 Global Summit on the Physical Activity of Children (Toronto)
- Steering Committee Member for the development of the world's first Integrated 24 Hour Movement Behaviour Guidelines for Children and Youth
- 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
- Early-Career Investigator Committee Board Member – The Obesity Society
- Faculty Representative – Canadian Obesity Network – Students & New Professionals (CON-SNP) University of Ottawa Chapter
- Report Card Research Committee Member, ParticipACTION Report Card on Physical Activity for Children and Youth
- Spokesperson for the release of the 10<sup>th</sup> Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth
- Reviewer for many scholarly journals and granting agencies

### Graduate Students, Supervision and Training

- Mads Fiil Hjorth (University of Copenhagen) – Ph.D. Co-supervisor (2010-2014)
- 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)
- Michael Borghese (University of Ottawa) – M.Sc. Supervisor (2012-2014)
- Erin Wing (University of Ottawa) – M.A. Committee (2014-2016)
- Jordan Fillion (University of Guelph) – M.Sc. Committee (2013-2014)
- Jacynthe Lafrenière (University of Ottawa) – M.Sc. Committee (2012-2014)
- Nazia Darvesh (University of Alberta) – M.Sc. Committee (2011-2013)
- Joseph Abdulnour (University of Ottawa) – Ph.D. Committee (2010-2015)

### 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
- Cross-appointed to Department of Human Kinetics, 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 and a New Investigator Award from the Canadian Institutes of Health Research. Dr. Goldfield's main research interests are in the role that physical activity, sedentary behaviour and dietary changes play in the treatment and prevention of child obesity. He has published over 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; 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**

- 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)
- Michael Borghese (University of Ottawa) – M.Sc. Committee (2012-2014)
- 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)
- Junior Research Scientist, Children's Hospital of Eastern Ontario Research Institute
- Part-time professor, School of Human Kinetics, the University of Ottawa (Fall 2014)

**Biography**

Dr. Gunnell is a Junior Research Scientist with HALO at the Children's Hospital of Eastern Ontario Research Institute and was a part-time professor in the School of Human Kinetics at the University of Ottawa. Dr. Gunnell joined HALO in September of 2014. She has published 21 peer-reviewed papers and has 35 conference presentations. In addition to holding a PhD in Kinesiology, 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 greater physical activity participation. In this line of research, she examines the role of physical activity goals, different sources of physical activity motivation, and experiences of competence, autonomy, and relatedness as predictors of well-being and physical activity. In a second line of research, she examines measurement properties of instruments used to assess psychological variables related to physical activity. Finally, Dr. Gunnell is interested in longitudinal research (examining factors over time) and interventions aimed at increasing physical activity and well-being.

- Reviewer for many scholarly journals including the *Journal of Sport and Exercise Psychology*, *Psychology of Sport and Exercise*
- Member of the 2014 program committee for the Sport and Exercise Psychology division of NASPSPA
- Guest Lecturer at the University of Ottawa and Carleton University

**Graduate Students, Supervision and Training**

- Erin Wing, School of Human Kinetics, the University of Ottawa – manuscript preparation and data analysis training (2014)

**Memberships**

- The Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS)
- North American Society for Psychology of Sport and Physical Activity (NASPSPA)
- Self-Determination Theory
- Canadian Positive Psychology Association



### **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**

- 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 (2014-2015)
- Laura Callendar (Queen's University) – B.P.H.E. candidate – co-Supervisor (2014)
- Anne Macartney (Acadia University) – B. Kin. (2014)
- Amélie Fournier (University of Ottawa) – B.H.K. (2013-2014)
- Bhavika Patel (University of Ottawa) – M.D. candidate (2013-2015)
- Cherry Xiong (University of Ottawa) – M.D. candidate (2013-2014)

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

- Lindsay McCabe (U. of Ottawa) – M.A.intervention & Counselling (2014-2015)
- Amy Thiffault (U. of Ottawa) – M.A.intervention & Counselling (2014-2015)
- Megan Tucker (U. of Ottawa) – M.A.intervention & Counselling (2014-2015)

### **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 Human Kinetics, 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, Active Healthy Kids Canada
- Fellow of the American College of Sports Medicine

### Biography

Dr. Tremblay is the Director of HALO at the Children's Hospital of Eastern Ontario Research Institute and Professor of Pediatrics in the Faculty of Medicine, University of Ottawa. He is a Fellow of the American College of Sports Medicine, Chief Scientific Officer of Active Healthy Kids Canada, Chair of the Canadian Physical Activity Guidelines Project, Founder of the Sedentary Behaviour Research Network, and former Dean of Kinesiology at the University of Saskatchewan. Dr. Tremblay has published more than 240 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 Global Summit on the Physical Activity of Children
- 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
- Spokesperson for the release of the 10th Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth
- Chief Scientific Officer, Active Healthy Kids Canada
- Chair, Canadian Physical Activity Guidelines Committee, Canadian Society for Exercise Physiology
- Research Affiliate with the Alberta Centre for Active Living
- Chair, Scientific Advisory Committee and Steering Committee for the Canadian Assessment of Physical Literacy Project
- Member of the Steering Committee for Treatment and Research of Obesity in Pediatrics in Canada (TOPIC)
- Member, ParticipACTION Research Advisory Group
- Member, 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

- Justin Lang (University of Ottawa) – Ph.D. Supervisor (2013-2016)
- Allana Leblanc (University of Ottawa) – Ph.D. Supervisor (2012-2015)
- Stella Muthuri (University of Ottawa) – Ph.D. Supervisor (2010-2014)
- Samantha Stephens (University of Toronto) – Ph.D. Committee (2008-2015)
- Lucy Joy Wachira (Kenyatta University, Kenya) – Ph.D. Committee (2010-14)
- Francis Okinda (Kenyatta University, Kenya) – M.Sc. Co-Supervisor (2011-15)
- Daniel McCormack (University of Ottawa) – M.Sc. Co-supervisor (2013-15)
- 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 Act Network
- International Physical Literacy Association





**STACEY ALPOUS** is a research assistant who has worked on a number of projects related to the physical literacy of children 8-12 years of age. More specifically, she coordinated the project “Putting Physical Literacy within REACH (Recreation, Education, Allied, Coaching, Healthcare)”, a project aiming to develop a physical literacy screening task that can accurately and reliably screen children in all REACH sectors. She also worked with colleagues to evaluate the Y Kids Academy through a program assessment and delivered workshops introducing the Canadian Assessment of Physical Literacy (CAPL). Earlier this year she also had the opportunity to assist with the project “LIFE and Health for Young Children with Congenital Heart Defects (Learning, Inclusion, Friends and Emotional and physical Health)”. Outside of her work at HALO, Stacey also offers mental training to sports teams and individuals in the Ottawa-area. Stacey completed her first 10 km run this year during Ottawa Race Weekend and continued to stay active by bouldering, biking to work and doing yoga.



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



**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!



**PRISCILLA BÉLANGER** completed her MSc in Community Health at Université de Montréal in fall 2012 and her BSc with honours in Human Kinetics from the University of Ottawa in 2006. She was thrilled to join the HALO research team in September 2012 as a Research Assistant for the International Study on Childhood Obesity Lifestyle and Environment (ISCOLE) and the Canadian Assessment of Physical Literacy (CAPL). She also assisted and coordinated the Recreation Access for Children with Complex Heart Problems (ReACH) and the LIFE and Health for Children with Heart Problems research projects. Outside of work, she enjoys running, hiking, snowboarding, practicing yoga, and experiencing just about every outdoor sport. She also earned her 3<sup>rd</sup> degree black belt in Jiu-Jitsu and black belt in kickboxing and taught children and adults for nearly 10 years. Priscilla has now been working at the University of Ottawa Heart Institute since June 2014.





**MICHAEL BORGHESE** completed his BSc at uOttawa and worked at HALO as a research assistant for Dr. Rachel Colley. He then completed his MSc at uOttawa and HALO working on the ISCOLE project under the supervision of Dr. Jean-Philippe Chaput. Mike is now completing his PhD at Queen's University under the supervision of Dr. Ian Janssen.



**CHARLES BOYER** has a BSc and MA in Human Kinetics from the University of Ottawa. Charles's masters work involved understanding the situational factors leading to injury in youth hockey. Charles joined the HALO team in February 2011 as a Research Assistant for the Canadian Assessment of Physical Literacy (CAPL) and the International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) research projects. Charles enjoys several active pursuits outside of HALO which include running, weight lifting, hockey, and golf. Charles is now working with the Conference Board of Canada since July 2014.



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



**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 Canadians 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.



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



**KIMBERLY P. GRATTAN** joined the HALO team as a Research Assistant in February of 2011. Previously to moving to Ottawa, Kimberly attained her Masters in Applied Health Sciences at Brock University in 2009. She is now a Research Coordinator for Dr. Kristi Adamo and her main responsibilities pertain to the Activity Begins in Childhood trial, an intervention aimed at increasing the moderate to vigorous physical activity of preschool aged children and decreasing time spent sedentary. Kimberly is an active member of the HALO Social Committee and the Research Coordinators Network in the Research Institute. Outside of work Kimberly is an avid member of the Gatineau-Ottawa underwater hockey club and a previous member of the women's National underwater hockey team who competed in the Elite Underwater Hockey World Championships in Hungary (2013). She also enjoys weight training, travelling, biking, skiing, and reading.



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



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



**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 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 joined HALO as the project manager of the Canadian site for the International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) before going on maternity leave. In 2014, while taking care of her 2 sons full time, Geneviève also did some work for the Canadian Assessment of Physical Literacy (CAPL). Outside of work, she loves to cook for her family and participate in running events.



**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 the HALO team in December 2014 as a Research Assistant, and is currently working on systematic reviews to inform the development of the world's first "Integrated 24 Hour Movement Behaviour Guidelines for Children and Youth". This project is based on the appreciation that all behaviours along the movement continuum (from sleep and sedentary behaviour to high intensity physical activity) interact with one another with respect to health, and ultimately aims to improve the overall well-being of children and youth. 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.



**AUDREY PRAYAL-BROWN** completed her Bachelor of Science with specialization in Kinesiology from Dalhousie University in April of 2010. Post Undergrad she was offered a job as a research assistant in human factors and survival gear for a year, which lead to her Masters in Kinesiology at Dalhousie. An opportunity came up for a position in the PSP (military) to work on the physical fitness standards in Ottawa as a research assistant. Her true interests however lied within the field of medicine, physical fitness combined with paediatrics therefore she was quite happy to join the HALO group to return to her roots of working with children and physical activity. On the side, she volunteered and worked for the lifesaving society by instructing, lifeguarding, teaching swim to survive and coaching throughout her undergrad and her masters. She has been a member of the Canadian Lifesaving National team since 2009 which filled her passion for travelling and staying active. She loves good food and trying new things! Her experience at HALO was cut short due to her acceptance into the Ottawa U medical school program.

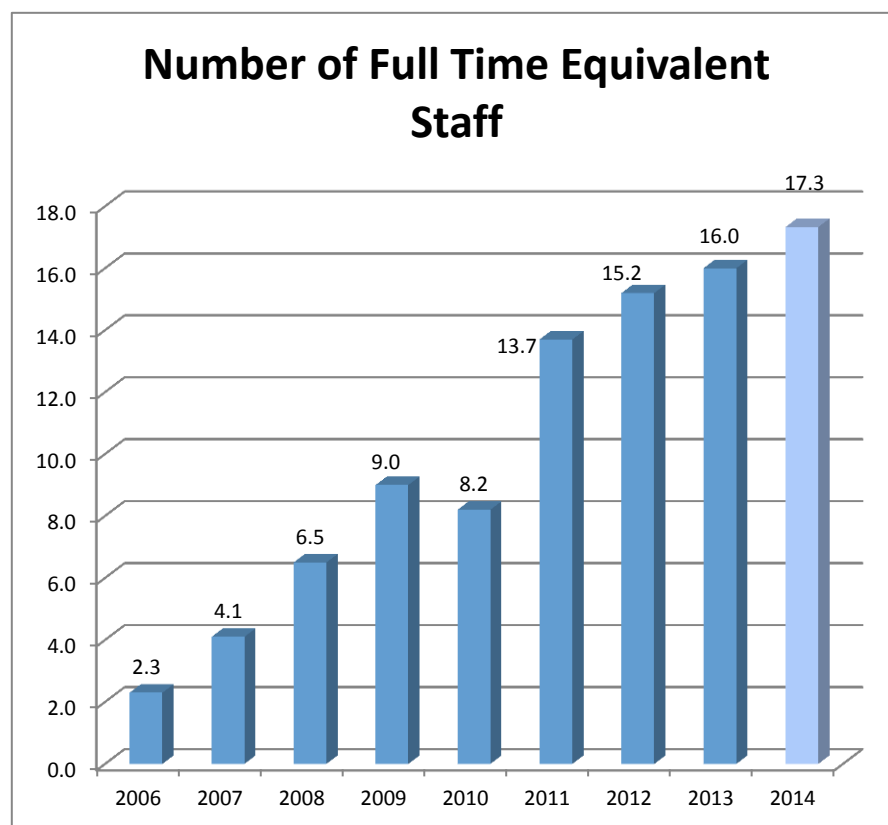


**HÉLÈNE SINCLAIR** is a Certified Administration Professional – with additional certifications in Organizational Management and Technology Applications (CAP-OM-TA - International Association of Administrative Professionals - IAAP) who joined the HALO team in November 2010. She provides administrative, human resource and financial services assistance to the Director and the HALO team. Originally from Northern Ontario (Sudbury), she brings over 25 years of experience in office administration. She is also an active volunteer within CHEO, the RI and through her professional association as President (2014/2015 and 2010/2011) of the Ottawa Chapter of the IAAP. Beyond her role with HALO, Hélène's passion and interest for healthy active living includes her long time (>8 years) participation as a Community Team Member and Team Leader with an online weight loss and healthy living program (SparkPeople). Other areas of interest include reading and writing, walking/hiking, swimming, dancing, and traveling.





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



**Figure 1: Number of Full Time Equivalent (FTE) positions in HALO Research Group from 2006 to 2014. Between 2006 and 2014, there was a 652% increase in FTE, and between 2013 and 2014, there was a 8% increase in FTE.**



## GRADUATE STUDENTS

HALO proudly displays the names of Graduate Students on a plaque in the main office. Those honoured in 2014 include:

- Michael Borghese (MSc 2014)
- Stella Muthuri (PhD 2014)



**MICHAEL BORGHESE**

*M.Sc. Student*

**Supervisor:**

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

**Research Program:**

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

**Dissertation Topic:**

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



**KENDRA BRETT**

*Ph.D. Student*

**Supervisor:**

*Dr. Kristi Adamo*

**Research Program:**

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

**Dissertation Topic:**

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



**AIDAN GRIBBON**

*M.Sc. Student*

**Supervisor:**

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

**Research Program:**

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

**Dissertation Topic:**

*Active Video Games and Appetite Control in Adolescents*



**AMANDA HIGGINS**

*Ph.D. Student*

**Supervisor:**

*Dr. Kristi Adamo*

**Research Program:**

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

**Dissertation Topic:**

*Effects of Obesity and Lifestyle Modifications on Placental Gene Expression and Fetal Growth*



**JUSTIN LANG**

*Ph.D. Candidate*

**Supervisor:**

*Dr. Mark Tremblay*

**Research Program:**

*PhD Population Health – University of Ottawa*

**Dissertation Topic:**

*The geographic variation in the physical fitness of children*



**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*



**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*



**STELLA MUTHURI**

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

**Supervisor:**

*Dr. Mark Tremblay*

**Research Program:**

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

**Dissertation Topic:**

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



**HOLLY OCKENDEN**

*M.Sc. Student*

**Supervisor:**

*Dr. Kristi Adamo*

**Research Program:**

*MSc. Human Kinetics, University of Ottawa*

**Dissertation Topic:**

*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*

**Dissertation 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*

**Dissertation Topic:**

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



**ANGELA WILSON**

*Ph.D. Student*

**Supervisor:**

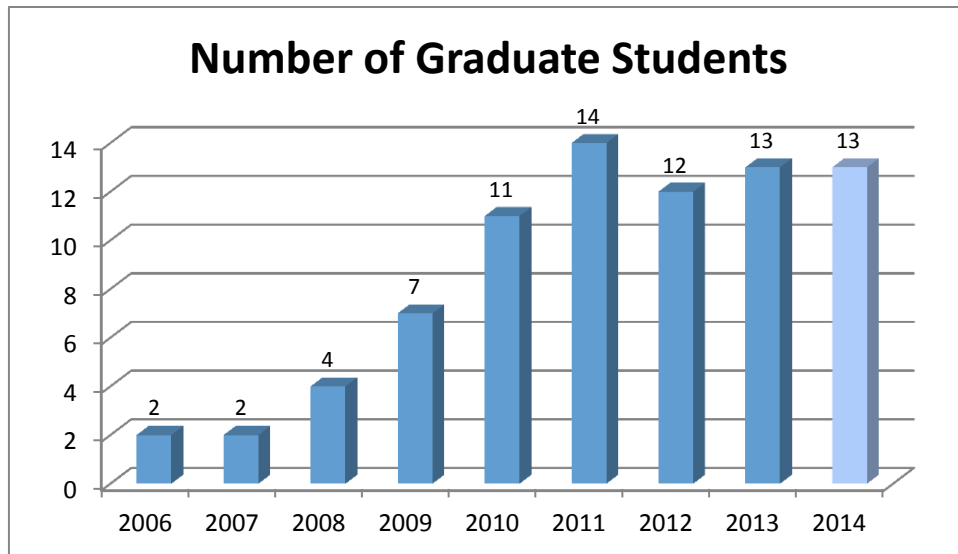
*Dr. Gary Goldfield*

**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 2014. Between 2006 and 2014, there was a 550% increase, and between 2013 and 2014, there was a 0% change in the number of students. A total of 2 students graduated in 2014 while 2 new students joined the team in the Fall.**





## POST DOCTORAL FELLOWS



**DR. RICHARD LAROUCHE** 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 has recently been awarded 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 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.

## RESEARCH ASSOCIATE



**DR. ZACHARY FERRARO** holds a CIHR Postdoctoral Fellowship from the Institute of Human Development, Child and Youth Health, is a clinical research associate, part-time professor, science educator, and health & wellness leader. His interests include human physiology, metabolism, epidemiology, weight management, philosophy, education, pregnancy, nutrition, exercise science and molecular medicine. His advocacy work with the Canadian Obesity Network, the Children's Hospital of Eastern Ontario (CHEO), The Ottawa Hospital and several other national and international health agencies have positioned him as a knowledge translation expert.

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 Health Active Living and Obesity (HALO) Research Group. His dissertation was titled "maternal predictors and potential modifiers of fetal growth during pregnancy".

Zach has published on topics ranging from clinical epidemiology to molecular medicine. Part of his doctoral work looked at the regulation of the insulin-like growth factor-1 (IGF-I) axis in obesity and how this may alter nutrient transfer to the developing child.

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 published over 35 peer-reviewed articles in medical/scientific journals, given over 100 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.

More information can be found on his website: [www.DrFerraro.ca](http://www.DrFerraro.ca)





**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. ONYERA**

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

## SEDENTARY BEHAVIOUR RESEARCH NETWORK



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 800 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 36,000 visitors reach the SBRN website every month.

## VISITORS AND INVITED SPEAKERS

### VISITORS

Dr Natasha Schranz, Active Healthy Kids Australia Research Fellow, University of South Australia was awarded an Early Career Researcher International Research Travel Award (from the University of South Australia) to travel to Canada and be hosted by Professor Mark Tremblay at the Children's Hospital of Eastern Ontario to work within the Healthy Active Living and Obesity Research Group (HALO) for four weeks at the beginning of 2014 (Jan 26th until February 22nd). This allowed her to collaborate with those working on the Active Healthy Kids Canada 2014 Physical Activity Report Card while writing the first Active Healthy Kids Australia Report Card. She also presented at the January 31, 2014 Research Institute Rounds – “Can resistance training change the strength, body composition and self-concept of overweight and obese adolescent males? A randomized controlled trial.”



### INVITED SPEAKERS



Dr. Tony Okely – University of Wollongong, Wollongong, Australia – December 11, 2014 Research Institute – “Standing up for young children’s health: How sedentary are young children, what factors may influence sedentariness and what can be done to reduce it?”

## STUDENTS AND VOLUNTEERS

NAME	ROLE	PROJECT(S)	SUPERVISOR
Ranim Abdalla	Volunteer	Activity Begins in Childhood study	Dr. Kristi Adamo
Hadiza Amedu-Ode	Volunteer	ISCOLE	Dr. Jean-Philippe Chaput
Julie Artois	International Summer Student	Maternal Obesity Management Trial	Dr. Kristi Adamo
Suzanne Attallah	Volunteer	Maternal Obesity Management Trial	Dr. Kristi Adamo
Nina Azoug-Boneault	Volunteer	ISCOLE	Dr. Jean-Philippe Chaput
Ammar Bookwala	Research Student	Impact of Physical Activity Counselling on Symptoms of Children with Tourettes and Tics	Dr. Pat Longmuir
Kristi Calderwood	Undergraduate Student Thesis	ISCOLE Canada Geocoding	Dr. Mark Tremblay Dr. Richard Larouche
Laura Callendar	Summer Student	Canadian Assessment of Physical Literacy	Dr. Mark Tremblay Dr. Pat Longmuir
Cyndie Celestin	Volunteer	Activity Begins in Childhood study	Dr. Kristi Adamo
Neetika Chopra	Volunteer	Activity Begins in Childhood study	Dr. Kristi Adamo
Jenna Ciotti	Summer Student	Activity Begins in Childhood study	Dr. Kristi Adamo
Ray Cronin	Volunteer	Canadian Assessment of Physical Literacy	Dr. Jean-Philippe Chaput
Lindsay Dale	Volunteer	Active Video Game Project	Dr. Jean-Philippe Chaput
Emily Ertel	Research Student	Motor Development of Toddlers with Congenital Heart Disease	Dr. Pat Longmuir
John Esposito	Volunteer	Activity Begins in Childhood study	Dr. Kristi Adamo
Diana Farhat	Volunteer	Canadian Assessment of Physical Literacy	Dr. Jean-Philippe Chaput
Julia Fitzsimmons	Volunteer	Canadian Assessment of Physical Literacy	Dr. Jean-Philippe Chaput
Alison Flett	Practicum Student	Activity Begins in Childhood study	Dr. Gary Goldfield
Amélie Fournier	Volunteer	Tumbling Together: Impact of a Gymnastics Program on the Behavioural Regulation of Young Children with Developmental Delays	Dr. Pat Longmuir
Rayan Ghadieh	Volunteer	Activity Begins in Childhood study	Dr. Kristi Adamo
Ashley Gunter	Volunteer	Healthy habits of mothers and children	Dr. Gary Goldfield
Jennifer Ham	Volunteer	Physical activity and Obesity Year in Review	Dr. Mark Tremblay
Annie Macartney	Research Student	Psychosocial Health of Children and Teens with Complex Heart Problems	Dr. Pat Longmuir
Lindsay McCabe	Clinical Intern	Physical Activity Counselling for Children with Medical Conditions and Disabilities	Dr. Pat Longmuir
Sydney McNeely	Volunteer	Exergaming and eating behavior in male adolescents	Dr. Jean-Philippe Chaput
Katrina Merner	Volunteer	Activity Begins in Childhood study	Dr. Kristi Adamo
Bhavika Patel	Research Student	Psychosocial Health of Children and Teens with Complex Heart Problems	Dr. Pat Longmuir
Sean Patterson	Summer Student	Validation of a food menu in children and adolescents	Dr. Jean-Philippe Chaput
Suresha Samuel	Volunteer	Active Video Game Project	Dr. Jean-Philippe Chaput
Alyse Schacter	Volunteer	Activity Begins in Childhood study	Dr. Kristi Adamo
Caitlin Stenman	Volunteer/Summer Intern	Activity Begins in Childhood study	Dr. Kristi Adamo
Amy Thiffault	Clinical Intern	Physical Activity Counselling for Children with Medical Conditions and Disabilities	Dr. Pat Longmuir
Greg Traversy	Summer Student	Active video games and energy balance in adolescents	Dr. Jean-Philippe Chaput
Megan Tucker	Clinical Intern	Physical Activity Counselling for Children with Medical Conditions and Disabilities	Dr. Pat Longmuir
Cherry Xiong	Research Student	Impact of Physical Activity Counselling on Children and Teens with Chronic Headaches	Dr. Pat Longmuir















## POWER OF PREVENTION IN THE EARLY YEARS

Dr. Kristi Adamo's research program takes direct aim at the problem of obesity by focusing on intervening in the early years. Her program includes patient-oriented clinical research, applied physiology, and bench-science related to lifestyle determinants of child obesity and its progression. The 'early years' continuum is an opportune time for encouraging and promoting the adoption of healthy behaviour patterns and appropriate knowledge translation to care providers, educators, parents and policy makers related to this period. Her team's ongoing projects include:



- i) **The Maternal Obesity Management (MOM) Trial:** The multi-disciplinary MOM trial team has been performing this two-arm, parallel group, randomized controlled trial (RCT) (*ISRCTN75323409*) targeting pregnant women to test the efficacy of a structured physical activity (PA) and nutrition program to prevent excessive gestational weight gain (GWG) and reduce downstream child obesity (PMID: 23459089). **Progress:** Data collection will be complete (i.e., 24 month child outcome) by July 2015. This pilot trial is a stepping stone towards the larger, multi-centered, pan-Canadian, RCT to thoroughly test our hypotheses.
- ii) **SmartMoms-Canada: Evaluation of a mobile Health (mHealth) pregnancy intervention:** Today's tech savvy pregnant moms expect the latest information easily and quickly and thus a new approach to prenatal health care delivery is urgently needed. We believe that intervention via mobile technology is the answer to better outcomes for mom and baby. We are working towards launching a personalized, cost-effective, real-time mobile technology application to provide pregnancy-specific health information. **Specific aim:** to determine the efficacy of a pregnancy-specific mHealth program (*SmartMoms-Canada*), designed to improve weight outcomes in the moms, thereby reducing obesity in the infants. **Progress:** We have 9 committed sites across Canada. Our ultimate goal, with the assistance of our established Research Network, is to put *SmartMoms-Canada* in the hands of every pregnant woman as part of their standard prenatal care. We are collaborating with colleagues at the Pennington Biomedical Research Center in Baton Rouge to customize their US-based SmartMoms app for Canada.
- iii) **Activity Begins in Childhood (ABC) Trial:** The goal of the ABC trial (*ISRCTN94022291*), in collaboration with colleagues from the University of Victoria, is to identify whether we can positively influence PA patterns in preschoolers through a daycare provider-directed intervention with or without a parental component. Targeting the preschool years is relevant as this is a critical phase in the development of motor skills, PA, eating and sleeping patterns. (PMID:25073797) Outcomes include time spent in moderate-to-vigorous PA, sedentary time, fundamental and gross motor skills, anthropometrics, and daycare providers' attitudes, control beliefs and perceived competency toward incorporating PA into the daycare curriculum.
- iv) **Do built environment neighborhood characteristics predict gestational weight gain?** In collaboration with colleagues from the Dept. of Geography, Dept. of Psychology, and the Institute of Population Health at the University of Ottawa as well as the Better Outcomes Registry Network (BORN) Ontario, we aim to determine if there is an independent relationship between characteristics of the built environment and gestational weight gain (GWG). Specifically, are neighborhood characteristics such as the food environment and the physical activity environment associated with GWG, independent of individual-level factors?
- v) **Women's Perceptions of the Current Weight Gain in Pregnancy Guidelines** We have developed a web-based questionnaire, grounded in the Social Cognitive Theory, to examine women's perceptions, attitudes and behaviours surrounding the Institute of Medicine (IOM) GWG guidelines, pregnancy dietary recommendations, PA practices as well as other lifestyle habits. Information gathered through this process will serve multiple purposes including: to gather useful data on relationships between various social determinants of health and GWG as well as associated health behaviours and validate the related questionnaire, in addition to assisting health care providers by providing them with useful information supporting appropriate weight gain in pregnancy.
- vi) **Does maternal physical activity affect placenta biology?** The aim of this work being done in collaboration with a multi-disciplinary team of physiologists, and molecular biologists and metabolomics experts is to determine if regular PA during pregnancy is associated with differences in placenta biology (e.g. gene expression of placental nutrient transport, signaling and sensing pathways, uptake and transmission of macronutrients). It is hypothesized that these signals will be manifested in the metabolome and alter fetal growth and adiposity. In order to identify the key differences between the placenta biology of active and inactive women, we are using a multi-tiered approach that includes global gene expression, placenta perfusion kinetics and systemic metabolome characterization.



*Principal Investigators meeting, Atlanta, 2013.*

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

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

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

**Status:** Data collection is completed and multi-site papers are starting to be published. Discussions are under way about the possibility of having a phase 2 of ISCOLE.





In May, Active Healthy Kids Canada hosted a *Global Summit on the Physical Activity of Children*. At the Global Summit 15 countries released Report Cards based on a harmonized data collection, reporting and grading protocol. Delegates from 32 countries attended the landmark event which attracted worldwide media coverage. The result, the *Global Matrix* of physical activity indicators is presented below. HALO Director, Professor Mark Tremblay was the Chair of the Steering Committee for the Global Summit and the lead researcher of the *Global Matrix*. Multiple insights were gained through the Global Matrix and country report cards and were published in a supplemental issue of the *Journal of Physical Activity and Health* (<http://journals.humankinetics.com/jpah-supplements-special-issues/jpah-volume-11-2014-global-summit-on-the-physical-activity-of-children>). As a result of the overwhelming success of the *Global Matrix* the *Active Healthy Kids Global Alliance* was formed (<http://www.activehealthykids.org>) with HALO providing the secretariat support and leadership for the newly formed network. Plans to release the *Global Matrix 2.0* in Bangkok, Thailand in November, 2016 are well underway.

## HOW CANADA STACKS UP



OVERALL PHYSICAL ACTIVITY	ORGANIZED SPORT PARTICIPATION	ACTIVE PLAY	ACTIVE TRANSPORTATION	SEDENTARY BEHAVIOURS	FAMILY & PEERS	SCHOOL	COMMUNITY & THE BUILT ENVIRONMENT	GOVERNMENT STRATEGIES & INVESTMENTS
Mozambique <b>B</b>	New Zealand <b>B</b>	New Zealand <b>B</b>	Finland <b>B</b>	Ghana <b>B</b>	Australia <b>C</b>	England <b>A-</b>	Australia <b>A-</b>	Colombia <b>B</b>
New Zealand <b>B</b>	Australia <b>B-</b>	Kenya <b>C</b>	Mozambique <b>B</b>	Kenya <b>B</b>	Canada <b>C</b>	Finland <b>B</b>	Canada <b>B+</b>	Finland <b>B</b>
Mexico <b>C+</b>	Canada <b>C+</b>	Mozambique <b>C</b>	Nigeria <b>B</b>	New Zealand <b>C</b>	Finland <b>C</b>	Australia <b>B-</b>	England <b>B</b>	Scotland <b>B</b>
Kenya <b>C</b>	Finland <b>C</b>	Nigeria <b>C-</b>	Mexico <b>B-</b>	Ireland <b>C-</b>	Kenya <b>C</b>	New Zealand <b>B-</b>	Finland <b>B</b>	South Africa <b>B</b>
Nigeria <b>C</b>	Ghana <b>C</b>	Finland <b>D</b>	England <b>C</b>	Colombia <b>D</b>	New Zealand <b>C</b>	Canada <b>C+</b>	Ireland <b>B</b>	Australia <b>C+</b>
England <b>D+</b>	Kenya <b>C</b>	Australia <b>INC</b>	Kenya <b>C</b>	Finland <b>D</b>	Scotland <b>D-</b>	Kenya <b>C</b>	Scotland <b>B</b>	Canada <b>C</b>
Colombia <b>D</b>	South Africa <b>C</b>	Canada <b>INC</b>	Scotland <b>C</b>	Mexico <b>D</b>	Colombia <b>INC</b>	Mozambique <b>C</b>	United States <b>B-</b>	Kenya <b>C</b>
Ghana <b>D</b>	England <b>C-</b>	Colombia <b>INC</b>	South Africa <b>C</b>	United States <b>D</b>	England <b>INC</b>	Ireland <b>C-</b>	New Zealand <b>C</b>	Mexico <b>C</b>
Finland <b>D</b>	Ireland <b>C-</b>	England <b>INC</b>	New Zealand <b>C-</b>	Australia <b>D-</b>	Ghana <b>INC</b>	United States <b>C-</b>	Ghana <b>D</b>	Mozambique <b>C</b>
South Africa <b>D</b>	United States <b>C-</b>	Ghana <b>INC</b>	Australia <b>D</b>	Canada <b>F</b>	Ireland <b>INC</b>	Ghana <b>D</b>	South Africa <b>D</b>	Ghana <b>D</b>
Australia <b>D-</b>	Colombia <b>D</b>	Ireland <b>INC</b>	Canada <b>D</b>	Nigeria <b>F</b>	Mexico <b>INC</b>	Mexico <b>D</b>	Mexico <b>F</b>	England <b>INC</b>
Canada <b>D-</b>	Mexico <b>D</b>	Mexico <b>INC</b>	Ghana <b>D</b>	Scotland <b>F</b>	Mozambique <b>INC</b>	South Africa <b>D</b>	Mozambique <b>F</b>	Ireland <b>INC</b>
Ireland <b>D-</b>	Mozambique <b>F</b>	Scotland <b>INC</b>	Ireland <b>D</b>	South Africa <b>F</b>	Nigeria <b>INC</b>	Colombia <b>F</b>	Colombia <b>INC</b>	New Zealand <b>INC</b>
United States <b>D-</b>	Nigeria <b>INC</b>	South Africa <b>INC</b>	United States <b>F</b>	England <b>INC</b>	South Africa <b>INC</b>	Nigeria <b>INC</b>	Kenya <b>INC</b>	United States <b>INC</b>
Scotland <b>F</b>	Scotland <b>INC</b>	United States <b>INC</b>	Colombia <b>INC</b>	Mozambique <b>INC</b>	United States <b>INC</b>		Nigeria <b>INC</b>	Nigeria <b>INC</b>

**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.

## PUTTING PHYSICAL LITERACY WITHIN REACH (RECREATION, EDUCATION, ALLIED HEALTH, COACHING AND HEALTHCARE)

Currently, less than 10% of Ontario children achieve the 60 minutes of daily physical activity recommended for optimal health. Children who explain their inactivity by saying “I’m not good enough” or “It’s not fun” or “I can’t keep up” are, in fact, explaining that they have a deficit of physical literacy (motor skill, motivation, and health-related fitness, respectively for these examples). Physical literacy is the child’s capacity to achieve a healthy active lifestyle. It is much more than daily behaviour or fitness. It also includes movement skill, knowledge, and motivation to offer a comprehensive evaluation of the most important factors that influence a child’s healthy, active lifestyle. Being able to assess children’s physical literacy enables leaders to accurately recognize the strengths and weaknesses of each child, so that programmes and classes can be designed to ensure success. The Healthy Active Living and Obesity Research Group has developed the Canadian Assessment of Physical Literacy. It is an accurate and reliable series of tests, utilizing equipment found readily in schools and recreation and sport facilities, which can assess the full spectrum of physical literacy. An overall physical literacy score can be determined for each child, or scores can be determined separately for daily behaviour, motor skill, fitness, knowledge, or motivation. Unfortunately, the Canadian Assessment of Physical Literacy requires a lot of time to complete and leaders must have detailed training and expertise in physical activity.



**Putting Physical Literacy within REACH will enhance our ability to identify and support children who have important physical literacy deficits.** “REACH” refers to the community sectors that support children’s physical literacy: Recreation, Education, Allied health, Coaching, Healthcare. Leaders working directly with children in community programmes often do not have specialist physical activity training. For example, the instructor for recreational swimming lessons may be a high school student, teachers may teach physical education even if it was not their area of specialization, or a coach may be a parent volunteer. Accurately identifying physical literacy deficits will enable REACH leaders, teachers and coaches to better support successful participation for all children. Our project will develop simple and effective physical literacy screening tasks so that community leaders can quickly and easily identify the children who are most likely to need extra support for successful activity participation.



Through discussions with key experts from each REACH sector, we identified more than 20 potential screening activities suitable for 8 to 12 year old children. Based on the equipment, facilities and leaders typically available in all REACH settings, we chose 8 screening tasks for further evaluation. The accuracy of the 8 potential screening tasks was evaluated through comparisons to results from the Canadian Assessment of Physical Literacy. Our goal was to find screening tasks that would identify all children with important physical literacy deficits (< 10<sup>th</sup> percentile scores). We also wanted the screening tasks to be accurate, and not identify children whose physical literacy was normal. We found two promising combinations of tasks. One combination was a balance test on your left leg combined with a question “How active are you compared to other children your age?” The other combination was a wall sit test combined with the left leg balance test. In 2015, REACH leaders (e.g., student recreation leaders, teachers, volunteer coaches) will try to implement the screening tasks within their own programmes. We want to ensure that the tasks and training materials make it feasible for REACH leaders to have children perform the tasks and accurately evaluate the children’s results. Once we know the tasks are feasible and easy for REACH leaders to implement, we will test them to make sure that different leaders or testing children on different days gives the same test results. The outcome of this project will be increased capacity in the sport, recreation and health sectors for supporting children to develop the physical literacy that is the cornerstone of healthy, active lives.

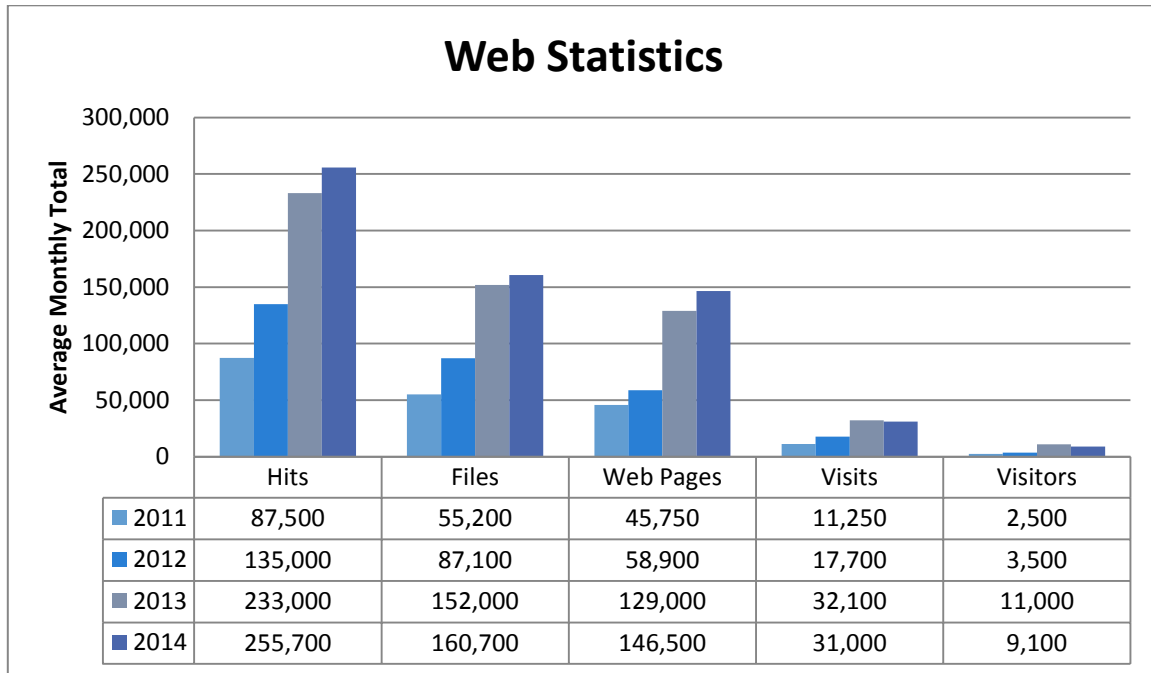


## WEB STATISTICS

The current size of the HALO website ([www.haloresearch.ca](http://www.haloresearch.ca)) is 875 web pages (25% above 2013). The statistics presented below are based on web activity across these web pages in the last year.

### Overall Statistics

In 2014, there were approximately 9,100 unique visitors to [www.haloresearch.ca](http://www.haloresearch.ca) every month (17% below 2013). These visitors viewed HALO web pages 146,500 times per month (14% above 2013). 160,700 items were sent from [www.haloresearch.ca](http://www.haloresearch.ca) to web users (6% above 2013). Figure 3 shows overall statistics from 2011 to 2014.



**Figure 3:** Average Monthly Totals for Select Web Statistics for [www.haloresearch.ca](http://www.haloresearch.ca), 2011-14.

### 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 2014, the most popular web pages as measured by total views were:

- [Media Coverage for the Ontario Supplement to the 2011 Report Card on Physical Activity for Children and Youth](#) (58,656 views)
- [Director's Message](#) (48,903 views)
- [Travis Saunders's Thesis Project Profiled on Front Page of Ottawa Citizen](#) (45,459 views)
- [Dr. Anne Marie Hospod Discusses Healthy and Active Resolutions at LiveRightNow.ca](#) (43,704 views)
- [Dr. Jean-Philippe Chaput's Review Paper on Weight Loss Dieting Discussed in the National Post](#) (42,196 views)



## STAFF AWARDS 2014

NAME	ORGANIZATION/AGENCY	GRANT/AWARD
<b>Kristi Adamo</b>	W. Garfield Weston Foundation	2014 Award in Obesity and Reproductive Health
<b>Stacey Alpous</b>	CHEO Research Institute	RedCap Award
<b>Jean-Philippe Chaput</b>	World Obesity	IJO New Faculty Award
<b>Gary Goldfield</b>	CHEO Research Institute	Outstanding Mentor Award
<b>Katie Gunnell</b>	Social Sciences and Humanities Research Council of Canada (SSHRC) – Post-Doctoral Fellowship	What comes first: Need satisfaction or motivation? Examining the moderating role of dispositional prevention and promotion focus
<b>HALO (team award)</b>	CHEO Research Institute	Spirit of the Research Institute Award
<b>Richard Larouche</b>	CIHR	Post-Doctoral Fellowship
<b>Pat Longmuir</b>	American Heart Association	Nominee for Outstanding New Investigator
<b>Hélène Sinclair</b>	International Association of Administrative Professionals	Member of Excellence



## STUDENT FUNDING, SCHOLARSHIPS AND AWARDS 2014

STUDENT NAME	ORGANIZATION/AGENCY	GRANT/AWARD
<b>Ammar Bookwala</b>	University of Ottawa	Marjorie Goodrich Fellowship
<b>Michael Borghese</b>	Queen's University	Bruce Mitchell Academic Leadership Award
<b>Michael Borghese</b>	CIHR	Conference Travel Award
<b>Kendra Brett</b>	Ontario Ministry of Training, Colleges and Universities	Queen Elizabeth II Graduate Scholarship in Science and Technology
<b>Kendra Brett</b>	University of Ottawa	Excellence Scholarship
<b>Emily Ertel</b>	University of Ottawa	Undergraduate Research Opportunity Program
<b>Amanda Higgins</b>	Ontario Ministry of Training, Colleges and Universities	Queen Elizabeth II Graduate Scholarship
<b>Allana LeBlanc</b>	CIHR	Conference Travel Award
<b>Allana LeBlanc</b>	The Obesity Society	Pat Simons Travel Award
<b>Allana LeBlanc</b>	Canadian Society for Exercise Physiology	Certified Member Presentation Award
<b>Allana LeBlanc</b>	Government of Ontario	Ontario Graduate Scholarship
<b>Allana LeBlanc</b>	University of Ottawa	Conference Travel Award (2)
<b>Allana LeBlanc</b>	University of Ottawa	Research Travel Award
<b>Allana LeBlanc</b>	University of Ottawa	Excellence Scholarship
<b>Christian Lizotte</b>	University of Ottawa	Queen Elizabeth II Graduate Scholarship
<b>Marisa Murray</b>	University of Ottawa	Ontario Graduate Scholar
<b>Marisa Murray</b>	University of Ottawa	Admission Graduate Scholarship
<b>Bhavika Patel</b>	University of Ottawa	Undergraduate Research Opportunity Program
<b>Alessandro Tirelli</b>	University of Ottawa	Excellence Scholarship
<b>Angela Wilson</b>	University of Ottawa	Admission Graduate Scholarship

## 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	CIHR	<i>New Investigator Award</i>	\$300,000 (2012-2017)
Adamo	CIHR	<i>Activity Begins in Childhood (ABC)- a randomized controlled trial to inspire healthy active behaviour in preschoolers</i>	\$307,482 (2012-2014)
Adamo	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)
Adamo	Ministry of Research and Innovation	<i>Tackling the childhood obesity epidemic- starting with MOM</i>	\$30,000 (2009-2014)
Adamo	Ottawa Dragon Boat Foundation	<i>Maternal Obesity Management 'MOM' Trial</i>	\$30,000 (2010-2014)
Buchholz	CIHR	<i>Canadian Pediatric Weight Management Registry (CANPWR): Identifying the characteristics of successful change in Canadian pediatric weight management programs.</i>	\$50,000.00 (2012-2017)
Chaput	CIHR	<i>Effects of active video games on energy balance: a randomized crossover study in adolescents</i>	\$100,000 (2012-2014)
Goldfield	Heart & Stroke Foundation	<i>Effects of Prenatal Exposure to Cigarettes on Adiposity and Metabolism in Young Children</i>	\$288,397 (2013-2016)
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>	\$64,359.00 (2014-2016)
Hadjiyannakis	CHEO Research Institute and Clinical Research Unit Clinical Research Capacity-Building Award	<i>Pediatric Research on Eating Disorders and Obesity</i>	\$120,000.00 (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)

NAME OF THE PI(s)	ORGANIZATION/AGENCY	TITLE OF PROJECT	AMOUNT (YEAR)
Longmuir	Ontario Sport and Recreation Community Fund	<i>Putting Physical Literacy within REACH (Recreation, Education, Allied health, Coaching, Health care)</i>	\$129,967 (2013-2015)
Longmuir/Pohl	CHEO Research Institute	<i>Enhancing Physical Activity in Children with Epilepsy: Impact on Sleep and Fatigue</i>	\$30,000 (2014-2015)
Longmuir	Heart and Stroke Foundation of Ontario	<i>LIFFE for Cardiac Kids through Physical Activity</i>	\$4993 (2014-2015)
Longmuir/Tremblay	Ontario Trillium Foundation	<i>The Canadian Assessment of Physical Literacy: Building the Capacity of Ontario's Sport and Recreation Sector to Enable Healthy, Active Lifestyles in Children</i>	\$474,200 (2013-2016)
Tremblay	Active Healthy Kids Canada	<i>2014 Active Healthy Kids Canada Report Card</i>	\$130,000 (2013-2014)
Tremblay	The Lawson Foundation	<i>Outdoor play promotion: systematic reviews and position stand</i>	\$130,000 (2013-2014)
Tremblay/Chaput	Pennington Biomedical Research Center (co-ordinating center)	<i>International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE) Canadian Site</i>	\$420,000 (2011-2015)
Tremblay	ParticipACTION	<i>2015 Report Card on the Physical Activity of Children and Youth</i>	\$87,000 (2014-2015)
Tremblay	The Lawson Foundation The CHEO Foundation (matching)	<i>HALO Junior Research Chair Program</i>	\$508,250 \$508,250 (2010-2015)
Tremblay	Trevor Doyle CHEO Foundation (matching)	<i>Healthy Active Living and Obesity Research</i>	\$500,000 \$500,000 (2010-2015)
Tremblay	ParticipACTION/PHAC	<i>Learn to Play CAPL Monitoring</i>	\$300,000 (2014-2017)
Tremblay	Mitacs-Accelerate	<i>Canadian Assessment of Physical Literacy – Graduate Research Program</i>	\$466,667 (2014-2017)
Tremblay	ParticipACTION/RBC	<i>Learn to Play CAPL Monitoring</i>	\$300,000 (2014-2017)
Tremblay	Mitacs Graduate Research Internship Grant	<i>Knowledge, awareness and uptake of new Canadian Physical Activity Guidelines</i>	\$15,000 (2014)

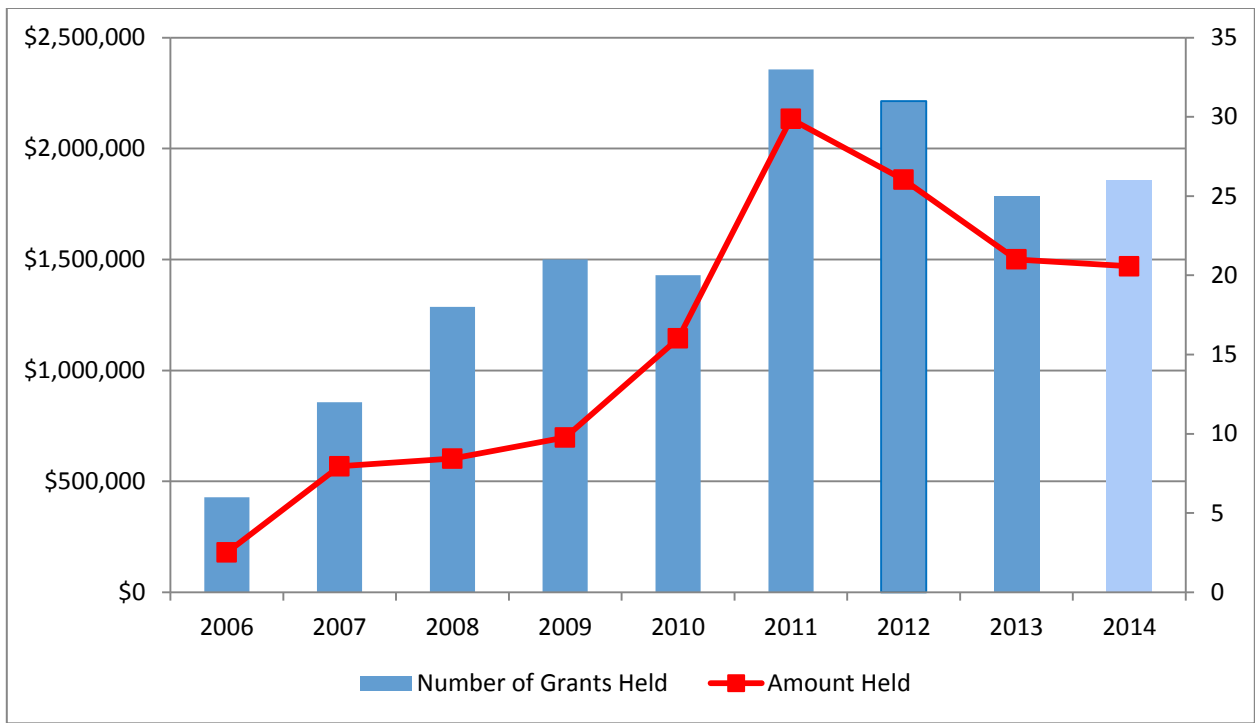


Figure 4: Number of grants held and amount of funds held as principal or co-principal investigator (attributed to 2014) by HALO Research Group from 2006 to 2014. Between 2006 and 2014, there was a 333% increase in the number of grants held and a 719% increase in the amount held. Between 2013 and 2014, there was a 4% increase in the number of grants held and a 2% decrease 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 2014.

1. **Adamo KB**, Shen GX, Motolla M, Nascimento S, Jean-Phillippe S, **Ferraro ZM**, Nerenberg K, Smith G, Chari R, Gaudet L, Piccinini-Vallis H, McDonald S, Atkinson S, Godbout A, Robitaille J, Davidge ST, Gruslin A, Prud'homme D, Stacey D, Rossiter M, **Goldfield GS**, Dodd J. Obesity prevention from conception: A workshop to guide the development of a pan-Canadian trial targeting the gestational period. *Nutrition and Metabolic Insights* 7:7-18, 2014.
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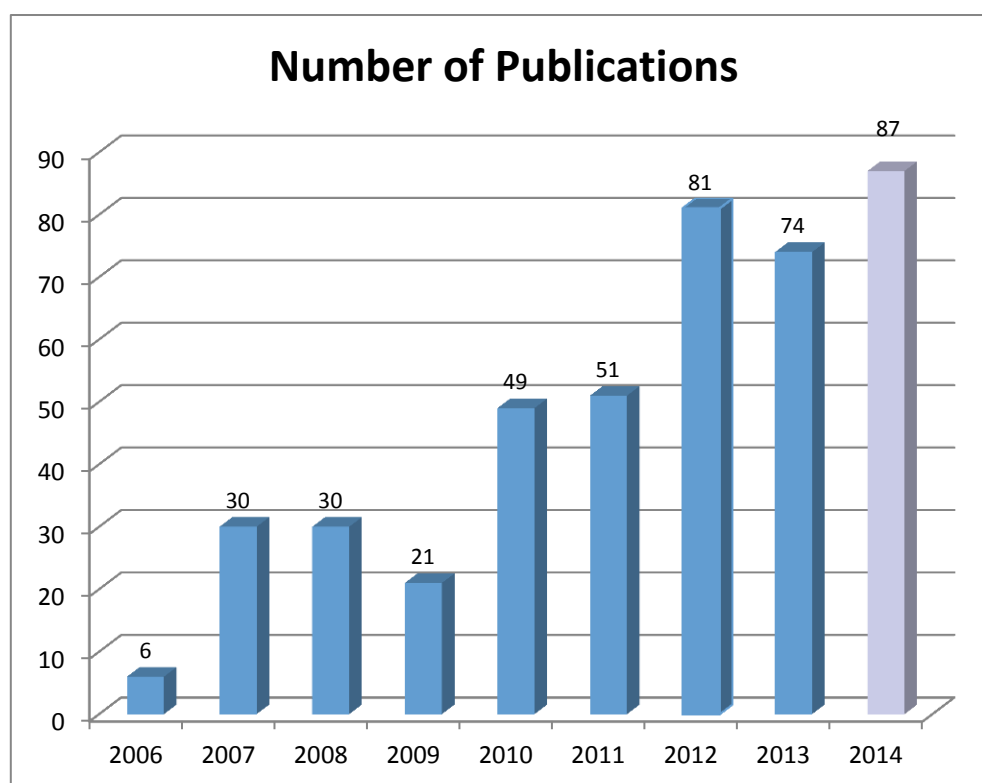
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**Figure 5: Number of peer-reviewed, refereed publications by HALO Research Group from 2006 to 2014 there was a 1350% increase in the number of publications; between 2013 and 2014, there was a 18% increase.**

## NON-PEER REVIEWED PUBLICATIONS

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7. **Tremblay MS** (Chief Scientific Officer). Active Healthy Kids Canada. 2014 Active Healthy Kids Canada Report Card on the Physical Activity of Children and Youth. Is Canada in the Running. 2014

## 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 2014.*

1. **Adamo KB, Wilson S, Brett KE, Ferraro ZM, Nerenberg K, Goldfield G, Keely E, Hadjiyannakis S, Walker M.** The Maternal Obesity Management (MOM) Pilot RCT: A Prenatal Lifestyle Intervention. *Obesity (Suppl. 2014)*, 2014.
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5. **Borghese MM, Tremblay MS, Katzmarzyk PT, Tudor-Locke C, Schuna Jr. J, Leduc G, Boyer C, LeBlanc AG, Chaput JP.** Mediating role of television time, diet patterns, physical activity and sleep duration in the association between television in the bedroom and adiposity in 10-year-old children. *Obesity* S351, 2014.
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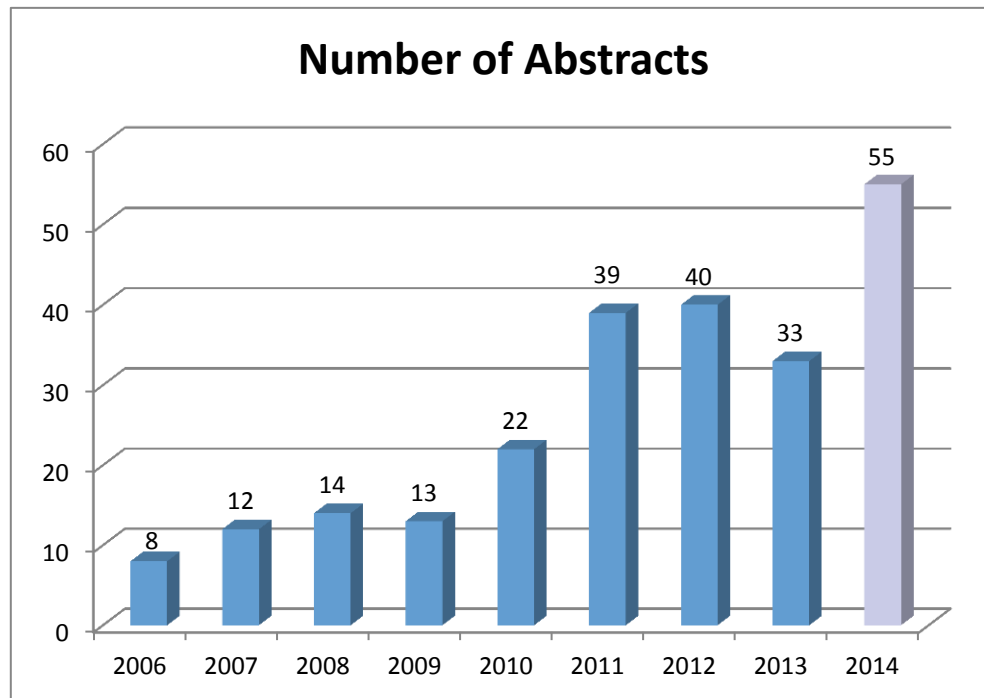
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55. Wachira L-J, **Muthuri S, Tremblay MS, Onywera VO**. Association between BMI and Percent Body Fat Status and Screen-Based Sedentary Activity of Kenyan Urban School Children: Results from ISCOLE-Kenya. *Journal of Physical Activity and Health* 11(suppl.1):S196, 2014.



**Figure 6: Number of published abstracts by HALO Research Group from 2006 to 2014. Between 2006 and 2014 there was a 588% increase in the number of published abstracts; between 2013 and 2014, there was a 67% increase.**

#### BOOK CHAPTERS

1. **Chaput JP**. Lack of sleep can lead to weight gain. **Elevate Health, President's Council on Fitness, Sports & Nutrition** 15: 1-10, 2014.
2. Crocker PRE & **Gunnell KE** (2014). Emotional schemas . In RC Eklund, G Tenenbaum. (Eds.) **Encyclopedia of Sport and Exercise Psychology (Volume 1)**. Thousand Oaks, CA: Sage. p. 250-21, 2014.
3. Crocker PRE & **Gunnell KE** (2014). Satisfaction. In RC Eklund, G Tenenbaum (Eds.) **Encyclopedia of Sport and Exercise Psychology (Volume 2)**. Thousand Oaks, CA: Sage. p.609-611, 2014.
4. **Gunnell KE**, Schellenberg BJI, Wilson PM, Crocker PRE, Mack DE, Zumbo BD (2014). A review of validity evidence presented in the Journal of Sport and Exercise Psychology (2002-2012): Misconceptions and recommendations for validation research. In BD Zumbo, KH Chan (Eds.). **Validity and validation in social, behavioral, and health sciences**. New York: Springer. p. 137-156. 2014
5. **Gunnell KE**, Wilson PM, Zumbo BD, Crocker PRE, Mack DE, Schellenberg BJI. Validity theory and validity evidence for scores derived from the Behavioural Regulation in Exercise Questionnaire. In BD Zumbo, KH Chan (Eds.). **Validity and validation in social, behavioral, and health sciences**. New York, NY: Springer. p. 175-191, 2014.

## CONFERENCES AND INVITED PRESENTATIONS

1. **Adamo KB.** The link between maternal health behaviours and downstream child health. *Promoting Healthy Weight 2.0 colloquium. University of Tennessee* (Knoxville, USA), 2014.
2. **Adamo KB.** Physical Activity in the Early Years; Experiences from the Activity Begins in Childhood (ABC) trial. *Graduate Public Health Seminar. University of Tennessee* (Knoxville, USA), 2014.
3. **Adamo KB.** Intervention trials postpartum to improve maternal health outcomes. *Pregnancy Complications Identify Women at Risk for Developing CVD Planning Workshop* (Toronto, Canada), 2014.
4. **Adamo KB, Wilson S, Brett KE, Ferraro ZM,** Nerenberg K, **Goldfield GS,** Keely E, **Hadjiyannakis S,** Walker M. The Maternal Obesity Management (MOM) Pilot RCT: A Prenatal Lifestyle Intervention. *The Obesity Society Meeting* (Boston, USA), 2014.
5. **Adamo KB.** Lifestyle habits and cardiovascular health: from fetal life to childhood. *CHU Ste Justine, Pediatric Grand Rounds* (Montreal, Canada), 2014.
6. **Adamo KB.** Power of Prevention in the Early Years. *Research Canada's Health Research Caucus: Diabetes Research and Innovations in Canada* (Winnipeg, Canada), 2014.
7. **Adamo KB.** Power of Prevention in the Early Years- the role of active living. *University of British Columbia, School of Kinesiology* (Vancouver, Canada), 2014.
8. **Adamo KB.** Can we halt the intergenerational cycle of obesity? *Sherbrooke-Ottawa- Montreal Emerging Team Research Rounds* (Ottawa, Canada), 2014.
9. **Adamo KB.** The intergenerational Cycle of Obesity - Why we Should be Concerned. Invited plenary speaker: *Healthy Mothers and Healthy Babies: New Research and Best Practice (UBC Interprofessional Continuing Education)* (Vancouver, Canada), 2014.
10. **Adamo KB.** Maternal Predictors and Potential Modifiers of Fetal Growth During Pregnancy. Invited presentation: *Ontario Public Health- Healthy Weights for Children Forum* (Toronto, Canada), 2014.
11. **Adamo KB.** Power of prevention in the early years. *Interdisciplinary School of Health Sciences Lecture Series* (Ottawa, Canada), 2014.
12. Alavi N, **Ferraro ZM,** Borowiec S, Bonin B. A review of anti-D rhesus prophylaxis administration practices at the *Ottawa Hospital* (Ottawa, Canada), 2014.
13. Alberga AS, Kenny GP, **Goldfield GS,** Prud'homme D, **Hadjiyannakis S,** Gougeon R, Sigal RJ. Why should resistance exercise be incorporated into physical activity programs for children and youth with obesity? *Global Summit on Physical Activity in Children* (Toronto, Canada), 2014.
14. **Alpous A, Fournier A, Longmuir PE.** Physical literacy and healthier communities. *Rural Eastern Ontario Active Recreation Conference* (Calabogie, Canada), 2014.
15. **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 (CAPL). *Children's Hospital of Eastern Ontario Research Day* (Ottawa, Canada), 2014.
16. Al Shamrani S, Moretti F, **Ferraro ZM,** Roy-Lacroix ME, Fung-Kee-Fung K. Second trimester fetal biometric measures: Concordance between 2D and 3D technologies. *24<sup>th</sup> World Congress on Ultrasound in Obstetrics and Gynecology* (Barcelona, Spain), 2014.



17. Banks L, Rosenthal S, **Longmuir PE**, Manlhiot C, McKillop A, McCrindle BW. Medical factors associated with moderate-to-vigorous physical activity in children with congenital heart disease may be specific to the underlying lesion. *Canadian Cardiovascular Congress* (Vancouver, Canada), 2014.
18. **Brett KE, Wilson S, Ferraro ZM, Adamo KB**. Self-report questionnaire overestimates physical activity in pregnancy. *Canadian Society for Exercise Physiology Annual Meeting* (St. Johns, Canada), 2014.
19. **Brett KE, Ferraro ZM, Wilson S, Ockenden H**, Nerenberg K, **Goldfield G**, Keely E, **Adamo KB**. Associations between objectively measured physical activity, pre-pregnancy body mass index and gestational weight gain. *Canadian Society for Exercise Physiology Annual Meeting* (St. Johns, Canada), 2014.
20. **Bélanger P, Borghese MM, Tremblay MS, Leduc G, Boyer C, LeBlanc AG**, Francis C, **Chaput JP**. Elements of Neighbourhood Social Capital Favour Children's Physical Activity Levels. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
21. **Borghese MM, Tremblay MS**, Katzmarzyk PT, Tudor-Locke K, Schuna JM Jr, **Leduc G, Boyer C, LeBlanc AG, Chaput J-P**. Mediating role of television time, diet patterns, physical activity and sleep duration in the association between television in the bedroom and adiposity in 10-year-old children. *The Obesity Society Annual Scientific Conference* (Boston, USA), 2014.
22. **Borghese MM, Tremblay MS, Leduc G, Boyer C, Bélanger P, LeBlanc AG**, Francis C, **Chaput JP**. Independent and Combined Associations of Total Sedentary Time and Television Time with Food Intake Patterns of 9-11 year-old Canadian Children. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
23. **Borghese M, Tremblay M, Leduc G, Boyer C, Belanger P, LeBlanc A**, Francis C, **Chaput J**. Television viewing and food intake pattern of normal weight, overweight, and obese 9-11 year-old Canadian children. *International Congress on Obesity* (Kuala Lumpur, Malaysia), 2014.
24. **Boyer C**, Lloyd M, **Tremblay MS**, Knight E, Saunders TJ, Boiarskaia E, Zhu W, **Longmuir PE**. Feasibility, Validity and Reliability of an Obstacle Course to Measure Motor Skill in Children 6 to 14 Years of Age. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
25. **Boyer C, Longmuir PE, Tremblay MS, Leduc G, Bélanger P, LeBlanc AG, Borghese MM**, Francis C, **Chaput JP**. Longitudinal Trends in Physical Literacy for Children Transitioning from Grade 4 to Grade 5 in a Sample of Canadian Children. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
26. **Brett KE, Ferraro ZM, Wilson S, Ockenden H**, Nerenberg K, **Goldfield G**, Keely E, **Adamo KB**. Associations between objectively measured physical activity, pre-pregnancy body mass index and gestational weight gain. *Canadian Society for Exercise Physiology Annual General Meeting* (St. John's, Canada), 2014.
27. **Brett KE, Ferraro ZM, Wilson S, Adamo KB**. Self-report questionnaire overestimates physical activity in pregnancy. *Canadian Society for Exercise Physiology Annual General Meeting* (St. John's, Canada), 2014.
28. **Cameron JD**, Sigal RJ, Kenny GP, Alberga AA, **Hadjiyannakis S**, Phillips S, Prud'homme D, Malcolm J, Doucette S, Tulloch H, **Goldfield GS**. Effects of Resistance training, Aerobic training or Both on Psychosocial Functioning in Obese Adolescents: The HEARTY trial. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
29. **Cameron JC, Goldfield, GS**, Doucet, E. Deprivation by diet alone or by aerobic exercise alone: how modality of an acute intervention can differently impact 'wanting' and 'liking' of preferred foods. *European Congress on Obesity* (Sophia, Bulgaria), 2014.
30. **Cameron JD, Goldfield GS**, Kenny GP, Alberga AA, Phillips P, Doucette S, Sigal RJ. Body Composition and Energy Intake—Fat Free Mass is the Strongest Predictor of Food Intake in Obese Adolescents: The HEARTY Trial. *Society for the Study of Ingestive Behavior 22<sup>nd</sup> Annual Meeting* (Seattle, USA), 2014.
31. **Carson V**, Wong S, Winkler E, Healy GN, Colley RC, **Tremblay MS**. Patterns of Sedentary Time and Cardiometabolic Risk among Canadian Adults. *5<sup>th</sup> International Congress on Physical Activity and Public Health* (Rio de Janeiro, Brazil), 2014.

32. **Carson V.** Physical Activity and Sedentary Behaviour in the Early Years. *Alberta Association for the Accreditation of Early Learning and Care Services – Accreditation Training Meeting* (Edmonton, Canada), 2014.
33. **Carson V,** Hesketh KD, Hinkley T, Salmon J, Crawford D. Longitudinal levels and bouts of objectively measured sedentary behavior among Australian pre-school children in the HAPPY study. *2014 Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
34. **Carson V,** Stone M, Faulkner G. Patterns of sedentary behavior and weight status among children. *2014 Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
35. **Carson V,** Rinaldi R, Torrance B, Maximova K, Ball G, Sumit M, Plontnikoff R, Veugelers P, Boulé N, Wozny P, McCargar L, Downs S, Daymont C, Lewanczuk S, McGavock J. Vigorous physical activity and longitudinal associations with cardiometabolic risk factors in youth: prospective cohort study. *5th International Congress on Physical Activity and Public Health* (Rio de Janeiro, Brazil), 2014.
36. **Chaput JP.** L'obésité en 2014: comment faire face au problème? *Mini Medical School* (Ottawa, Canada), 2014.
37. **Chaput JP.** The importance of a good night's sleep for health and wellness. *Conference Board of Canada* (Ottawa, Canada), 2014.
38. **Chaput JP.** Sleep and sedentary behaviour as correlates of childhood obesity. *Canadian Society for Exercise Physiology Annual Meeting* (St. John's, Canada), 2014.
39. **Chaput JP.** Sedentary behaviours and body weight: should we be preoccupied? *Public Health Ontario Grand Rounds Session* (Toronto, Canada), 2014.
40. **Chaput JP.** L'édition 2014 du Bulletin de l'activité physique chez les jeunes de Jeunes en forme Canada. *Healthy Eating Physical Activity Coalition of New Brunswick* (Moncton, Canada), 2014.
41. **Chaput JP.** Faire bouger les jeunes: un défi de taille en 2014! *Assureurs Prévention* (Paris, France), 2014.
42. **Chaput JP.** The Healthy Active Living and Obesity Research Group: vision, mission, and lines of business. *Canadian Obesity Student Meeting* (Waterloo, Canada), 2014.
43. **Chaput JP.** Le manque de sommeil fait-il engraisser? *Université du Québec à Montréal* (Montreal, Canada), 2014.
44. **Chaput JP.** Lack of sleep leading to weight gain: should we be preoccupied? *University of Copenhagen* (Copenhagen, Denmark), 2014.
45. **Chaput JP.** Change in sleep duration and visceral fat accumulation over 6 years in adults. *International Congress on Obesity* (Kuala Lumpur, Malaysia), 2014.
46. **Chaput JP.** Increasing Canadian capacity for pediatric healthy active living and obesity research. *Lawson Foundation* (Toronto, Canada), 2014.
47. **Chaput JP, Leduc G, Boyer C, Bélanger P, LeBlanc A, Borghese M, Tremblay MS.** Objectively measured physical activity, sedentary time and sleep duration: independent and combined associations with adiposity in Canadian Children. *The Obesity Society Annual Conference* (Boston, USA), 2014.
48. **Chaput JP, Jomphe-Tremblay S, Lafrenière J, Patterson S, McNeil J, Ferraro ZM.** Reliability of a food menu to measure energy and macronutrient intake in children and adolescents. *Annual Meeting of the Society for the Study of Ingestive Behavior* (Seattle, USA), 2014.
49. Clark L, **Hadjiyannakis S,** Lynn E, Mohipp C, **Rutherford J,** Kazoun F, **Buchholz A.** The Impact of Family-Based Group Programming on Quality of Life for Youth with Severe Complex Obesity. *Canadian Conference for the Prevention and Management of Pediatric Obesity*, (Winnipeg, Canada), 2014.

50. Colapinto CK, O'Connor DL, Dubois L, **Tremblay MS**. Prevalence and correlates of folic acid supplement use in Canada. *Canadian National Perinatal Research Meeting* (Banff, Canada), 2014.
51. Faulkner G, **Carson V**, Stone M. Objectively measured sedentary behaviour and self-esteem among children. *Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Annual Conference* (London, Canada), 2014.
52. **Ferraro ZM**. Obesity in preconception and pregnancy: Downstream effects on child obesity. For the *Best Start Resource Centre* community public health workshop series (Sault Ste Marie, Canada), 2014.
53. **Ferraro ZM**. Obesity in preconception and pregnancy: Downstream effects on child obesity. For the *Best Start Resource Centre* community public health workshop series (Kingston, Canada), 2014.
54. **Ferraro ZM**. Obesity in preconception and pregnancy: Downstream effects on child obesity. For the *Best Start Resource Centre* community public health workshop series (Timmins, Canada), 2014.
55. **Ferraro ZM**. The 5 A's of healthy pregnancy weight gain. For the *Best Start Resource Centre* community public health workshop series (Sault Ste Marie, Canada), 2014.
56. **Ferraro ZM**. The 5 A's of healthy pregnancy weight gain. For the *Best Start Resource Centre* community public health workshop series (Kingston, Canada), 2014.
57. **Ferraro ZM**. The 5 A's of healthy pregnancy weight gain. For the *Best Start Resource Centre* community public health workshop series (Timmins, Canada), 2014.
58. **Ferraro ZM, Wilson S, Brett KE**, Nerenberg K, **Goldfield G, Hadjiyannakis S**, Walker M, **Adamo KB**. The timing of gestational weight gain & infant adiposity in the Maternal Obesity Management (MOM) Trial. *The Ottawa Hospital Research Institute (OHRI) Annual Research Day* (Ottawa, Canada), 2014.
59. **Ferraro ZM**. Exercise & Pregnancy: Clinical Recommendations. Invited presentation for the *uOttawa MD Program 'Exercise is Medicine' chapter* (Ottawa, Canada), 2014.
60. **Ferraro ZM**. Thinking beyond obesity? Understanding the value of healthy pregnancy weight gain. Invited presentation for *Toronto Public Health / Canadian Prenatal Nutrition Programs Professional Practice day* (Toronto, Canada), 2014.
61. **Ferraro ZM**, Barrowman N, Prud'homme D, Walker M, Wen SW, Rodger M, **Adamo KB**. Gestational weight gain: A comparison of the SOGC and IOM guidelines for patients with obesity. *Canadian Association of Perinatal and Women's Health Nurses (CAPWHN) 4<sup>th</sup> National Conference "Expanding Horizons, Grounding Practice"* (Regina, Canada), 2014.
62. **Ferraro ZM**. What to gain? Implementing pregnancy weight gain guidelines at the Ottawa Hospital. *The Ottawa Hospital Obstetrics & Gynecology Grand Rounds* (Ottawa, Canada), 2014.
63. **Ferraro ZM**. The healthy kids strategy: weight management in preconception & pregnancy. *Ontario Healthy Communities Coalition for dissemination of Ontario Public Health recommendations 'No time to wait'* (Toronto, Canada), 2014.
64. **Ferraro ZM**, Barrowman N, Prud'homme D, Walker M, Wen SW, Rodger M, **Adamo KB**. Examining the effects of discordant gestational weight gain guidelines on neonatal birth weight. *Canadian Obesity Network Student Meeting* (Waterloo, Canada), 2014.
65. **Ferraro ZM**. The 'Goldilocks effect' and the developmental origins of obesity. Keynote address to *Dietitians of Canada National Conference* (Ottawa, Canada), 2014.
66. **Ferraro ZM**. Harmonizing public health messaging – Prenatal weight management. *Ottawa Public Health Advisory Team* (Ottawa, Canada), 2014.

67. **Ferraro ZM.** Preconception and prenatal weight management. *Canadian Association of Perinatal and Women's Health Nurses (CAPWHN)* (Edmonton, Canada), 2014.
68. **Ferraro ZM.** What to gain? The link between pregnancy weight gain and child obesity. Invited presentation to *Ottawa Board of Public Health* (Ottawa, Canada), 2014.
69. **Ferraro ZM,** Barrowman N, Prud'homme D, Walker M, Wen SW, Rodger M, **Adamo KB.** Gestational weight gain: A comparison of the SOGC and IOM guidelines for patients with obesity. *Society for Gynecological Investigation Annual Scientific Meeting* (Florence, Italy), 2014.
70. **Ferraro ZM.** Understanding healthy pregnancy weights and the link to child obesity. *Ontario Health Promotion* (Toronto, Canada), 2014.
71. **Ferraro ZM.** Optimizing Maternal-Fetal Outcomes – The Value of Appropriate Weight Gain For All Women and Their Children. Invited keynote address to *Best Start Resource Centre Annual Conference* (Toronto, Canada), 2014.
72. **Ferraro ZM, Wilson S, Brett KE,** Nerenberg K, **Goldfield GS, Hadjiyannakis S,** Walker M, **Adamo KB.** The timing of gestational weight gain & infant adiposity in the Maternal Obesity Management (MOM) Trial. *The Obesity Society Meeting* (Boston, USA ), 2014.
73. **Ferraro ZM, Wilson S, Brett KE,** Nerenberg K, **Goldfield GS,** Keely E, **Adamo KB.** Associations between objectively measured physical activity, sedentary time and maternal social support and depression indices. *Canadian Society for Exercise Physiology Annual Meeting* (St.Johns, Canada), 2014.
74. Flament M, **Buchholz A,** Henderson K, Obeid N, Schubert N, **Maras D,** Paterniti, S, **Goldfield GS.** From DSM-IV to DSM-5: How do the changes affect the prevalence of eating disorders in adolescents from the community? *International Conference on Eating Disorders* (New York, USA), 2014.
75. **Fournier A,** Loiselle C, Chamberlain J, **Longmuir PE.** Tumbling Together : A therapeutic treatment option to improve self-regulation skills in preschool-aged children with developmental delays. *Children's Hospital of Eastern Ontario Research Day* (Ottawa, Canada), 2014.
76. Gainforth HL, Jarvis JW, Berry T, Chulak-Bozzer T, Deshpande S, Faulkner G, Rhodes RE, Spence JC, **Tremblay MS,** Latimer-Cheung AE. Assessing the Effectiveness of a Social Marketing Campaign Drawing Parents' Attention to their Child's Physical Activity Level. *35th Annual Meeting & Scientific Sessions of the Society of Behavioral Medicine* (Philadelphia, USA), 2014.
77. **Goldfield GS.** Healthy Active Living and Mental Health Promotion. Keynote Presentation to *Bell during Mental Health Week* (Ottawa, Canada), 2014.
78. **Goldfield GS, Harvey A, Grattan K,** Colley R, Alberga AS, **Ferraro ZM,** Temple VA, Naylor PJ, Barrowman N, **Wilson S, Adamo KB.** The Preschoolers Activity Trial (PAT): A randomized controlled trial evaluating the effects of physical activity on adiposity in the early years. *European Congress on Obesity* (Sophia, Bulgaria), 2014.
79. **Goldfield GS,** Kenny GP, Alberga AA, Phillips P, Doucette S, **Cameron JD,** Sigal RJ. Effects of aerobic training, resistance training, or both on food intake in obese adolescents: The HEARTY Trial. *Society for the Study of Ingestive Behavior 22<sup>nd</sup> Annual Meeting* (Seattle, USA), 2014.
80. **Goldfield GS,** Maras D, **Murray M, Buchholz A,** Henderson K, Obeid N, Birmingham, M, Flament MF. Restrained eating mediates the relationship between insecure attachment and overweight/obesity in a community sample of Canadian youth. *The Obesity Society Meeting* (Boston, USA), 2014.
81. Gordon M, Janssen I, **Carson V.** A story of knowledge exchange, partnerships and policy development in the Kingston Ontario region. *2014 Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.



82. **Gunnell KE**, Fecteau M, Gaudreau P. Psychological Need Satisfaction as an Antecedent and Consequence of Coping and Goal Progress. In KE Gunnell (Chair). *On the Importance of Examining Reciprocal Deterministic Relationships in Positive Psychology*. Symposium presented at the *Canadian Conference of Positive Psychology* (Ottawa, Canada), 2014.
83. **Gunnell KE**, Brunet J, Bélanger M. Adolescent's changes in psychological need satisfaction are associated with changes in physical activity over time. *Canadian Society for Psychomotor Learning and Sport Psychology* (London, Canada), 2014.
84. **Gunnell KE**, Brunet J, & Bélanger M. Do youth's perceptions of psychological need satisfaction during physical activity predict changes in physical activity? *North American Society for Psychology of Sport and Physical Activity* (Minneapolis, USA), 2014.
85. **Harvey ALJ, Grattan KP, Adamo KB, Wilson S, Goldfield GS**. Do outdoor daycares increase physical activity? *Canadian Society for Exercise Physiology Annual Meeting* (St.Johns, Canada), 2014.
86. Jarvis JW, Berry T, **Carson V**, Rhodes R, Latimer-Cheung AE. Investigating Message Believability as a Determinant of Parents' Intentions to Support their Children in Meeting Physical Activity and Screen Time Guidelines. *Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS)* (London, Canada), 2014.
87. Jarvis JW, Berry T, **Carson V**, Latimer-Cheung AE. Investigating the role of message believability in promoting parental support towards children meeting the child physical activity and screen time guidelines. *Eastern Canadian Sport & Exercise Psychology Symposium* (Toronto, Canada), 2014.
88. Kuzik N, Clarke D, Ogden N, Harber V, **Carson V**. Physical activity and sedentary behaviour of toddlers and preschoolers in Alberta child care centres. *2014 Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
89. **Larouche R**. The Active Healthy Kids Canada Report Card on Physical Activity for Children and Youth. Invited lecture for the *Healthy Transportation Coalition* (Ottawa, Canada), 2014.
90. **Larouche R**. Active transportation, physical activity and health among children and youth. Invited lecture at the *University of Toronto*. (Toronto, Canada), 2014.
91. **Larouche R**, Faulkner G, **Tremblay MS**. Active travel and adults' health: the Canadian Health Measures Survey. *Canadian Society for Exercise Physiology Annual Scientific Conference* (St. John's, Canada), 2014.
92. **Larouche R, Chaput JP, Leduc G, Boyer C, Bélanger P, Leblanc AG, Borghese M, Francis C, Tremblay MS**. Socio-demographic and school-level correlates of active school transport in Canadian children. *Global Summit on the Physical Activity of Children* (Toronto, Ontario), 2014.
93. **LeBlanc AG, Chaput JP, Leduc G, Borghese MM, Tremblay MS**. The school food environment and adiposity in Canadian children. *The Obesity Society Annual Conference* (Boston, USA), 2014.
94. **LeBlanc AG**, Katzmarzyk PT, **Chaput JP**, Church T, Folgelholm M, Hu G, Kurpad A, Lambert EV, Maher C, Maia J, Matsudo V, Olds T, **Onywera V**, Kuriyan R, Sarmiento OL, Standage M, Tudor-Locke C, Zhao P, **Tremblay MS**. National representativeness of the International Study of Childhood Obesity, Lifestyle and the Environment. *Canadian Society for Exercise Physiology Annual Scientific Conference* (St. John's, Canada), 2014.
95. **LeBlanc AG**, Berry T, Deshpande S, Duggan M, Faulkner G, Latimer-Cheung A, O'Reilly N, Rhodes R, Spence JC, **Tremblay MS**. Knowledge, awareness, and uptake of Canadian Physical Activity and Sedentary Behaviour Guidelines. *Canadian Society for Exercise Physiology Annual Scientific Conference* (St. John's, Canada), 2014.
96. **LeBlanc AG, Borghese MM, Leduc G, Boyer C, Bélanger P, Francis C, Chaput JP, Tremblay MS**. Correlates of objectively measured sedentary time in Canadian school-aged children. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.

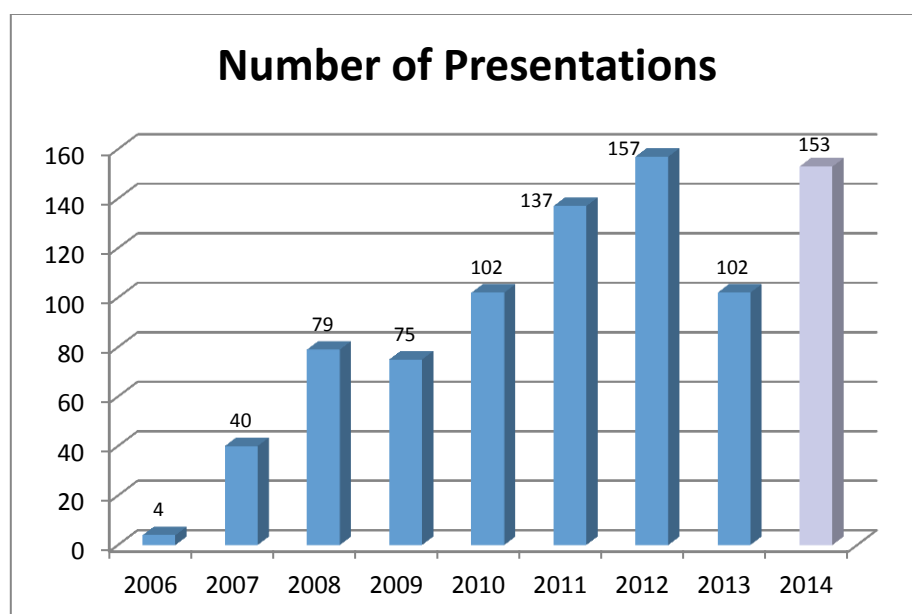
97. **LeBlanc AG, Bélanger P, Borghese MM, Leduc G, Boyer C, Francis C, Chaput JP, Tremblay MS.** School lunch programs, breakfast consumption and parental income. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
98. **Longmuir PE.** Physical Activity in Pediatric Heart Disease: Time for a Paradigm Shift. *American Heart Association Scientific Sessions* (Chicago, USA), 2014.
99. **Longmuir PE.** Decreasing risk of inactivity for children and youth with CHD. *Society of Pediatric Cardiovascular Nurses Education Session* (Chicago, USA), 2014.
100. **Longmuir PL, Boyer C, Tremblay MS.** The Canadian Assessment of Physical Literacy – monitoring children’s capacity for physical activity. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
101. **Longmuir PE, Corey M, Faulkner G, Russell JL, McCrindle BW.** Children After Fontan have the Strength, Body Composition, and Daily Moderate-to-Vigorous Physical Activity Required for Successful Participation with Peers. *American Heart Association Scientific Sessions* (Chicago, USA), 2014.
102. **Longmuir PE, Patel B, Lai L, Goldfield G, Sananes R.** Recognizing Psychosocial Distress in Pediatric Cardiology Clinic Patients. *Cardiology 2014* (Orlando, USA), 2014.
103. **Luciani A, White L, Berry T, Deshpande S, Latimer-Cheung A, Rhodes R, Spence J, Tremblay M, Faulkner G.** Sports Day in Canada: Examining Benefits for Community Organizations. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
104. **Maras D, Murray M, Buchholz A, Henderson K, Obeid N, Flament M, Goldfield GS.** Sedentary screen-based activities are independently associated with symptoms of depression and anxiety in a community sample of Ontario youth. *The Global Summit on Physical Activity* (Toronto, Canada), 2014.
105. **McKillop A, Rosenthal S, Longmuir PE, Manlhiot C, Banks L, McCrindle BW.** Physical activity among children with congenital heart disease is associated with family physical activity behaviour. *Canadian Cardiovascular Congress* (Vancouver, Canada), 2014.
106. **McNeil J, Tremblay MS, Leduc G, Boyer C, Bélanger P, LeBlanc AG, Borghese MM, Francis C, Chaput JP.** Short sleep duration and later bedtime are associated with more time spent in sedentary activities and greater adiposity in a sample of Canadian children. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
107. **Moretti F, Ferraro ZM, Roy-Lacroix ME, Fung-Kee-Fung K.** Biometric assessment of the fetal cerebellum vermis in the second trimester using 3D ultrasonography. *24<sup>th</sup> World Congress on Ultrasound in Obstetrics and Gynecology* (Barcelona, Spain), 2014.
108. **Murray MA, Wilson A, Maras D, Hickey AJ, Goldfield GS.** Computer-Mediated Social Networking Engagement and Restrained Eating among Undergraduate Students. *Society for the Study of Ingestive Behavior 22<sup>nd</sup> Annual Meeting* (Seattle, USA), 2014.
109. **Murray MA, Goldfield GS.** Computer-Mediated Social Networking, Withdrawal, and Emotional Eating among Undergraduate Students. *American Psychological Conference* (Washington, USA), August, 2014.
110. **Murray MA, Goldfield GS.** Computer-Mediated Social Networking Engagement, Social Benefits, and Emotional Eating. *4<sup>th</sup> Annual Canadian Obesity Student Meeting* (Waterloo, Canada), 2014.
111. **Muthuri SK, Wachira L-JM, Onywera VO, Tremblay MS.** Socioeconomic Differences in Objectively Measured Overweight/Obesity and Physical Activity in Kenyan School Children: Results from ISCOLE-Kenya. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
112. **Muthuri SK, Wachira L-JM, Onywera VO, Tremblay MS.** Overweight/Obesity Transitions over Time in Sub-Saharan Africa’s School Children: Results from a Systematic Review. *Physical Activity and Sports for Health and Development in Africa Conference* (Maputo, Mozambique), 2014.

113. Odindo FO, **Muthuri SK**, Wachira LM, **Onywera VO**, **Tremblay MS**. Assessment of health related physical fitness and motor skill ability of 9-11 year old school children in Nairobi County, Kenya. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
114. Page R, **Ferraro ZM**. Gastroschisis: Sonographic Predictors of Adverse Neonatal Outcome: Quasi-Systematic Review. *Ottawa Hospital Research Institute – summer student research day* (Ottawa, Canada), 2014.
115. **Patel B**, Lai L, **Goldfield G**, Sananes R, **Longmuir PE**. Examining Psychosocial Distress in Paediatric Cardiology Patients. *Canadian National Medical Student Research Symposium* (Winnipeg, Canada), 2014.
116. **Patel B**, Lai L, **Goldfield G**, Sananes R, **Longmuir PE**. Examining Psychosocial Distress in Paediatric Cardiology Patients. *University of Ottawa Undergraduate Research Opportunity Program Symposium* (Ottawa, Canada), 2014.
117. **Patel B**, Lai L, **Goldfield G**, Sananes R, **Longmuir PE**. Examining Psychosocial Distress in Paediatric Cardiology Patients. *University of Ottawa Healthcare Symposium* (Ottawa, Canada), 2014.
118. Rajkumar A, Harper ME, Bolongo P, **Adamo K**, Rabasa-Lhoret R, Doucet E, Prud'homme D, Tesson F. ACSL5 genotype influences the response of overweight and obese women to weight loss intervention. *Canadian Diabetes Association Annual Meeting* (Winnipeg, Canada), 2014.
119. Roy-Lacroix ME, **Ferraro ZM**, Greville J, Fung-Kee-Fung K. Ergonomic assessment of 2D vs. 3D ultrasound for obstetric imaging using validated Strain Index (SI) and Rapid Upper Limb Assessment (RULA) analyses. *24<sup>th</sup> World Congress on Ultrasound in Obstetrics and Gynecology* (Barcelona, Spain), 2014.
120. Saunders TJ, **Gray CE**, **Borghese M**, McFarlane A, Mbonu A, **Ferraro ZM**, **Tremblay MS**. Validity of pedometer-derived moderate and vigorous physical activity during treadmill walking and running in a heterogeneous sample of children and youth. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
121. Schellenberg BJ, **Gunnell KE**, Mosewich AD, Baillis DS. Measurement invariance of the Passion Scale across three samples: An ESEM approach. *North American Society for Psychology of Sport and Physical Activity* (Minneapolis, USA), 2014.
122. Shewring T, Farmer A, Ball G, **Carson V**, Lafave L, Tyminski S. Policy, Educators, and Parents: Perceptions and Influence of Healthy Eating-Active Living Environments (HEALE) for Preschool Children in Child Care Centres. *4<sup>th</sup> Canadian Obesity Student Meeting* (Waterloo, Canada), 2014.
123. Stephens S, Beyene J, Pullenayegum E, Faulkner G, **Tremblay MS**, Feldman BM. Identifying Imputation Strategies for Dealing with Missing Accelerometer Data: A Systematic Review. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
124. Stephens S, Takken T, Esliger DW, **Tremblay MS**, Schneiderman JE, Pullenayegum E, Beyene J, Biggar D, **Longmuir PE**, McCrindle B, Abad A, Ignas DM, van der Net J, Feldman BM. Validation of Accelerometer Prediction Equations in Children with Chronic Disease. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
125. Thivel D, **Chaput JP**, **Adamo K**, **Goldfield G**. Is energy intake modified by a 10-week aerobic exercise training in obese adolescents? *3rd Wingate Institute Congress for Exercise and Sport Sciences* (Netanya, Israel), 2014.
126. **Tremblay MS**. Understanding the Canadian Physical Activity Guidelines for Adults. Invited presentation at the *Conference Board of Canada's Meeting for the Council on Workplace Health and Wellness* (Calgary, Canada), 2014.
127. **Tremblay MS**. Prevention for better health: Making movement a movement. Invited presentation at the *CIHR Innovating Child and Family Health Conference* (Ottawa, Canada), 2014.
128. **Tremblay MS**. What the evidence says. Invited keynote address at the *Thunder Bay and District Healthy Kids Strategy Community Development Forum* (Thunder Bay, Canada), 2014.

129. **Tremblay MS.** Making movement a movement: A contemporary imperative. Invited keynote address at the *III Encontro Brazil Canada and I Congresso Internacional de Tratamento da Obesidade* (Maringa, Brazil), 2014.
130. **Tremblay MS.** Active video gaming: Friend or foe? Invited keynote address at the *III Encontro Brazil Canada and I Congresso Internacional de Tratamento da Obesidade* (Maringa, Brazil), 2014.
131. **Tremblay MS.** Lessons learned from around the world for promoting healthy active living: What, when, where and how? Invited workshop at the *III Encontro Brazil Canada and I Congresso Internacional de Tratamento da Obesidade* (Maringa, Brazil), 2014.
132. **Tremblay MS.** The International Study of Childhood Obesity, Lifestyle and the Environment (ISCOLE): Design and Global Impact. Symposium presentation at the *Canadian Society for Exercise Physiology Annual Scientific Conference* (St. John's, Canada), 2014.
133. **Tremblay MS.** Healthy Active Living in Canada. Conference Board of Canada Briefing Release at the *Canadian Society for Exercise Physiology Annual Scientific Conference* (St. John's, Canada), 2014.
134. **Tremblay MS, Boyer C, Muthuri SK, Wachira L-J, Onywera VO, Longmuir PE, Okinda F, Leduc G, Chaput JP.** Comparison of child physical literacy scores between Canada and Kenya. *Canadian Society for Exercise Physiology Annual Scientific Conference* (St. John's, Canada), 2014.
135. **Tremblay MS.** A comparison of childhood physical activity across 15 countries. Invited presentation at the *JOINDAF Conference* (Maputo, Mozambique), 2014.
136. **Tremblay MS.** Active Healthy Kids Kenya and the KIDS-CAN Alliance: What Africa can teach the world. Invited presentation at the *25<sup>th</sup> Congress of the Nutrition Society of South Africa and 13<sup>th</sup> Congress of the Association for Dietetics in South Africa* (Johannesburg, South Africa), 2014.
137. **Tremblay MS.** Is sitting around killing us? Invited keynote address at the *64<sup>th</sup> Annual American Society of Bariatric Medicine Conference* (Austin, USA), 2014.
138. **Tremblay MS.** Unveiling the Global Matrix: A comparison of childhood physical activity across 15 countries. Invited opening keynote presentation at the *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
139. **Tremblay MS.** Active Video Gaming: Foe. Invited debate presentation at the *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
140. **Tremblay MS, Barnes J, Cowie Bonne J.** The Active Healthy Kids Canada Report Card on the Physical Activity of Children and Youth: Results and learnings from 10 years of powering the movement to get kids moving. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
141. **Tremblay MS.** Childhood Obesity Prevention and Management: Insights from Canada. Invited keynote presentation at the *1<sup>st</sup> Jalisco International Childhood Obesity Forum* (Guadalajara, Mexico), 2014.
142. **Tremblay MS.** Powering the Movement to get Kids Moving – 10 years of experience from the Active Healthy Kids Canada Report Card. *International Congress on Obesity* (Kuala Lumpur, Malaysia), 2014.
143. **Tremblay MS, Ball G, Chanoine J-P, Lambert M, Buchholz A, Feng B, Morrison KM.** Baseline Measures of Participants in the Canadian Pediatric Weight Management Registry (CANPWR) Pilot Study. *International Congress on Obesity* (Kuala Lumpur, Malaysia), 2014.
144. **Tremblay MS.** Connecting Canadians with Nature through Parks: A health promotion perspective. Invited presentation to the *Federal-Provincial-Territorial Ministers Responsible for Parks* and organized by the Canadian Parks Council (Toronto, Canada), 2014.
145. **Tremblay MS.** Stand Up for Healthy Active Living: New Perspectives on the Perils of Sedentary Behaviours. Invited keynote presentation at the *44<sup>th</sup> Annual Human Health and Nutritional Sciences Symposium* (Guelph, Canada), 2014.



146. Uys M, Grobler MN, Naidoo N, **Tremblay MS**, Lambert E. Validation of key components of the Canadian Assessment of Physical Literacy (CAPL) in 10 year-old South African children. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
147. Wachira L-J, **Muthuri S, Tremblay MS, Onywera VO**. Association between BMI and Percent Body Fat Status and Screen-Based Sedentary Activity of Kenyan Urban School Children: Results from ISCOLE-Kenya. *Global Summit on the Physical Activity of Children* (Toronto, Canada), 2014.
148. Wachira LJM, **Muthuri SK, Tremblay MS, Onywera VO**. School Related Opportunities for Physical Activity in Kenyan Urban Schools: Results from ISCOLE-Kenya. *Physical Activity and Sports for Health and Development in Africa Conference* (Maputo, Mozambique), 2014.
149. Wagner M, **Carson V**, Leatherdale ST. COMPASS study: A program of research designed to improve youth health through school-based programs, policies and built environment resources. *Shaping the Future Conference* (Kananaskis, Canada), 2014.
150. Wilson PM, Mack DE, **Gunnell KE**. Reliability generalization and the measurement of psychological need satisfaction experienced when exercising: The tale of two instruments. *Canadian Society for Psychomotor Learning and Sport Psychology* (London, Canada), 2014.
151. Wilson PM, Mack DE, **Gunnell KE**, Deck S, Pope JP. On the nature and function of scoring protocols used in sport motivation research: An empirical study of the behavioral regulation in sport questionnaire. *Canadian Society for Psychomotor Learning and Sport Psychology*, (London, Canada), 2014.
152. Wing E, **Gunnell KE**, Brunet J, Bélanger M. Perceived barriers to physical activity as correlates of physical activity participation among youth. *North American Society for Psychology of Sport and Physical Activity* (Minneapolis, United States), 2014.
153. **Xiong C**, Pohl D, **Alpous A, Longmuir PE**. Physical Activity Counselling in Children and Adolescents with Chronic Headaches. *University of Ottawa Undergraduate Research Opportunity Program Symposium* (Ottawa, Canada), 2014.



**Figure 7: Number of scholarly presentations by HALO Research Group from 2006 to 2014. Between 2006 and 2014, there was a 283% increase in the number of scholarly presentations; between 2013 and 2014, there was a 50% increase.**

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





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