

DATE: May 10, 2019

**CURRICULUM VITAE
JOHN M. JAKICIC, PH.D.**

PERSONAL INFORMATION

Birth Date: August 26, 1964

Place of Birth: Pittsburgh, PA

Citizenship: U.S. Citizen

Business Address: University of Pittsburgh
Department of Health and Physical Activity
Healthy Lifestyle Institute
Physical Activity and Weight Management Research Center
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EDUCATION

Undergraduate

Slippery Rock University of PA Physical Education Bachelor of Science 1986
Slippery Rock, PA

Graduate

Slippery Rock University of PA Exercise Science Master of Science 1987
Slippery Rock, PA

Honors: Slippery Rock University Graduate Student of the Year 1987

University of Pittsburgh Exercise Physiology Doctor of Philosophy 1995
Pittsburgh, PA

PROFESSIONAL LICENSES AND BOARD CERTIFICATION

American College of Sports Medicine Exercise Test Technologist 1989 - Present

American College of Sports Medicine Exercise Specialist 1993 - Present

International Society for Clinical Certified Bone 2011 - Present
Densitometry (ISCD) Densitometry Technologist (CBDT)

ACADEMIC APPOINTMENTS:

Instructor	Physical Education Department University of Nebraska-Kearney Kearney, NE	8/1988 - 5/1991
Research Assistant Professor	University of Pittsburgh School of Medicine Pittsburgh, PA Primary Appointment: Department of Psychiatry Obesity/Nutrition Research Center Secondary Appointment: Dept. of Health and Physical Education	6/1996 - 7/1998
Assistant Professor Director of Clinical Programs	University of Kansas Dept. of Health, Sport, and Exercise Sciences Lawrence, KS	8/1998-7/1999
Assistant Professor (Research)	Brown University School of Medicine Miriam Hospital Psychiatry and Human Behavior Weight Control and Diabetes Research Center	8/1999-6/2001
Associate Professor (Research)	Brown University School of Medicine Miriam Hospital Psychiatry and Human Behavior Weight Control and Diabetes Research Center	7/2001- 12/2002
Assistant Professor	University of Pittsburgh	1/2002 – 4/2003
Associate Professor	University of Pittsburgh	5/2003 – 8/2007
Professor	University of Pittsburgh	9/2007 – 8/2016
Distinguished Professor Chair (10/2003 – present) Director (07/2002 – present) Director (05/2007 – 10/2009) Director (04/2017 – present)	University of Pittsburgh Department of Health and Physical Activity Physical Activity and Weight Management Research Center Nutrition and Obesity Research Center Healthy Lifestyle Institute	9/2016 – present

HOSPITAL APPOINTMENTS

Exercise Physiologist	Mercy Medical Center East Hills Rehabilitation and Fitness Institute Johnstown, PA	5/1991-12/1991
Senior Research Associate	University of Pittsburgh Medical Center Western Psychiatric Institute and Clinic Behavioral Weight Control Program Pittsburgh, PA	9/1991-5/1995
Senior Fellow	University of Pittsburgh Medical Center Western Psychiatric Institute and Clinic Behavioral Weight Control Program Pittsburgh, PA	5/1995-8/1995
Senior Fellow	University of Pittsburgh Medical Center	8/1995-6/1996
Administrator, Obesity/Nutrition Research Center	Western Psychiatric Institute and Clinic Pittsburgh, PA	

OTHER APPOINTMENTS

Director of Health and Fitness	Uniontown Area YMCA, Uniontown, PA	6/1987-8/1988
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Study Sections

National Institutes of Health		
Behavioral Medicine Interventions and Outcomes (BMIO)		1999 - 2007
NHLBI R18 Study Section		2001-2002
NIDDK R03 Study Section		2002, 2004
NIDDK RFA Environmental Approaches for the Treatment of Obesity Study Section		2002
Psychological Risk and Disease Prevention (PRDP) – Appointed Member		2015-Present
National Science Foundation		1996
University of Pittsburgh Obesity/Nutrition Research Center		1998-1999, 2002-2010
University of Colorado Nutrition and Obesity Research Center		2011-2014
American Cancer Society		2001
American Heart Association		2012

Professional Working Groups

Department of Health and Human Services

Physical Activity Guidelines Advisory Committee
2018 Physical Activity Guidelines for Americans
June 2016 - Present

Expert Consultant for the Advisory Committee
2008 Physical Activity Guidelines for Americans

National Institutes of Health

National Institutes of Health (NHLBI)
Topic: Measuring Core Variables in Adult Weight Loss Trials Working Group
Topic Expert: Behavior / Physical Activity
March 2016 - present

National Institutes of Health
Topic: Behavioral Phenotyping of Physical Activity and Sedentary Behavior
Co-Chair
March 2015 – December 2015

National Institutes of Health (NHLBI and NIA)
Topic: Sedentary Behavior Research Priorities
Panel Chair: Epidemiology of Sedentary Behavior
2013

National Institutes of Health
National Heart, Lung, and Blood Institute
Clinical Guidelines Panel
Obesity Working Group
Lifestyle Working Group (Co-Chair)
Date: 2010-2013

National Institutes of Health - National Heart, Lung, and Blood Institute
Title: Preventing Weight Gain in Young Adults
Date: August 31, 2005

Institute of Medicine

Physical Activity: Moving Toward Obesity Solutions
Organizing Committee and Presenter
April 2015

Department of Health and Human Services

Expert Consultant for the Advisory Committee
2008 Physical Activity Guidelines for Americans

Nutrition and Obesity Research Centers

University of Colorado
Nutrition and Obesity Research Center
Advisory Board
Dates: 2011 – 2014

International Life Sciences Institute (ILSI) North America

Energy Balance and Active Lifestyle (EBAL) Committee
Advisory Board
Dates: 2011 - 2015

American College of Sports Medicine

Chair, Position Paper Writing Group
Title: The Role of Physical Activity in Bariatric Surgery
2012 – Present
Chair, 2016 World Congress on Energy Balance
2015 – 2016

Position Paper Writing Group

Title: ACSM Position Stand on Appropriate Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults
2009

Chair, Position Paper Writing Group

Title: American College of Sports Medicine Position Stand: Appropriate Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults
2001

Editorial Boards

Associate Editor	Translational Journal of the American College of Sports Medicine	2015-2016
Associate Editor	Medicine and Science in Sports and Exercise	2001-2007
Editorial Board	ACSM Health and Fitness Journal	1999-2013
Editorial Board	The American Journal of Medicine and Sports	2004

Journal Referee

Journal of the American Medical Association (JAMA)
Medicine and Science in Sports and Exercise
Preventive Medicine
Obesity Research (Obesity)
International Journal of Obesity
Annals of Behavioral Medicine
Diabetes Care
Health Psychology

American Journal of Clinical Nutrition
 Metabolism
 American Journal of Preventive Medicine
 International Journal of Sports Medicine
 Journal of Physical Activity and Health
 Nature Clinical Practice Endocrinology and Metabolism
 American Journal of Epidemiology
 PlusOne

Data Safety Monitoring Boards

Data Safety Monitoring Board	National Institutes of Health - NHLBI	1997 - 2001, 2003 - 2008
Data Safety Monitoring Board	National Institutes of Health – NIDDK	2002 - 2003
Data and Safety Monitoring Board	DHHS-AHRQ “Online Counseling to Enable Lifestyle- Focused Obesity Treatment in Primary Care	2010 - 2012

UNIVERSITY COMMITTEES

Curriculum Committee	University of Nebraska – Kearney	1990-1991
Curriculum Committee	University of Kansas	1998-1999
Grievance Committee	University of Kansas	1998-1999
Graduate Faculty	University of Kansas	1998-1999
Graduate Faculty	University of Pittsburgh	2002 - present
Research Committee	University of Pittsburgh (School of Ed.)	2003-2004
Strategic Planning Committee	University of Pittsburgh (School of Ed.)	2004-2005
Executive Committee	University of Pittsburgh (School of Ed.)	2003 – present
Dean of the School of Education	University of Pittsburgh (School of Ed.)	2015 – 2016
Search Committee		

MEMBERSHIPS IN SOCIETIES

American Alliance for Health, Physical Education, Recreation and Dance	1986 - 2014
American College of Sports Medicine - (Fellow)	1989 - present
Board of Trustees	2012 - 2015
Chair, Strategic Health Initiative on Obesity	2004 - present
Chair, Comparative Effectiveness Research Initiative	2013 - present
Clinical Exercise Physiology Committee	2000 - 2002
Health and Fitness Summit Program Committee	1999 – 2009
National Annual Meeting Program Committee	2003 - 2009
Behavioral Science Ad-Hoc Committee	1998 – 2001
Chair, Behavioral Science Strategic Health Initiative	2002 – 2010
Health and Science Policy Committee	1997 – 2000
Exhibits Advisory Committee	1998 – 2014
Committee on Certification and Registry	2000 – 2002

Mid-Atlantic Chapter Student Representative	1993 - 1996
Mid-Atlantic Chapter Member-At-Large	1996 - 1997
Mid-Atlantic Chapter President-Elect	1998
New England Chapter Member-At-Large	2000 - 2002
Coalition for the Promotion of Physical Activity	1996 - 2000
The Obesity Society (Fellow)	
Formerly the North American Association for the Study of Obesity (Fellow)	1994 - present
Program Committee	1999, 2006-2007
Society of Behavioral Medicine	1998 – present
American Society of Nutrition	2010 – present

PUBLICATIONS (peer reviewed)

1. Donnelly JE, **Jakicic JM**, Roscoe M, Jacobsen DJ, Israel RG. Criteria to verify attainment of maximal exercise tolerance test with obese females. *Diabetes Research and Clinical Practice*, 1990; 10(suppl.1): S283-S286.
3. Donnelly JE, **Jakicic JM**, Gunderson S. Diet and body composition: effects of very low calorie diet and exercise. *Sports Medicine* 1991, 12(4): 237-249.
4. Donnelly JE, Pronk NP, Jacobsen DJ, Pronk SJ, **Jakicic JM**. Effects of a very-low-calorie diet and physical training on body composition and resting metabolic rate in obese females. *American Journal of Clinical Nutrition* 1991, 54:56-61
5. Donnelly JE, Jacobsen DJ, **Jakicic JM**, Whatley J, Gunderson S, Gillespie WJ, Blackburn GL, Tran ZV. Estimation of peak oxygen consumption from a submaximal one-half mile walk in obese females. *International Journal of Obesity* 1992, 16:585-589
6. **Jakicic JM**, Donnelly JE, Jawad AF, Jacobsen DJ, Gunderson SC, Pascale R. Association between measures of body fat distribution and blood lipids: effects of age and BMI. *International Journal of Obesity* 1993, 17:131-137
7. Donnelly JE, Jacobsen DJ, **Jakicic JM**, Whatley JE. Very low calorie diet with concurrent versus delayed and sequential exercise. *International Journal of Obesity* 1994, 18:469-475
8. Israel RG, Zamora BS, **Jakicic JM**, Hortobagyi T, O'Brien KF, Donnelly JE. How many trials of underwater weighing are necessary to estimate percent body fat? *Sports Medicine, Training, and Rehabilitation* 1995, 5:247-253
9. **Jakicic JM**, Donnelly JE, Pronk NP, Jawad AF, Jacobsen DJ. Prescription of exercise intensity for the obese patient: the relationship between heart rate, VO₂, and perceived exertion. *International Journal of Obesity* 1995, 19: 382-387.
10. **Jakicic JM**, Wing RR, Butler BA, Robertson RJ. Prescribing exercise in multiple short bouts versus one continuous bout: effects on adherence, cardiorespiratory fitness, and weight loss in overweight women. *International Journal of Obesity* 1995, 19(12):893-901.
11. Venditti EM, Wing RR, **Jakicic JM**, Butler BA, Marcus MD. Weight cycling, psychological health, and binge eating in obese females. *Journal of Consulting and Clinical Psychology* 1996, 64(2):400-405.

12. **Jakicic JM**, Wing RR, Butler BA, Jeffery RW. The relationship between the presence of exercise equipment and participation in physical activity. *American Journal of Health Promotion* 1997, 11(5): 363-365.
14. Polley, BA, **Jakicic JM**, Venditti EM, Dyke S, Wing RR. The effects of health beliefs on weight loss in individuals at high risk for NIDDM. *Diabetes Care* 1997, 20(10): 1533-1538.
15. Snyder KA, Donnelly JE, Jacobsen DJ, Hertner G, **Jakicic JM**. The effects of long-term, moderate intensity, intermittent exercise on aerobic capacity, body composition, blood lipids, insulin and glucose in overweight females. *International Journal of Obesity* 1997, 21(12): 1180-1189.
16. **Jakicic JM**, Wing RR, Lang W. Bio-electrical impedance analysis to assess body composition in obese adult women: the effect of ethnicity. *International Journal of Obesity* 1998, 22(3): 243-249.
17. **Jakicic JM** and Wing RR. Differences in resting energy expenditure and respiratory quotient in black versus white overweight females. *International Journal of Obesity* 1998, 22(3): 236-242.
18. **Jakicic JM**, Polley BA, Wing RR. Accuracy of self-reported exercise and the relationship with weight loss in overweight women. *Medicine and Science in Sports and Exercise* 1998, 30(4): 634-638.
19. Wing RR, Venditti E, **Jakicic JM**, Polley BA, Lang W. Lifestyle intervention in overweight individuals with a family history of diabetes. *Diabetes Care* 1998, 21(3): 350-359.
20. Leermakers EA, **Jakicic JM**, Viteri J, Wing RR. Clinical-based vs. home-based interventions for preventing weight gain in men. *Obesity Research*, 1998, 6(5): 346-352.
22. Dunn AL, Andersen RE, **Jakicic JM**. Lifestyle physical activity interventions: history, short- and long-term effects, and recommendations. *American Journal of Preventive Medicine*, 1998, 15(4): 398-412.
23. **Jakicic JM**, Winters C, Lagally K, Robertson RJ, Wing RR. The accuracy of the TriTrac-R3D accelerometer to estimate energy expenditure. *Medicine and Science in Sports and Exercise*, 1999, 31(5): 747-754.
24. **Jakicic JM**, Winters C, Lang W, Wing RR. Intermittent exercise and home-exercise equipment: effects on long-term adherence, weight loss, and fitness. A Randomized Trial. *JAMA*, 1999, 282(16): 1554-1560.
25. Haff GG, Koch AJ, Potteiger JA, Kuphal KE, Magee LM, Green SB, **Jakicic JM**. Carbohydrate supplementation attenuates muscle glycogen loss during acute bouts of resistance exercise. *Int J Sports Nut Exerc Metab*, 2000, 10(3): 326-339.
26. Wing RR, Goldstein MG, Acton KJ, Birch LL, **Jakicic JM**, Sallis JF, Smith-West D, Jeffery RW, Surwit RS. Behavioral science research in diabetes: lifestyle changes related to obesity, eating behavior, and physical activity. *Diabetes Care*, 2001, 24(1): 117-123.
27. **Jakicic JM**, Lang W, Wing RR. Do African-American and Caucasian Overweight Women Differ in Oxygen Consumption During Periods of Physical Activity? *International Journal of Obesity*, 2001, 25(7): 949-953.
28. Gearhart RF, Goss FL, Lagally KM, **Jakicic JM**, Gallagher J, Robertson RJ. Standardized Scaling Procedures for Rating Perceived Exertion During Resistance Exercise. *Journal of Strength and Conditioning Research*. 2001, 15(3): 320-325.
29. **Jakicic JM**, Clark K, Coleman, E, Donnelly JE, Foreyt J, Melanson E, Volek J, Volpe S. American College of Sports Medicine Position Stand: Appropriate Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults. *Medicine and Science in Sports and Exercise*. 2001, 33(12): 2145-2156.

30. Read JP, Brown RA, Marcus BH, Kahler CW, Ramsey SE, Dubreuil ME, **Jakicic JM**, Francione C. Exercise Attitudes and Behaviors Among Persons in Treatment for Alcohol Use Disorders. *Journal of Substance Abuse Treatment*. 2001, 21: 199-206.
31. Gearhart RF, Goss FL, Lagally KM, **Jakicic JM**, Gallagher J, Gallagher KI, Robertson RJ. Ratings of perceived exertion in active muscle during high intensity and low intensity resistance exercise. *Journal of Strength and Conditioning Research*. 2002; 16(1): 87-91.
32. Lagally KM, Robertson RJ, Gallagher KI, Goss FL, **Jakicic JM**, Lephart SM, McCaw ST, Goodpaster B. Perceived exertion, electromyography, and blood lactate during acute bouts of resistance exercise. *Medicine and Science in Sports and Exercise*. 2002; 34(3): 552-559.
33. Gallagher K, **Jakicic JM**, Keil DP, Page ML, Ferguson ES, Marcus BH. The impact of weight cycling history on bone mineral in obese women. *Obesity Research*. 2002; 10(9): 896-902.
34. **Jakicic JM**, Winters-Hart C, Wing RR. Relationship of physical activity to eating behaviors and weight loss in overweight women. *Medicine and Science in Sports and Exercise*. 2002; 34(10): 1653-1659.
35. **Jakicic JM**. The role of physical activity in prevention of body weight gain in adults. *The Journal of Nutrition*. 2002; 132: 3826S-3829S.
36. Gallagher KI and **Jakicic JM**. Overcoming barriers to effective exercise programming. *ACSM Health and Fitness Journal*. 2002; 6(6): 6-12.
37. **Jakicic JM**, Marcus BH, Gallagher KI, Napolitano M, Lang W. Effect of exercise duration and intensity on weight loss in overweight, sedentary women: a randomized trial. *JAMA*. 2003; 290: 1323-1330.
38. **Jakicic JM**. Strategies for overcoming barriers to exercise: factors that influence adoption of a physically active lifestyle. *The American Journal of Medicine and Sports*. 2003; 1: 34-38.
39. **Jakicic JM** and Gallagher KI. Exercise considerations for the sedentary, overweight adult. *Exercise and Sport Science Reviews*. 2003; 31(2): 91-95.
40. **Jakicic JM**. Exercise strategies for the obese patient. *Prim Care*. 2003, 30(2): 393-403.
41. Donnelly JE, Hill JO, Jacobsen DJ, Potteiger J, Sullivan DK, Johnson SL, Hellan K, Hise M, Fennessey PV, Sonko B, Sharp T, **Jakicic JM**, Blair SN, Tran ZV, Mayo M, Gibson C, Washburn RA. Effects of a 16-month randomized controlled exercise trial on body weight and composition in young, overweight men and women. *Arch Intern Med*. 2003; 163: 1343-1350.
42. Andersen RE, **Jakicic JM**. Physical activity and weight management: building the case for exercise. *Physician and Sportsmedicine*. 2003; 31(11): 39-45.
43. Blair SN, Franklin BA, **Jakicic JM**, Kibler WB. New vision for health promotion within sports medicine. *American Journal of Health Promotion*. 2003; 18(2): 182-185.
44. Donnelly JE, **Jakicic JM**, Pronk NP, Smith BK, Kirk EP, Jacobsen DJ, Washburn R. Is resistance exercise effective for weight management? *Evidence Based Preventive Medicine*. 2003; 1(1): 21-29.
45. **Jakicic JM**. The role of exercise in the management of body weight. *On the Cutting Edge: Diabetes Care and Education*. 2003; 24(6): 29-32.
46. **Jakicic JM**. Exercise in the treatment of obesity. *Endocrinol Metab Clin North Am*. 2003, 32(4): 967-80.
47. **Jakicic JM**, Marcus M, Gallagher KI, Randall C, Thomas E, Goss FL, Robertson RJ. Evaluation of the SenseWear Pro Armband™ to assess energy expenditure during exercise. *Medicine and Science in Sports and Exercise*. 2004; 36(5): 897-904.

48. **Jakicic JM**, Otto AD. Energy balance and weight control: behavioral considerations for modifying eating and physical activity behaviors. *ACSM Health and Fitness Journal*. 2005; 9(1): 6-12.
49. **Jakicic JM**, Otto AD. Physical activity recommendations in the treatment of obesity. *Psychiatr Clin N Am. Obesity: A Guide for Mental Health Professionals*. 2005; 28(1): 141-150.
50. **Jakicic JM**, Otto AD. Physical activity considerations for the treatment and prevention of obesity. *Am J Clin Nutr*. 2005; 82 (1 suppl): 226S-229S.
51. Jurca R, Jackson AS, LaMonte MJ, Morrow JR, Blair SN, Wareham NJ, Haskell WL, Van Mechelen W, Church TS, **Jakicic JM**, Laukkanen R. Assessing cardiorespiratory fitness without performing exercise testing. *Am J Prev Med*. 2005; 29(3): 185-193.
52. **Jakicic JM**, Otto AD. Treatment and prevention of obesity: what is the role of exercise? *Nutr Rev*. 2006, 64(2 Pt 2): S57-S61.
53. Gallagher KI, **Jakicic JM**, Napolitano MA, Marcus BH. Psychosocial factors related to physical activity and weight loss in overweight women. *Medicine and Science in Sports and Exercise*. 2006, 38(5): 971-980.
54. The Look AHEAD Research Group (Writing Group: Thomas A. Wadden, Delia Smith West, Linda M. Delahanty, **John M. Jakicic**, W. Jack Rejeski, Robert I. Berkowitz, Donald A. Williamson, David E. Kelley, Shiriki K. Kumanyika, James O. Hill, and Christine M. Tomchee. The Look AHEAD Study: A Description of the Lifestyle Intervention and the Evidence Supporting It. *Obesity*. 2006, 14(5): 737-752.
55. Marcus BH, Napolitano MA, King AC, Lewis BA, Whiteley JA, Albrecht A, Parisi A, Bock B, Pinto B, Sciamanna C, **Jakicic JM**, Papandonatos GD. Examination of print and telephone channels for physical activity promotion: Rationale, design, and baseline data from Project STRIDE. *Contemp Clin Trials*. 2007, 28(1): 90-104.
56. Polzien KM, **Jakicic JM**, Tate DF, Otto AD. The Efficacy of a Technology-Based System in a Short-Term Behavioral Weight Loss Intervention. *Obesity*. 2007, 15(4): 825-830.
57. Marcus BH, Lewis BA, Williams DM, Dunsiger S, **Jakicic JM**, Whiteley JA, Albrecht AE, Napolitano MA, Bock BC, Tate DF, Sciamanna CN, Parisi AF. A comparison of internet and print-based physical activity interventions. *Archives of Internal Medicine*. 2007, 167: 944-949.
58. The Look AHEAD Research Group (Xavier Pi-Sunyer, MD; George Blackburn, MD, PhD; Frederick L. Brancati, MD, MHS; George A. Bray, MD; Renee Bright, MS; Jeanne M. Clark, MD, MPH; Jeffrey M. Curtis, MD, MPH; Mark A. Espeland, PhD; John P. Foreyt, PhD; Kathryn Graves, MPH, RD, CDE; Steven M. Haffner, MD; Barbara Harrison, MS; James O. Hill, PhD; Edward S. Horton, MD; **John Jakicic, PhD**; Robert W. Jeffery, PhD; Karen C. Johnson, MD, MPH; Steven Kahn MB, ChB; David E. Kelley, MD; Abbas E. Kitabchi, MD, PhD; William C. Knowler, MD, DrPH; Cora E. Lewis, MD, MSPH; Barbara J. Maschak-Carey, MSN, CDE; Brenda Montgomery, RN, MS, CDE; David M. Nathan, MD; Jennifer Patricio, MS; Anne Peters, MD; J. Bruce Redmon, MD; Rebecca S. Reeves, DrPH, RD; Donna H. Ryan, MD; Monika Safford, MD; Brent Van Dorsten, PhD; Thomas A. Wadden, PhD; Lynne Wagenknecht, DrPH; Jacqueline Wesche-Thobaben, RN,BSN,CDE; Rena R. Wing, PhD; Susan Z.Yanovski, MD). Reduction in Weight and Cardiovascular Disease Risk Factors in Individuals With Type 2 Diabetes: One-year results of the Look AHEAD trial. *Diabetes Care* 2007 30:1374-1383.
59. Marcus BH, Napolitano MA, King AC, Lewis BA, Whiteley JA, Albrecht A, Parisi A, Bock B, Sciamanna C, **Jakicic JM**, Papandonatos GD. Telephone versus print delivery of an

- individualized motivationally tailored physical activity intervention: Project STRIDE. *Health Psychol.* 2007, 26(4): 401-9.
60. Helsel D, **Jakicic JM**, Otto AD. Comparison of Self-Monitoring Techniques for Tracking Eating and Exercise Behaviors. *Journal of the American Dietetics Association.* 2007; 107: 1807-1810.
 61. Ribisl PM, Lang W, Jaramillo SA, **Jakicic JM**, Stewart KJ, Bahnson J, Bright R, Curtis J, Crow R, Soberman J and the Look AHEAD Research Group. Exercise Capacity and Cardiovascular/Metabolic Characteristics of Overweight and Obese Individuals with Type 2 Diabetes. The Look AHEAD Study. *Diabetes Care.* 2007, 30: 2679-2684.
 62. Marcus BH, Napolitano MA, King AC, Lewis BA, Whiteley JA, Albrect A, Parisi A, Bock B, Pinto B, Sciamanna C, **Jakicic JM**, Papandonatos G. Step into Motion: a randomized trial examining the relative efficacy of Internet vs. print-based physical activity interventions. *Contemporary Clinical Trials.* 2007; 28: 737-747.
 63. Wing RR, **Jakicic JM**, Neiberg R, Lang W, Blair SN, Cooper L, Hill JO, Johnson KC, Lewis B. and the Look AHEAD Research Group. Association of Fitness and Fatness with Cardiovascular Disease Risk Factors in Individuals with Type 2 Diabetes: The Look AHEAD Study. *Medicine and Science in Sports and Exercise.* 2007; 39 (12): 2107-16.
 64. **Jakicic JM**, Marcus BH, Lang W, Janney C. 24-Month Effects of exercise weight loss in overweight women. *Archives of Internal Medicine.* 2008; 168(14): 1550-1559. PMC18663167.
 65. Otto AD, Garcia DO, **Jakicic JM**. Lifestyle intervention strategies to prevent and control type 2 diabetes. *Curr Diab Rep.* 2008; 8 (5): 407-12.
 66. Gorin AA, Wing RR, Fava JL, **Jakicic JM**, Jeffery R, Smith-West D, Brelje K, and the Look AHEAD Home Environment Research Group. Weight loss treatment influences untreated spouses and the home environment: evidence of a ripple effect. *International Journal of Obesity.* 2008; 32(11): 1678-1684.
 67. Frierson GM, Williams DM, Dunsiger S, Lewis BA, Whiteley JA, Albrecht AE, **Jakicic JM**, Ficara SM, Marcus BH. Recruitment of a racial-ethnic diverse sample into a physical activity efficacy trial. *Clin Trials.* 2008; 5(5): 504-516. PMC2709781
 68. Lewis B, Williams D, Dunsiger S, Sciamanna C, Whiteley J, Napolitano M, Bock B, **Jakicic JM**, Getz M, Marcus B. User Attitudes towards Physical Activity Websites in a Randomized Controlled Trial. *Preventive Medicine.* 2008; 47(5): 508-513.
 69. Fleet-Michaliszyn S, Soreca I, Otto A, **Jakicic JM**, Fagiolini A, Kupfer DK, Goodpaster BH. A prospective observational study of obesity, body composition, and insulin resistance in 18 women with bipolar disorder and 17 matched control subjects. *J Clin Psychiatry.* 2008 69(12):1892-1900.
 70. Donnelly JE, **Jakicic JM**, Blair SN, Rankin J, Manore M. ACSM Position Stand on Appropriate Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults. *Medicine and Science in Sports and Exercise.* 2009; 41(2): 459-471. PMID: 19127177.
 71. **Jakicic JM**, Balasubramanyam A, Bancroft B, Curtis JM, Jaramillo SA, Mathews A, Pereira M, Regensteiner JG, Ribisl PM, The Look AHEAD Study Group. Effect of a Lifestyle Intervention on Change in Cardiorespiratory Fitness in Adults with Type 2 Diabetes: Results from the Look AHEAD Study. *International Journal of Obesity.* 2009; 33 (3), pp. 305-16. PMID: 19153582.
 72. Brown RA, Read JP, Marcus BH, **Jakicic JM**, Strong DR, Oakley JR, Ramsey SE, Kahler CW, Stuart GG, Fals-Stewart W, Dubreuil ME, Gordon AA. Aerobic Exercise for Alcohol Recovery: Rationale, Program Description, and Preliminary Findings. *Behav Modif.* 2009; 33 (2), pp. 220-49. PMID: 19091721.

73. Jago R, McMurray RG, Bassin S, Pyle L, **Jakicic JM**, Moe E, Murray T, Volpe SL. Modifying US middle school PE: Effective strategies to increase physical activity. *Pediatr Exerc Sci*. 2009; 21: 171-185. PMID: 19556623.
74. Andersen RE, **Jakicic JM**. Interpreting the physical activity guidelines for health and weight management. *Journal of Physical Activity and Health*. 2009; 6:651-656. PMID: 19953843.
75. **Jakicic JM**. The effect of physical activity on body weight. *Obesity*. 2009; 17(suppl 3): S34-S38. PMID: 19927144.
76. Janney CA, **Jakicic JM**. The influence of exercise and BMI on injuries and illnesses in overweight and obese individuals. *International Journal of Behavioral Nutrition and Physical Activity*. 2010, 7:1 (<http://www.ijbnpa.org/content/7/1/1>). PMID: 20145731.
77. Bond DS, **Jakicic JM**, Vithiananthan S, Thomas JG, Leahey TM, Sax HC, Pohl D, Roye GD, Ryder BA, Wing RR. Objective quantification of physical activity in bariatric surgery candidates and normal-weight controls. *Surg Obes Relat Dis*. 2010: Vol. 6 (1), pp. 72-8; PMID: 19837009
78. Bond DS, **Jakicic JM**, Unick J, Vithiananthan S, Pohl D, Roye GD, Ryder BA, Sax HC, Wing RR. Pre-to post-operative physical activity changes in bariatric surgery patients: self-report vs. objective measures. *Obesity*. 2010; 18(12): 2395-2397. PMID: 20379143.
79. Unick JL, **Jakicic JM**, Marcus BH. Contribution of Behavior Intervention Components to 24 Month Weight Loss. *Medicine and Science in Sports and Exercise*. 2010; 42(4): 745-753. PMID: 19952841.
80. Brown RA, Abrantes AM, Read J.P, Marcus BH, **Jakicic JM**, Strong DR, Oakley JR, Ramsey SE, Kahler CW, Stuart GL, Dubreuil ME, Gordon AA.. A pilot study of aerobic exercise as an adjunctive treatment for drug dependence. *Ment Health Phy Act*. 2010; 3: 27-34.
81. **Jakicic JM**, Gregg E, Knowler W, Kelley DE, Lang W, Miller GD, Pi-Sunyer X, Judith Regensteiner, W. Jack Rejeski, Paul Ribisl, Michael P. Walkup, Donna L. Wolf for the Look AHEAD Research Group. Activity patterns of obese adults with type 2 diabetes in the Look AHEAD Study. *Med Sci Sports Exerc*. 2010; 42(11): 1995-2005 (Apr 8. [Epub ahead of print]). PMID: 20386337.
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229. Creasy SA, Rogers RJ, Davis KK, Barone Gibbs B, Kershaw EE, Kovacs S, McGuire M, Kowalsky R, O'Dell M, Collins K, Raybuck S, Marcin M, Donahue P, **Jakicic JM**. Effects of Supervised and Unsupervised Physical Activity Programs for Weight Loss. *American College of Sports Medicine, 2017.*
230. Davis KK, Tate D, Lang W, **Jakicic JM**. Association between Physical Activity and Weight Loss: Mediation Effects of Dietary Restraint and Disinhibition. *American College of Sports Medicine, 2017.*
231. Cohen J, Stillman CM, Watt JC, Rogers RJ, **Jakicic JM**, Erickson KI. Neurocognitive Improvements Following a 12-Month Diet and Physical Activity Intervention. *American College of Sports Medicine, 2017.*
232. Stillman CM, Watt JC, Rogers RJ, **Jakicic JM**, Erickson KI. Changes in Brain Perfusion Following a 12-Month Weight Loss Intervention are Associated with Changes in Body Mass Index. *American College of Sports Medicine, 2017.*
233. Rogers RJ, McGuire MR, **Jakicic JM**. Diet plus Varying Doses of Physical Activity on Weight Loss: The Heart Health Study. *American College of Sports Medicine, 2017.*
234. Barone Gibbs B, Hergenroeder AL, Perdomo SJ, Delitto A, **Jakicic JM**. Reducing Sedentary Behavior to Decrease Low Back Pain: 3-Month Results of the Stand Back Trial. *American College of Sports Medicine, 2017.*
235. Rupp K, Taverno Ross SE, Gary-Webb TL, Akiva T, **Jakicic JM**. Household Support for Physical Activity in Adolescent Girls Recruited from Lower Socioeconomic Status Neighborhoods. *American College of Sports Medicine, 2017.*
236. Sherman SA, Rogers RJ, Davis KK, Minster RL, Creasy SA, Mullarkey NC, O'Dell M, Donahue P, **Jakicic JM**. Energy expenditure in yoga versus walking. *American College of Sports Medicine, 2017.*
237. Rogers RJ, Lang W, Schelbert EB, Fridman Y, Maher MR, **Jakicic JM**. Fitness is a Predictor of Left Ventricular Mass in Adults with Obesity: The Heart Health Study. Submitted to The Obesity Society for presentation at the Annual Meeting (November 2017).
238. Sara J. Kovacs, Anita P. Courcoulas, Renee J. Rogers, Kelliann K. Davis, **John M. Jakicic**. Behavioral Correlates of Physical Activity in Post-Bariatric Surgery Patients. Submitted to ASMBS for presentation at the Annual Meeting (November 2017).

INVITED PRESENTATIONS

1. The scope of youth fitness in central Nebraska. *Nebraska AAHPERD*, Grand Island, NE. 1990 (Regional).

2. The dissemination of Physical Best: the AAHPERD physical education and assessment program. *Symposium on Research in Education*, Kearney, NE. 1990 (Regional).
3. Exercise Testing and Prescription for Obese Adults and Special Populations. *American College of Sports Medicine Exercise Specialist Workshop*, Pittsburgh, PA. 1994-1999 (Regional)
4. The new recommendations for physical activity: are they sufficient to improve aerobic capacity, body composition, and metabolic fitness? *American Alliance for Health, Physical Education, Recreation and Dance*, St. Louis, MO. 1997 (National).
5. Exercise, Weight Loss and Obesity. *Exercise and Health Seminar*. Rutgers University, New Brunswick, NJ. 1998 (Regional).
6. Are the Current Exercise Guidelines Sufficient to Change Body Weight and Body Composition? *Slippery Rock University HPERD Mini-Convention*. 1998 (Regional).
7. Is moderate intensity, intermittent exercise effective for fitness or weight loss? *American College of Sports Medicine*. Orlando, FL. 1998 (National).
8. The use of accelerometers to predict energy expenditure. *American Alliance for Health, Physical Education, Recreation and Dance*. Boston, MA. 1999 (National) .
9. Fitness and health effects of different patterns of physical activity: can accumulation of moderate physical activity affect adherence, body weight, and other risk factors in adults? *American College of Sports Medicine*. Seattle, WA. 1999 (National).
10. Exercise for weight management: how much, what type, and how do we get them to do it? *North American Association for the Study of Obesity*. Charleston, SC. 1999 (National).
11. Military Weight Management Programs. *Institute of Medicine*. Washington, DC 1999 (National).
12. Obesity Treatment: Where are we going and where have we been? *American Alliance for Health, Physical Education, Recreation and Dance*. Orlando, FL. 2000 (National).
13. Winning at Losing: Behavioral Strategies for Successful Weight Management. *ACSM Health and Fitness Summit*. San Diego, CA. 2000 (National).
14. Overcoming Physical Activity Barriers Outside of the Health Club. *ACSM Health and Fitness Summit*. San Diego, CA. 2000 (National).
15. The obesity epidemic: treatment for the next millennium. *American College of Sports Medicine*. Indianapolis, IN. 2000 (National).
16. How much physical activity is needed to prevent weight gain? *North American Association for the Study of Obesity*. Long Beach, CA 2000 (National).
17. Psycho-social factors related to changing health-related behaviors. *ACSM Health and Fitness Summit*. Las Vegas, NV. 2001 (National).
18. We can take it off, but can we keep it off? What do we know about maintaining weight loss? *ACSM Health and Fitness Summit*. Las Vegas, NV. 2001 (National).
19. Role of physical activity in energy regulation. Which exercise has greater potential for lowering risk for heart disease and diabetes? *Experimental Biology*. Orlando, FL. 2001 (National).
20. Medical Benefits of Exercise. *Comprehensive Strategies for the Management of Obesity*. Boston, MA. 2001 (National).
21. Behavioral Medicine Applications for Exercise. *University of Pittsburgh Mind Body Summer Institute*. Pittsburgh, PA. 2001 (National).
22. Medical Benefits of Exercise. *Comprehensive Strategies for the Management of Obesity*. Boston, MA. 2001 (National).

23. Behavioral Medicine Applications for Exercise. *University of Pittsburgh Mind Body Summer Institute*. Pittsburgh, PA. 2001 (National).
24. Weighing In On Workouts: Exercise Considerations for the Overweight Adult. *New England Chapter of the American College of Sports Medicine*. Providence, RI 2001 (Regional).
25. Strategies for Improving Exercise Behaviors in Adults with Diabetes. *Rhode Island Diabetes Outpatient Education*. Providence, RI 2001 (Local).
26. We Can Take It Off But Can We Keep It Off? Keys to Successful Weight Management. *Three Rivers Cardiac Rehabilitation Conference*. Indiana, PA 2002 (Regional).
27. Public Health Impact of Physical Inactivity and Obesity: Strategies for Successful Intervention. *University of Massachusetts*. Amherst, MA 2002 (Local).
28. The Role of Meal Replacements and Portion Control Diets in the Management of Body Weight. *American College of Sports Medicine Health and Fitness Summit*. Orlando, FL 2002 (National).
29. Just Do It Versus Just Diet! *American College of Sports Medicine Health and Fitness Summit*. Orlando, FL 2002 (National).
30. Behavioral Counseling Applied to Weight Management Programs. *American College of Sports Medicine Health and Fitness Summit*. Orlando, FL 2002 (National).
31. 12 Steps to Changing Eating and Exercise Behaviors. *American College of Sports Medicine Health and Fitness Summit*. Orlando, FL 2002 (National).
32. The role of exercise in the prevention of weight gain and prevention of weight regain. *American College of Sports Medicine*. St. Louis, MO 2002 (National).
33. Medical Benefits of Exercise. *Comprehensive Strategies for the Management of Obesity*. Boston, MA. June 2002 (National).
34. Medical Benefits of Exercise. *American Society of Bariatric Physicians Annual Meeting*. Boston, MA. September 2002 (National).
35. Medical Benefits of Exercise. *Fifth International Congress of Metabolism and Obesity*. Monterrey, Mexico September 2002 (International).
36. Role of Exercise. *American Dietetic Association: Certificate of Training in Adult Weight Management*. Philadelphia, PA October 2002 (National).
37. Weight Control: A Fitness Perspective. *Calorie Control Council*. Naples, FL November 2002 (National).
38. The Obesity Epidemic: Prevention and Treatment with Physical Activity. *International Life Sciences Institute (ILSI) Annual Meeting*. Miami, FL January 2003 (National).
39. New Research on Obesity and the Exercise Link. *IDEA Health and Fitness Association, 2003 Personal Trainer International Summit*. Washington, DC February 2003 (National).
40. Weight Management and Relapse Prevention. *IDEA Health and Fitness Association, 2003 Personal Trainer International Summit*. Washington, DC February 2003 (National).
41. Motivational Counseling. *HealthPartners Institute for Medical Education, The Obesity Epidemic: A Call to Action*. Minneapolis, MN March 2003 (Regional).
42. The Behavioral Toolbox: Considerations for Effective Lifestyle Changes. *University of Pittsburgh, The Obesity Epidemic Across the Lifespan: Treatment Tools for Clinicians, Practitioners, and Educators*. Pittsburgh, PA March 2003 (Local).
43. What Exercise Can and Can Not Do to Prevent and Treat Obesity. *ACSM Health and Fitness Summit*. Reno, NV April 2003 (National).

44. Building Your Behavioral Toolbox for Changing Lifestyle Behaviors. *ACSM Health and Fitness Summit*. Reno, NV April 2003 (National).
45. The Efficacy of Resistance Exercise to Impact Weight Management. *American College of Sports Medicine*. San Francisco, CA 2003 (National).
46. Physical Activity as a Weight Loss Intervention. *American College of Sports Medicine*. San Francisco, CA 2003 (National).
47. Building Your Behavioral Toolbox. *5th Annual United States Air Force Fitness Summit*. San Antonio, TX 2003 (National).
48. Medical Benefits of Exercise. *Comprehensive Strategies for the Management of Obesity*. Boston, MA. June 2003 (National).
49. Recommended Quantity and Quality of Exercise to Diminish CVD Risk and to Diminish or Maintain Weight. *University of Kansas Conference on the Prevention and Treatment of Obesity*. Kansas City, KS. September 2003 (National).
50. Exercise Prescription for the Obese Patient. *University of South Carolina Physical Activity and Health Workshop*. Hilton Head, SC. September 2003 (National).
51. The Science of Exercise as a Treatment Modality for Obesity. *American Academy of Physical Medicine and Rehabilitation*. Chicago, IL. October 2003 (National).
52. Exercise and Weight Control: Thinking Outside the Box. *North American Association for the Study of Obesity*. Fort Lauderdale, FL. (National).
53. Using Internet Dieting and Exercise Resources to Enhance Your Nutrition Counseling. *American Dietetic Association Food and Nutrition Conference and Expo*. San Antonio, TX. October 2003 (National).
54. Is Physical Activity a Key Factor for Controlling Body Weight? *University of Pittsburgh Center for Research in Chronic Disorders Seminar Series*. Pittsburgh, PA December 2003. (Local).
55. Exercise and Obesity. *Food and Drug Law Institute's Conference on Obesity: Science, Policy and Regulation Focus on a Growing Consumer Problem*. Washington, DC. January 15-16, 2004 (National).
56. Exercise as an Intervention for Obesity. *American Heart Association/The New York Academy of Medicine. Obesity and Cardiovascular Disease: Epidemiology, Biological Consequences, and Clinical Interventions*. New York, NY. January 22, 2004. (National).
57. Science Based Facts: Physical Activity. *Science Based Solutions to Obesity: What is the Role of Academia, Government, and Industry?* Harvard Medical School, Boston, MA. March 10, 11, 2004. (National).
58. Exercise and Obesity. *The Obesity Epidemic*. University of Wisconsin – Superior, Duluth, MN. March 18, 2004. (Regional).
59. Exercise in the Treatment and Prevention of Obesity. Case Western University. May 15, 2004 (Regional).
60. Improving the Promotion of a Physically Active Lifestyle: Thinking Outside the Box. *ACSM Annual Meeting*. Indianapolis, IN. June 2004 (National).
61. The Obesity Epidemic: Where Do We Go From Here? *ACSM Annual Meeting*. Indianapolis, IN. June 2004 (National).
62. Medical Benefits of Exercise. *Comprehensive Strategies for the Management of Obesity*. Boston, MA. June 2004 (National).
63. What is the Role of Exercise in the Treatment and Management of Obesity? *Healthy Community Alliance*. Buffalo, NY. September 2004 (Regional).

64. What Do We Know and What Do We Need to Know About Physical Activity and Body Weight Control? *Science-Based Solutions to Obesity: What is the Role of Academia, Government, Industry and Healthcare Professionals?* American Diabetes Association Annual Meeting. Anaheim, CA. October 2004 (National).
65. What is the Role of Physical Activity in the Management of Body Weight? *Nestle Nutrition Conference*. Mexico City, Mexico. October 2004 (International).
66. Implementing Physical Activity as a Diabetes Prevention and Management Tool: How Much Exercise is Necessary to Achieve and Maintain Major Weight Loss? *Canadian Diabetes Association Annual Meeting*. Quebec City, Canada. October 28, 2004 (International).
67. Knuttgen Keynote Lecture. Exercise: Implications for Energy Balance and Weight Control. *Mid-Atlantic Chapter ACSM Annual Meeting*. Providence, RI. November 12, 2004 (Regional).
68. Exercise Strategies for Managing Obesity. *University of Southern California. The Obesity Epidemic: Practical Approaches to Prevention and Management*. Los Angeles, CA. November 13, 2004 (National).
69. Physical Activity and Metabolic Control. *American Diabetes Association*. New York, NY. February 5, 2005 (National).
70. Is Exercise Effective for the Prevention and Treatment of Obesity? *SCAN: American Dietetics Association*. Charleston, SC. March 11, 2005 (National).
71. Improving Health-Related Behaviors one “Step” at a Time: An Effective Toolbox Approach. *ACSM Health and Fitness Summit*. Las Vegas, NV. March 29 – April 1, 2005 (National).
72. Role of Physical Activity in Weight Management. *American Dietetic Association: Certificate of Training in Adult Weight Management*. Chicago, IL. April 2, 2005 (National).
73. Implementing Physical Activity as a Weight Control Tool: How Much is Necessary to Achieve and Maintain Major Weight Loss? *Colorado State University. The Obesity Epidemic: Etiology, Prevention and Treatment*. Fort Collins, CO. April 8-9, 2005 (Regional).
74. Building Your Behavioral Toolbox: Considerations for Effective Lifestyle Changes for Weight Control. *Colorado State University. The Obesity Epidemic: Etiology, Prevention and Treatment*. Fort Collins, CO. April 8-9, 2005 (Regional).
75. Is Exercise Effective for the Prevention and Treatment of Obesity. University of Hawaii. Honolulu, Hawaii. May 12, 2005 (Regional)
76. Behavioral Considerations for Modifying Energy Balance. *American College of Sports Medicine*, Nashville, TN – June 2005
77. The Role of Exercise in Long-Term Weight Management. *Comprehensive Strategies for the Management of Obesity*. Boston, MA. June 2005 (National).
78. Making Exercise Recommendations. *Comprehensive Strategies for the Management of Obesity*. Boston, MA. June 2005 (National).
79. Role of Physical Activity in Weight Management. *American Dietetic Association: Certificate of Training in Adult Weight Management*. Cambridge, England July 3, 2005 (International).
80. Talking About Physical Activity: What Is the Dietetics Professional’s Role? Exercise Considerations. *American Dietetic Association – FNCE*. St. Louis October 24, 2005 (National)
81. Reconciling the Guidelines: How Much Exercise is Enough? *Cardiovascular Rehabilitation Nursing Association*. Philadelphia, PA. November 12, 2006 (Regional)
82. Assessing Weight Status – Best and Worst Methods. *Cardiovascular Rehabilitation Nursing Association*. Philadelphia, PA. November 12, 2006 (Regional)

83. Promoting Physical Activity for Health and Weight Control and Health: Implications for Prevention and Treatment. *University of Colorado Health Sciences Center, Department of Endocrinology Grand Rounds*. Denver Colorado January 4, 2006 (Local)
84. Changing Pediatric and Adult Behavior: Fitness versus Fatness. *Obesity, Lifestyle, and Cardiovascular Disease*. American Heart Association. Washington, DC. January 19, 2006 (National).
85. Where Do We Go From Here? *Interdisciplinary Approaches to Reducing Obesity: The Importance of Physical Activity, Proper Nutrition, and Behavioral Modification*. The University of Maryland Eastern Shore. Salisbury, MD. February 18, 2006 (Regional).
86. Counseling Considerations for Energy Balance: What to Tell Your Participants. *ACSM Health and Fitness Summit*. Orlando, FL. April 2006 (National).
87. The Clinical Implications of Physical Activity for the Prevention and Treatment of Obesity. University of Alabama – Birmingham. May 2006 (Regional).
88. Behavioral Considerations for Obesity: What is on the Horizon and What is the Next Frontier? *American College of Sports Medicine*. Denver, CO. May 2006 (National).
89. Physical Activity and Weight Control: Clinical Considerations. *Comprehensive Strategies for the Management of Obesity*. Boston, MA. June 2006 (National).
90. Physical Activity and Weight Management. *Comprehensive Strategies for the Management of Obesity*. Boston, MA. June 2006 (National).
91. Dietary Guidance: How is America Measuring Up? *Society for Nutritional Education Annual Meeting*. San Francisco, CA. July 2006 (National).
92. Confusion Over Recommendations: Dietary, Physical Activity, Etc. *8th Annual University of Kansas Weight Management Conference*. Kansas City, MO. September 2006 (National).
93. The Dose Effect of Physical Activity on Health Outcomes. *Obesity Society Annual Meeting*. Boston, MA. October 2006 (National).
94. Motivational Interviewing. *Visiting Parish Nurses Association*. Pittsburgh, PA. November 2006 (Regional).
95. America On the Move in Pittsburgh. *Update on Diabetes & Endocrinology: 2006 Conference*. Pittsburgh, PA. November 2006 (Regional).
96. America On the Move in Pittsburgh. *Pittsburgh Dietetic Conference*. Pittsburgh, PA. February 2007 (Regional).
97. Optimal Physical Activity: A Compendium of Philosophies and Programs (What can we afford in schools?). *Mayo Clinic Action on Obesity Conference*. Rochester, MN. March 2007 (National).
98. Likely Impacts, Outcomes, and Effects of Current Trends. *Governor's Outdoor Conference*. State College, PA. March 2007 (Regional).
99. Get Moving Pittsburgh: A Model to Successfully Activate Your Community. *ACSM Health and Fitness Summit*. Dallas, TX. March 2007 (National).
100. Development and Implementation of a Translational Model in Obesity-Related Research. University of Pittsburgh. Pittsburgh, PA October 2007 (Regional).
101. The Role of Physical Activity in Obesity Control. *American Heart Association*. Orlando, FL. November 2007 (National).
102. Exercise, abdominal obesity and metabolic risk: results from effectiveness-based intervention studies. International Chair on Cardiometabolic Risk. Paris, France. December 2007 (International).

103. Considerations for Successful Grant Writing. Ball State University. Muncie, IN. January 2008 (Regional).
104. Medical and Lifestyle Options for Treating the Severely Obese. *ACSM Health and Fitness Summit*. Long Beach, CA. March 2008 (National).
105. Move It to Lose It: The Key to Weight Loss Maintenance. *American Dietetic Association Weight Management Practice Group*. Nashville, TN. April 2008. (National).
106. Motivating Patients to Follow a Physical Activity Program. Weight Loss and Exercise – Successfully Maintaining Weight Loss. *American Diabetes Association*. San Francisco, CA. June 2008. (National).
107. One Step at a Time: Promoting Physical Activity in the Parks. *International Urban Parks Conference*. Pittsburgh, PA. September 2008. (International).
108. Diabetes, Obesity, and Metabolic Syndrome: Effects of Physical Activity. *Academy of Behavioral Medicine Research*. Keystone, CO June 2009 (International).
109. Move it to lose it: What is the role of physical activity in body weight regulation? *Penn State Symposium in Molecular Biology. Nutrition, Genes, and Physical Activity: Understanding Obesity from Conception and Beyond*. State College, PA. August 13, 2009 (Regional).
110. The science of exercise for obesity. Strategies to promote exercise in obese patients. *Experimental Biology Annual Meeting*. April 2010.
111. Does physical activity alter energy balance, body weight, and related health outcomes? Effect of exercise on weight loss, weight maintenance, and weight regain. *Experimental Biology Annual Meeting*. April 2010.
112. The Results of the Look AHEAD Study. *American Diabetes Association Southern District Annual Meeting*. May 2010.
113. *Is there energy intake compensation with chronic exercise?* American College of Sports Medicine Annual Meeting. Baltimore, MD. May 2010
114. What is the role of the exercise professional for bariatric surgery patients? *American College of Sports Medicine Annual Meeting*. Baltimore, MD. May 2010.
115. Physical Activity: What are the Implications for Bariatric Surgery? *American Society of Metabolism and Bariatric Surgery Annual Meeting*. Las Vegas, NV. June 2010.
116. Physical Activity as a Treatment for Obesity. *CORE Pre-Conference Seminar at The Obesity Society Annual Meeting*. San Diego, CA. October 8, 2010 (National)
117. Future Directions in Personalized Interventions for Weight Management: Physical Activity. *Jenny Craig Symposium at The Obesity Society Annual Meeting*. San Diego, CA. October 11, 2010 (National)
118. The Effect of Exercise on Eating Behavior and Appetite. *A Multidisciplinary Approach to Obesity. St. Vincent Bariatric Center for Excellence*. Carmel, IN. October 19, 2010 (Regional)
119. The Role of Exercise in Long-Term Weight Management. *A Multidisciplinary Approach to Obesity. St. Vincent Bariatric Center for Excellence*. Carmel, IN. October 19, 2010
120. Combating Obesity: A Transdisciplinary Approach. *Penn State University Diabetes and Obesity Center*. November 2010.
121. If You Move It Will You Lose It? Does Physical Activity Matter for Weight Control? *Penn State University Diabetes and Obesity Center*. November 2010.
122. Physical Activity as a Treatment for Overweight and Obesity. *American Diabetes Association Southern District Annual Meeting*. May 2011.

123. Lifestyle Change: How to Apply New Results from Look AHEAD and DPP. *American Diabetes Association Southern District Annual Meeting*. May 2010.
124. Can Obesity Reduction Programs be Effective in the Absence of a Focus on Weight Loss? *Exercise is Medicine, American College of Sports Medicine Annual Meeting*. Denver, CO. June 2011.
125. From animals to humans to communities: opportunities for translational research in exercise and weight regulation. *American College of Sports Medicine Annual Meeting*. Denver, CO. June 2011.
126. Physical Activity and Weight Loss. Obesity Treatment and Prevention: New Directions. *73rd Nestle Nutrition Institute Workshop*. Carlsbad, CA. September 23, 2011.
127. Changes in Fitness in Response to a Lifestyle Intervention. Four-Year Outcomes of an Intensive Lifestyle Intervention in Type 2 Diabetes. *American Diabetes Association Annual Meeting*. San Diego, CA. June 24, 2011
128. The State of the Science on the Calorie Balance Equation. *International Food Information Council (IFIC), Calorie Balance Stakeholder Dialogue*. Washington, DC. October 19, 2011.
129. New Directions in CVD Prevention Guidelines. Lifestyle Approaches in the Guidelines. *American Heart Association Annual Meeting*. Orlando, FL. November 14, 2011.
130. Lifestyle Interventions and Older Adults: What is the Same and What is Different. *American Diabetes Association Diabetes and Older Adults Consensus Conference*. Alexandria, VA. February 27, 2012.
131. New Weight Loss Technologies – What Works. *Academy of Nutrition and Dietetics Weight Management DPG Symposium*. Las Vegas, NV. March 2, 2012.
132. Effect of manipulating components of energy intake and energy expenditure. *Experimental Biology*. San Diego, CA. April 21, 2012
133. Weight a Minute: What is the role of physical activity in body weight regulation. Binghamton, NY. April 28, 2012.
134. Look AHEAD Multi-Center Trial: Methods and Contributions of Fitness and Activity. *American College of Sports Medicine Annual Meeting*. San Francisco, CA. May 30, 2012
135. Wearable Technology: Moving Beyond Activity Assessment. *American College of Sports Medicine Annual Meeting*. Indianapolis, IN. May 30, 2013
136. Look AHEAD Study and Exercise Management of Patients with Diabetes. *St. Luke's Diabetes Symposium, Texas Heart Institute*. Houston, TX. September 14, 2013.
137. Obesity is a disease: are there effective lifestyle treatments. *3rd Annual Conference: University of Pittsburgh and Shanghai 6th People's Hospital. Focus on Metabolism, Vascular, and Endocrine Disorders*. September 26, 2013.
138. Activity and Fitness. *Food Forum: Biomarkers as Indicators of Health. Institute of Medicine of the National Academies*. October 1, 2013
139. Using Technology in Behavioral Intervention Trials Targeting Young Adults: The Early Adult Reduction of weight through Lifestyle intervention (Early) Trials. *The Obesity Society Annual Meeting*. Atlanta, GA. November 2013.
140. Is Physical Activity a Viable Treatment for Obesity? Effects on Energy Balance, Body Weight Regulation, and Related Health Outcomes. *The Obesity Society Annual Meeting*. Atlanta, GA. November 2013.
141. The Importance of Physical Activity for the Prevention and Management of Overweight and Obesity. *American Board of Obesity Medicine*. Atlanta, GA. November 2013.
142. If Obesity is a Disease is Physical Activity a Viable Treatment? *University of Pittsburgh Cancer Institute*. Pittsburgh, PA. February 2014.

143. If Obesity is a Disease is Physical Activity a Viable Treatment? *Youngstown State University*. Youngstown, OH. February 2014.
144. Physical Activity: Considerations for Obesity and Chronic Disease Management. *University of Pittsburgh Cancer Institute*. Pittsburgh, PA. March 2014.
145. Obesity is a Disease: Effective Lifestyle Approaches for Treatment. *Western Illinois University, Cheryl J. Cohen Invited Lecture*. Macomb, IL. March 2014.
146. If Obesity is a Disease is Physical Activity a Viable Treatment? *Translational Research Institute*. Orlando, FL. April 2014.
147. Exercise Dose-Response Effects on Insulin Resistance, Fatness, and Visceral Fat. *Experimental Biology*. San Diego, CA. April 2014.
148. Exercise Treatment of Metabolic Syndrome in Cardiac and Pulmonary Rehab Patients. *Tri-State Society for Cardiovascular and Pulmonary Rehabilitation*. Seven Springs, PA. May 2014.
149. Lifestyle and Technology-Based Interventions for Obesity Treatment. *University of Pittsburgh. Obesity a Chronic Care Model: Integrated Care Delivery Options*. Pittsburgh, PA. May 2014.
150. Weighing in on Physical Activity to Prevent and Treat Obesity. *American College of Sports Medicine Annual Meeting*. Orlando, FL. May 2014.
151. If Obesity is a Disease are there Effective Treats? *American College of Sports Medicine Annual Meeting*. Orlando, FL. May 2014.
152. Physical Activity and Sedentary Behavior: Viable Intervention Targets for Energy Balance? *American College of Sports Medicine Annual Meeting*. Orlando, FL. May 2014.
153. Comparative Effectiveness Research (CER): The Next Healthcare Frontier for Physical Activity and Healthy Lifestyles. *American College of Sports Medicine Annual Meeting*. Orlando, FL. May 2014.
154. Physical Activity Interventions for Obesity and Chronic Disease Management. *University of Pittsburgh Cancer Institute Retreat*. Greensburg, PA. June 2014.
155. If Obesity is a Disease is Physical Activity an Effective Lifestyle Treatment? *University of Vermont*. Burlington, VT. June 2014.
156. The Importance of Physical Activity for the Prevention and Management of Overweight and Obesity. *American Board of Medicine Review Course*. Boston, MA. November 2014.
157. Comparative Effectiveness: Making the Case for Physical Activity and Lifestyle for Obesity Treatment. *Obesity Week*. Boston, MA. November 2014.
158. Physical Activity Considerations for Bariatric Surgery Patients: Development of an ACSM/ASMBS Position Stand. *Obesity Week*. Boston, MA. November 2014.
159. Weighing in on physical activity to prevent and treat obesity. *East Carolina University*. February 2015.
160. Physical Activity and Sedentary Behavior: Viable Intervention Targets for Energy Balance? *Joint Commission on Sports Medicine*. Memphis, TN. February 2015
161. Physical Inactivity Leads to Energy Imbalance and Public Health Problems. *National Physical Activity Plan*. Washington, DC. February 2015
162. Applying Innovative Technologies and Interventions for Physical Activity for Diabetes. *American Diabetes Association Post Graduate Course*. New York, NY. February 2015
163. Physical Activity in Health Promotion and Weight Management. *Endocrinology Society*. San Diego, CA. March 2015
164. If Obesity is a Disease, How Do We Treat It? *Northeast Ohio Exercise Science Conference*. Youngstown, OH. April 2015

165. Physical Activity: Implications for Weight Loss Maintenance and Related Health Outcomes. *Institute of Medicine*. Washington, DC. April 2015
166. Beyond the Numbers of Look AHEAD. *American Diabetes Association Clinical Conference*. Orlando, FL. May 2015
167. Exercise: For Who, How Often, What Type and How Much. *American Diabetes Association Clinical Conference*. Orlando, FL. May 2015
168. How to Use Exercise Tools and Free Apps to Get Similar Results to DPP But at a Fraction of the Cost. *American Diabetes Association Clinical Conference*. Orlando, FL. May 2015
169. Lifestyle Interventions are Effective for Obesity Treatment: Evidence from Clinical Trials. *ACSM*. San Diego, CA. May 2015
170. Devices and Technologies: Do Adherence and Activity Trackers Work? *American Diabetes Association Annual Meeting*. Boston, MA. June 2015
171. Individualization – The Future of Obesity Prevention and Treatment: The Role of Personal Coaching. *Obesity Week*. Los Angeles, CA. November 2015
172. The Importance of Physical Activity for the Prevention and Management of Overweight and Obesity. *American Board of Obesity Medicine (ABOM)*. Los Angeles, CA. November 2015
173. Physical Activity for Weight Loss and Maintenance. *7th Joint SPED/AACE International Meeting and 38th Annual Meeting of the Puerto Rican Society of Endocrinology and Diabetes (SPED)*. San Juan, Puerto Rico. December 2015
174. Fitness and Physical Activity: Implications for Obesity and CVD in Look AHEAD and Other Clinical Trials. *University of Pittsburgh Cardiovascular Outcomes Research Workshop / Retreat*. Pittsburgh, PA. January 2016
175. Aerobic Physical Activity Lowers LDL: Con Viewpoint. *National Lipid Association Spring Clinical Update*. San Diego, CA. March 2016.
176. *Keynote Address*: Positioning Lifestyle and Physical Activity as Effective Treatments for Obesity. *American College of Sports Medicine Health and Fitness Summit*. Orlando, FL. March 2016
177. Positioning Lifestyle and Physical Activity as Effective Treatments for Obesity. *University of Kentucky Barnstable Brown Diabetes and Obesity Center*. Lexington, KY. May 2016
178. *Keynote Address*: Diabetes and Exercise: Back to the Future. *American Diabetes Association Clinical Conference*. Jacksonville, FL. May 2016
179. Controversies in Exercise. *American Diabetes Association Clinical Conference*. Jacksonville, FL. May 2016
180. Lifestyle Approaches Applied to the Treatment of Obesity. *American College of Sports Medicine. World Congress on Energy Balance*. Boston, MA. June 2016
181. Exercise (Physical Activity) Prescription for the Overweight and Obese Adult. Cleveland Clinic, Cleveland, OH. September 2016.
182. Hands-On Approach to Health and Fitness Apps and Devices. Cleveland Clinic, Cleveland, OH. September 2016.
183. Positioning Lifestyle and Physical Activity as Effective Treatments for Obesity. New England Chapter of the American College of Sports Medicine. Providence, RI. October 2016.
184. Making the Move to Health and Well-Being. Huffines Institute, Texas A&M University, College Station, TX. November 2016.
185. Physical Activity and the Metabolic Syndrome. *University of Colorado Rocky Mountain Conference*. Denver, CO. May 2017.

186. Integrating Technological Advances in Weight Management. *University of Colorado Rocky Mountain Conference*. Denver, CO. May 2017.
187. Physical Activity Considerations: Individualizing Treatment. *American Diabetes Association Clinical Conference*. Orlando, FL. May 2017
188. Clinical Considerations – Medicine, Pharma, and Lifestyle: a Team Approach. *American Diabetes Association Clinical Conference*. Orlando, FL. May 2017
189. Device-Based Assessments of Physical Activity in Epidemiologic Cohort Studies: The Action for Health in Diabetes (Look AHEAD) Study. *American College of Sports Medicine*. Denver, Co. May 2017
190. Motoring with MoTrPAC: Update on NIH’s Molecular Transducers of Physical Activity Consortium. *American College of Sports Medicine*. Denver, Co. May 2017
191. Weight a Minute: There are Effective Behavioral Interventions to Treat Obesity. *Grand Rounds University of Pittsburgh Department of Psychiatry*. Pittsburgh, PA. May 2017
192. Wearable Technology: Application and Effectiveness for Weight Control. *National Institutes of Health*. Bethesda, MD. June 2017.
193. Molecular Transducers of Physical Activity Trial (MoTrPAC): Investigating the Underlying Mechanisms of Physical Activity on Health. *University of Pittsburgh Department of Epidemiology*. Pittsburgh, PA. September 2017.
194. Targeting Lifestyle Factors to Treat Obesity and Related Health Conditions. *Grand Rounds University of Pittsburgh Division of Endocrinology*. Pittsburgh, PA. September 2017.
195. Exercise System-Wide Effects. *UPMC International Workshop*. Roma Terme, Italy. September 2017.
196. Moving the Goalposts: The Need for Higher Levels of Exercise to Maintain Weight Loss. *The Obesity Society*. National Harbor, MD. October 2017.
197. Utility and Application of Tracking Devices in Practice. *The Obesity Society*. National Harbor, MD. October 2017.
198. The Utility of mHealth Technologies for Addressing Obesity. *American Heart Association*. Anaheim, CA. November 2017.
199. Positioning Lifestyle for Enhanced Treatment of Obesity. *Virginia Tech University*. Roanoke, VA. November 2017.
200. Responding to Reality. *University of Pittsburgh Center for Urban Education*. Pittsburgh, PA February 2018.
201. Effective Interventions for Reducing Sedentary Behavior. *Society of Behavioral Medicine*. New Orleans, LA. April 2018.
202. Physical Activity: Why Emphasize this for Weight Control and Health? *Pennington Biomedical Research Center*. Baton Rouge, LA. April 2018
203. Obesity Management: Lifestyle, Medicine, and Surgery. *American College of Physicians*. New Orleans, LA. April 2018
204. Systemic Effects of Exercise. *UPMC International Workshop*. Chianciano Terme, Italy. May 2018.
205. Discovering Exercise Through the MoTrPAC Study. *University of Pittsburgh Bone and Muscle Retreat*. Pittsburgh, PA. May 2018
206. Personalizing the Physical Activity and Exercise Prescription. *American Diabetes Association Clinical Conference*. Naples, FL. May 2018.

207. Modifying the Sedentary Work Environment: It Takes More than a Sit-to-Stand Desk. *American Diabetes Association Clinical Conference*. Naples, FL. May 2018.
208. Physical Activity Guidelines: Minutes, Steps and Bouts. *American College of Sports Medicine*. Minneapolis, MN. May 2018.
209. Physical Activity and Excessive Weight Gain. *American College of Sports Medicine*. Minneapolis, MN. May 2018.
210. Leveraging Technology to Enhance Physical Activity: Is There a Next Moonshot? *American College of Sports Medicine*. Minneapolis, MN. May 2018.
211. Is a Calorie a Calorie? Physical Activity Considerations. *American Society of Nutrition*. Boston, MA. June 2018.

GRANTS (Active)

R34 AT009361 Jakicic (PI)

9/30/17 – 8/31/19

NIH-NCCIH

Integration of Yoga and Mindfulness for the Treatment of Obesity in Adults

This trial will initiate the study of two styles of yoga (Vinyasa and Hatha) within the context of a behavioral weight loss intervention. Results of this study will inform a future R01 application to examine the health benefits of yoga within the context of treatment for overweight and obesity.

R01 HL134809 Barone Gibbs (PI)

8/15/18 – 6/30/2022

NIH-NHLBI

Effect of Reducing Sedentary Behavior on Blood Pressure

This trial will examine the effectiveness of reducing sedentary behavior on blood pressure in patients with prehypertension.

U01 AR071130 Jakicic (PI)

12/6/16 – 11/30/22

NIH-NIAMS

Molecular Transducers of Physical Activity Clinical Centers (U01) – Pittsburgh Adult Clinical Center

This multi-center project that is funded through the NIH Common Fund is designed to examine the molecular and cellular mechanisms that are impacted by various doses and modes of physical activity.

R01 AG053952 Erickson (PI)

9/15/16 – 5/31/21

NIH-NIA

Investigating Gains in Neurocognition in an Intervention Trial of Exercise

This multi-center trial examines the 12-month effects of exercise on neurocognition in older adults.

R01 HL114016 Rollman (PI)

8/1/13 – 8/31/18

NIH-NHLBI

Blended Collaborative Care For Heart Failure And Co-Morbid Depression

This trial will compare the effectiveness of a “blended” telephone-delivered collaborative care intervention for treating both heart failure and depression.

U01 DK107917 Courcoulas (Pitt Subcontract PI)

7/1/17 – 6/30/22

NIH-NIDDK

Alliance of Randomized Trials of Medicine versus Metabolic Surgery in Type 2 Diabetes (ARMMS-T2D)

To examine the long-term effects of weight loss on treating patients with type 2 diabetes using lifestyle and surgical procedures for weight loss.

U01 DK057002 Jakicic (PI)

9/30/99 - 1/31/21

NIH-NIDDK

Look AHEAD: Action for Health In Diabetes

The major goal of this project is to examine the effect of weight loss in patients with type 2 diabetes.

R01 DK095172 Erickson (PI) 9/1/12 - 8/31/18 (NCE)
NIH-NIDDK
Influence of physical activity and weight loss on brain plasticity
Examines the effects of weight loss from diet and physical activity on brain health and cognitive function.

U48 DP005001-01 Newman (PI) 9/30/14 - 9/29/19
CDC
Health Promotion and Disease Prevention Research Center
To examine the effectiveness of community health workers to implement an intensive lifestyle intervention, based on the Look AHEAD Trial, in older adults across a 12 month intervention period.

R21 CA212628 Bovbjerg and Jakicic (MPI) 1/1/2017 – 12/31/2019
NIH-NCI
Leukocyte Telomere Length in Bladder Cancer Survivors: Diet and Exercise Trial
The goal of this study is to provide a first critical test of the novel scientific idea that a combined diet and exercise intervention may ameliorate leukocyte telomere length (LTL) in cancer survivors with a history of non-muscle invasive bladder cancer.

R01 HL128317 Rofey (PI) 1/1/2017 – 8/31/2018 (NCE)
NIH-NHLBI
Impact of Cognitive Function on Weight Management Outcomes in Adolescents
The goal of this study is to examine brain function and both obesity and subsequent weight loss in adolescents.

UNIVERSITY TEACHING ROLES

University of Nebraska – Kearney	1989-91
University of Kansas	1998-99
University of Pittsburgh	2002 - present

DOCTORAL DISSERTATIONS AND MASTERS THESES

Jonathan Duvall
Title: Weight monitoring in bed using E-scale
Role: Committee Member
Completed: May 2018

Sara J. Kovacs
Title: Factors Associated with Physical Activity in Patients Undergoing Bariatric Surgery
Role: Chair
Completed: August 2017

Robert Kowalsky

Title: The Effect of Interrupting Prolonged Sitting with Resistance Exercise Breaks on Cardiovascular and Metabolic Outcomes

Role: Committee Member

Completed: August 2017

Sophy Perdomo

Title: Acute Dose Response Effects of Aerobic Exercise on Cerebral Pulsatile Blood Flow, Pulse Pressure, and Arterial Stiffness

Role: Committee Member

Completed: August 2017

Seth Creasy

Title: Comparison of Supervised and Unsupervised Physical Activity Programs during a Standard Behavioral Weight Loss Intervention for Adults who are Overweight or Obese

Role: Chair

Completed: July 2016

Anna Peluso

Title: Acute Effect of Mindfulness-Based Strategies of Eating Behavior in Adults

Role: Co-Chair

Completed: July 2016

Kristie Rupp

Title: Influence of Single versus Two Parent Homes on Physical Activity in Adolescents

Role: Co-Chair

Completed: July 2016

Stephanie McCoy

Title: The Influence of Acute Periods of Physical Activity on Behavior of Children with Autism

Role: Co-Chair

Completed: July 2016

Sally A. Sherman

Title: Acute Energy Expenditure of Vinyasa Yoga versus Walking

Role: Chair

Completed: April 2016

Lisa M. Wisniewski

Title: Examination of the Association Between Personal Values, Lifestyle Factors, and Weight Loss in a Behavioral Program

Role: Co-Chair

Completed: April 2016

Regina Leckie

Title: Glucose Control and Working Memory as a Function of Age in Older Type 2 Diabetics:
Results from the Look AHEAD Ancillary Brain Study

Role: Committee Member

Completed: April 2016

Almeida J. Gustavo

Title: Reliability and Responsiveness of Physical Activity Measures in Individuals after Total Knee
Arthroplasty

Role: Committee Member

Completed: November 2015

Tyler Quinn (MS Thesis)

Title: Demographic Factors and Workplace Factors to Active Transportation Use in the United
States: A Secondary Analysis of 2009 NHTS Data

Role: Committee Member

Completed: July 2015

Brittney Lange-Maia

Peripheral Nervous System Function, Physical Activity, and Physical Fitness in Older Adults

Role: Committee Member

Completed: April 2015

Robert Powell

Title: Exploring Factors that Influence Diabetes Educator's Physical Activity Counseling during
Outpatient Diabetes Self-Management Education and Support

Role: Chair

Completed: December 2014

Jacqueline Nagle

Title: Comparing Energy Expenditure During Land and Shallow Water Walking in Overweight and
Obese Females

Role: Chair

Completed: July 2014

Lori Portzer

Title: Energy Expenditure of Prompted Television Stepping

Role: Chair

Completed: July 2014

Anne Moody

Title: Effects of Changes in Weight, Body Composition, Fitness and Physical Activity on Aortic Pulse Wave Velocity in Overweight and Obese Adults

Role: Committee Member

Completed: July 2014

Lucille Ann Sowko

Title: Baccalaureate Student Nurses' Knowledge, Self-Efficacy, Beliefs and Practices in Engaging in Physical Activity Counseling

University of Pittsburgh

Role: Chair

Completed: August 2013

David White

Title: Parental Influences on Child Weight Loss: Perception, Willingness to Change, and Barriers

University of Pittsburgh

Role: Chair

Completed: August 2013

Renee Ingel

Title: Examination of Non-Inpatient Nurses Ability to Engage in Patient Counseling Related to Physical Activity as a Health Behavior

University of Pittsburgh

Role: Chair

Completed: August 2013

David O. Garcia

Title: Feasibility of a Campaign Intervention Compared to a Standard Behavioral Weight Loss Intervention in Overweight and Obese Adults.

University of Pittsburgh

Role: Committee Member

Completed: July 2013

Kamden Hoffmann

Title: A Participatory Approach to Physical Activity among People with Severe and Persistent Mental Illness

University of Pittsburgh

Role: Committee Member

Completed: June 2013

Jackson Coppock

Title: The Role of Social Support in Weight Changes During Freshman Year in College

University of Pittsburgh

Role: Chair

Completed: May 2013

Renee J. Rogers

Title: Comparison of a technology-based system and an in-person behavioral weight loss intervention in the severely obese.

University of Pittsburgh

Role: Chair

Completed: December 2012

Patricia Tuite

Title: The influence of exercise dose, exercise intensity and weight loss on changes in c-reactive protein in sedentary overweight women.

University of Pittsburgh

Role: Chair

Completed: July 2012

Anne Mishler

Title: The effect of 10- versus 30-minutes of acute aerobic exercise on insulin and glucose in obese adults

University of Pittsburgh

Role: Chair

Completed: July 2012

Gretchen Zewe

Title: Examination of acute care nurses ability to engage in patient education related to physical activity as a health behavior.

University of Pittsburgh

Role: Chair

Completed: July 2012

Kristopher Wisniewski

Title: Validation of OMNI RPE and preferred method of regulating exercise intensity in obese adults

University of Pittsburgh

Role: Committee Member

Completed: July 2012

Julie C. Michael

Title: Acute Affective Responses to Varying Durations of Physical Activity for Overweight and Obese Adults

University of Pittsburgh

Role: Co-Chair

Completed: June 2012

Steven D. Verba

Title: The effect of weight loss and exercise on left ventricular structure and function in obese adults

University of Pittsburgh

Role: Chair

Completed: July 2011

Blake D. Justice

Title: Effect of weight loss on inflammatory markers in severely obese adults

University of Pittsburgh

Role: Chair

Completed: July 2011

Thomas Hritz

Title: The effect of breakfast consumption on the acute response of plasma acylated-ghrelin and glucagon-like peptide 1 concentrations in adult women

University of Pittsburgh

Role: Chair

Completed: April 2011

LaShawn Denise Edmonds

Title: The Influence Of Physical Activity And BMI On Blood Pressure In African-American Women

University of Pittsburgh

Role: Chair

Completed: April 2011

Kazanna Hames

Title: Skeletal Muscle Fat Metabolism in Severely Obese Individuals

University of Pittsburgh

Role: Co-Chair

Completed: December 2010

Alfred E. Simpson, Jr.

Title: The Physiological and Anthropometric Characteristics of Amateur Motorcycle Road Races and Their Influence on Motorcycle Road Racing Performance.

University of Pittsburgh

Role: Chair

Completed: December 2010

Jill S. Schaefer (MS Thesis)

Title: Is physical activity associated with improved short-term smoking cessation?

University of Pittsburgh

Role: Chair

Completed: December 2010

Yoon Myung Kim

Title: Role of Regular Exercise in the Treatment of Abdominal Obesity in Youth

University of Pittsburgh

Role: Co-Chair

Completed: July 2010

Christine Pellegrini (Dutton)

Title: The Comparison of a Technology-Based System and an In-Person Behavioral Weight Loss Intervention in Overweight and Obese Adults

University of Pittsburgh

Role: Chair

Completed: April 2010

Andrea Hergenroeder-Locke

Title: The influence of body mass index on self-report and performance-based measures of physical function in adult women.

University of Pittsburgh

Role: Chair

Completed: October 2009

Jessica Unick

Title: The Acute Effect of Exercise on Energy Intake in Overweight Women

University of Pittsburgh

Role: Chair

Completed: August 2009

Keri Kulik

Title: Implementation of a Quality Physical Education Program as Defined by the National Association for Sport and Physical Education of Public High Schools in Pennsylvania

University of Pittsburgh

Role: Chair

Completed: July 2009

Francesca Amati

Title: Do obesity and physical inactivity underlie the insulin resistance of aging?

University of Pittsburgh

Role: Co-Chair

Completed: July 2009

Deborah A. Josbeno

Title: The relationship between physical activity, physical function, and psychosocial variables in individuals post-bariatric surgery.

University of Pittsburgh

Role: Chair

Completed: April 2009

Kelli Davis

Title: Effect of mindfulness meditation and home-based resistance exercise on weight loss, weight loss behaviors, and psychosocial correlates in overweight adults

University of Pittsburgh

Role: Chair

Completed: July 2008

Kathleen Spadaro

Title: Weight Control: Exploring Self-Regulation Through Mindfulness Meditation

University of Pittsburgh

Role: Committee Member

Completed July 2008

Alyssa Mealey

Title: Validation of the BodyMedia Sensewear Pro Armband[®] to Estimate Energy Expenditure in Obese Children During Various Modes of Activity

University of Pittsburgh

Role: Chair

Completed: July 2008

Lisa Mealey

Title: Effect of Dance, Dance Revolution on Energy Expenditure and Enjoyment in Obese Children Compared to Alternative Forms of Activity

University of Pittsburgh

Role: Chair

Completed: July 2008

Anne Matthews

Title: Changes in Fat Oxidation with Endurance Activity in Adults with and without Type 2 Diabetes

University of Pittsburgh

Role: Co-Chair

Completed: July 2008

Kelly Zilles (MS Thesis)

Title: Psychological Stress-Induced DNA Damage in Trained and Untrained Individuals

University of Pittsburgh

Role: Committee Member

Completed: August 2007

Laura A. Fonzi (MS Thesis)

Title: The Effect of Home-Based Resistance Exercise in Overweight and Obese Adults

University of Pittsburgh

Role: Chair

Completed: June 2008

Tina Souaiby

Title: Examination of Perceived Importance of Willingness to Engage in Weight Loss Behaviors
University of Pittsburgh

Role: Chair

Completed: May 2007

Amanda Salacinski, Ph.D.

Title: The Effects of Vitamin D on Neuromuscular Function in Patients with Crohn's Disease
University of Pittsburgh

Role: Committee Member

Completed: March 2007

Ruth Kowalis, Ph.D.

Title: Short-Term Effects of a Balance-Deficit Diet on Resting Energy Expenditure in Overweight
and Moderately Obese Adults

University of Pittsburgh

Role: Chair

Completed: December 2006

Donna Wolf, Ph.D.

Title: The Effects of Exercise Training and Dietary Supplementation on Fat Metabolism and Body
Composition in Obese Women

University of Pittsburgh

Role: Committee Member

Completed: December 2006

Christina L. Wilds

Title: Assessment of Fun to Be Fit in Pittsburgh Public Schools

University of Pittsburgh

Role: Committee Member

Completed: August 2006

Kristen Polzein, Ph.D.

Title: The Effect of HealthWear on Weight Loss in Adults

University of Pittsburgh

Role: Chair

Completed: December 2005

Erin Thomas, Ph.D.

Title: The Accuracy of the SenseWear Pro Armband to Estimate Energy Expenditure

University of Pittsburgh

Role: Chair

Completed: December 2005

Kimberly Weary, MS (Thesis)

Title: The Effect of Weight Loss on Muscular Strength and Function in Overweight Adults

University of Pittsburgh

Role: Chair

Completed: December 2005

Christopher R. Mohr, Ph.D., RD

Title: The Effect of Meal-Periodicity on Weight Loss

University of Pittsburgh

Role: Chair

Completed: 2005

Diane Helsel, Ph.D., RD

Title: Effect of Self-Monitoring on Weight Loss in Overweight Adults

University of Pittsburgh

Role: Chair

Completed: 2005

Kim Crawford, Ph.D., RD

Title: The Accuracy of the SenseWear Pro Armband to Estimate Energy Expenditure in Children

University of Pittsburgh

Role: Committee Member

Completed: 2004

Andy Katsiaras, Ph.D.

Title: The Effects of Aerobic Exercise on Insulin Resistance in Older Men and Women

University of Pittsburgh

Role: Committee Member

Completed: 2003

Melody A. Srsic (Masters Thesis)

Title: Improving functionality of older adults: a comparison of land and water exercise to improve flexibility, balance and mobility

University of Pittsburgh

Role: Committee Member

Completed: 2003

Amy D. Otto, Ph.D., RD

Title: Comparison of two questionnaires to assess physical activity in overweight adult women undergoing a behavioral weight loss program

University of Pittsburgh

Role: Co-Chair

Completed: 2001

Kristen M. Lagally, Ph.D.

Title: Perceived exertion responses to acute bouts of resistance exercise: EMG and blood lactate mediators

University of Pittsburgh

Role: Committee Member

Completed: 2000

Patricia A Pierce, Ph.D.

Title: Effects of a minimal contact intervention on maintenance of physical activity following a fitness course

University of Pittsburgh

Role: Committee Member

Completed: 2000

Randall F. Gearhart, Jr., Ph.D.

Title: Perceptual and physiological responses to acute bouts of strength and endurance weight lifting in young, adult recreational weight lifters

University of Pittsburgh

Role: Committee Member

Completed: 1999

Judith M. Younginger, Ph.D.

Title: Ergogenic effect of oral creatine monohydrate supplementation on anaerobic exercise performance

University of Pittsburgh

Role: Committee Member

Completed: 1999

G. Greg Haff, Ph.D.

Title: Carbohydrate supplementation attenuates muscle glycogen loss during acute bouts of resistance exercise.

University of Kansas

Role: Committee Member

Completed: 1999