

- i. In collaboration with a number of colleagues (as Co-Principle Investigators, Co-Investigators, Collaborators) have developed numerous survey instruments to obtain feedback from various target groups including physicians, elementary school principals, teachers, parents and children to learn about their views, practices and needs regarding adult and childhood obesity. To this end, grants / funding has been sought from and awarded by agencies including CIHR, Heart and Stroke Foundation of Canada, Danone Institute of Canada, London Middlesex Health Unit, Brescia University College. Response rates to these surveys are considered very good – excellent, ~ 50% from physicians, ~50 % from schools and parents. Regarding this research, in addition to an article, that is now *in press*, by a few of my colleagues and myself, I presented a poster at the CFBS Conference in June 2005 and others have also since been presented by M He or other team members at the California Childhood Obesity Conference Anaheim CA Jan 2007; Second National Conference by the Chronic Diseases Prevention Alliance of Canada (CDPAC) Toronto ON Nov 2006; 10th Annual CDA / CSEM Professional Conference, Toronto ON Oct 2006; Can Soc Nutr Managers 5th Annual Scientific Meeting June 2006; MLHU-Bridging Practice & Research Symposium June 2006. I am also involved as a collaborator providing nutrition expertise on the ongoing CIHR-funded Staged Nutrition and Activity Counselling (SNAC) interventions project. Two presentations based on this work have been given at Cardiovascular and Exercise annual conferences this year (see Published Peer Reviewed Papers and Abstract sections below).
- ii. Recent studies that I co-authored on the Perceptions and Knowledge of Canada's Food Guide to Healthy Eating have shown that Price, Freshness and Health Considerations (includes one third of respondents who penciled in Nutrition) were the top three factors considered important when grocery shopping. Also, more than half of the respondents requested additional information on healthy food choices. In addition, although about 75 % of respondents were aware of some of the messages on the Food Guide having a copy of the Guide was shown to influence two thirds of respondents / parents' eating habits.
- iii. High Level Government consultations (2000-2008): My interest in Government policies on foods & nutrition and natural health products in Canada has led to numerous submissions by me to various agencies, particularly Health Canada, that I feel have had some impact on the more than three dozen policy changes over the past several years. Such interest has also led me to become involved as a member of the Expert Advisory Committee for the Natural Health Products Directorate and to conduct child and adult obesity research. Indeed, recently numerous conferences in Canada and abroad have focused on 'healthy eating and physical activity and their relationship to healthy weights'. I also attended Health Canada's wrap-up meeting (limited attendance) in Toronto Re: the 'New' Canada's Food Guide (Apr 2006) which now includes greater emphasis on physical activity as part of a healthy lifestyle.
- iv. The recently released texts, below, that I authored / co-authored / contributed to **a)** "Nutrition: *Concepts and Controversies* - First Canadian Edition" (publ date Apr 2008), **b)** two different 2008 "Canadian Student / Supplemental Information (CSI) Documents with Back-of-the-book CD ROMs" (bundled with entry level Nutrition texts sold in Canada), **c)** a Medical, Nursing and Allied Health Dictionary that I contributed to in 2002 and again in 2006 and **d)** a senior level Nutrition text for Nurses have all helped dispel many myths about Foods & Nutrition and promote the latest information about recent Nutrition and Physical Activity recommendations for Canadians to hundreds of health professionals and university students over the past few years.
- iv. Being an invited member of the Dietitians of Canada national advisory committee for the development of on-line courses about supplements [first three of four which focus on Vitamins & Minerals (launched June 2004), Herbal products (launched Mar 2006) and Sports Supplements (expected to launch summer 2008)] targeted at Physicians, Dietitians, Pharmacists and other health professionals provides an important opportunity to help these health professionals remain up-to-date on the recommendations, potential interactions and government policies surrounding the growing number of supplements that are taken by or provided to more than half of our population.

- i) CONTINUING EDUCATION 2002 -** (most designated **Continuing Education Credits / Points** by various Associations):
- **Attendance at Annual Conferences** for **a)** CSNS / CFBS (poster presentations 2002 & 2005), **b)** Dietitians of Canada meetings.
 - **Attendance at / Registration for various topic specific symposia / workshops / Web Presentations** including: **a)** Food Forum for Industry & Government in South-Western Ontario (FFIGS) 15th Annual Spring Conference “Know Your Food” Ingersoll ON, May 2008, **b)** the ‘DHA/EPA Omega-3 for Health Symposium’ in Mississauga ON, Mar 2008, **c)** the Heart & Stroke Foundation’s “30 tips to eating smarter everywhere; at home, in the grocery store and eating out” webcast, Mar 2008, **d)** ‘Eat, Train, Perform – Optimize Your Potential’ Symposium at UWO Mar 2008, **e)** the Canadian Council on Food & Nutrition’s (CCFN) Feb 28, 2008 webcast "Facilitating Consumer Understanding of Fat", **f)** Food Forum for Industry & Government in South-Western Ontario (FFIGS) 14th Annual Spring Conference “Healthy World / Healthy Foods” Ingersoll ON, May 2007 **g)** DC’s web-cast entitled “Eating Well with Canada's Food Guide (Mar 2007): Developing Age and Gender Specific Food Intake Patterns”, **h)** Feb 2007, UWO Exercise/Nutrition Symposium [Look Great and Perform Better] (registration required) **i)** Oct 2006, Viewed Canadian Council of Food and Nutrition web-cast about Tracking Nutrition Trends VI and Snapshot of Results fro the Canadian Community Health Survey 2.2 (registration fee required), **j)** Aug 2006, Viewed Nutricast entitled "Trans Fat in 2006: New Recommendations, Sources and Practice Tips" presented jointly by the Heart & Stroke Foundation of Canada and the Beef Information Centre, **k)** Viewed DC/ BIC webcast entitled “What is the Picture of Obesity in Canada?” Jan 2006, **l)** Dietitians of Canada sponsored presentation on “Omega 3 Fatty Acids and Their Impact on Cardiovascular Disease, Triglycerides, and Anti Inflammatory Actions” Toronto Nov 2004., **m)** Chronic Diseases Prevention Alliance of Canada (CDPAC) Conference entitled “Integrated Chronic Disease Prevention: Getting It Together” Ottawa Nov 2004, etc.
- ii) Career Development** – **a)** Membership on Expert Advisory Committee for Health Canada’s Natural Health Products Directorate, effective October, 2006, **b)** Promoted to Full Professor July 2006 and accepted a Continuous Casual Academic Appointment at the rank of Full Professor in the Faculty of Kinesiology, UWO, Summer 2007, **c)** Chair of Communication Sub-Committee for the Centre for Human Nutrition, at The University of Western Ontario, UWO (June '98 -2003).
- iii) High Level Consultations** – **a)** **By invitation from Health Canada** attended, **a)** as the CSNS representative the "Healthy Living Symposium" in June 2003, and **b)** a wrap-up meeting in Ottawa on the Evolution of the Canadian Nutrient File, Mar 2003. **c)** **By invitation from CIHR / Heart & Stroke** to provide input for “CIHR/HSFC New Frontiers Program: Impact of Nutraceuticals, Functional Foods and Natural Health Products on Cardiovascular Disease” Winnipeg Jan, 2002.
- iv) Grant / Ethics Peer Review Committee Membership** – **a)** OMAFRA grants (spring 2005), **b)** University of Western Ontario’s Ethics Committee Re: Scientific integrity of submitted protocols Dec 2001, 2002 & 2004, **c)** Brescia University College Ethics Committee (1996 - 2000), Chair 1999-2000.
- v) Thesis Examination Committees** – UWO for **a)** MSc Kinesiology, Graeme Thomas , Apr 2008, **b)** MSc Kinesiology, Jason DeGuire, Dec 2007, **c)** MSc Kinesiology, Jason Cumbers, May 2006, **d)** MSc Kinesiology, Phil Mullin, Aug 2005, **e)** PhD Kinesiology, John Berardi, Sept 2004, **f)** MSc Kinesiology, Megan Doucet, July 2003, **g)** MSc Kinesiology, Tomi Neminen, June 2002.
- vi) Training of Students** - Supervised / Co-Supervised 24 undergraduate Research Assistants (many were work Bursary students) and three Masters level Internship research project.
- vii) Guest Speaker** - **a)** Can Assoc of Foodservice Prof (CAFP) "We Need to **Trans**-form Our Diet". Oct 25, 2005, **b)** To London Inter-Agency Nutrition Council (LINC) members, entitled “Initiatives by Health Canada” Sept 26, 2002, **c)** For London Health Sciences Centre’s **Grand Rounds** for Endocrinologists, seminar entitled “**Role of diet and nutrients in the treatment of obesity**” as part of a series on weight management for London’s Endocrinologists, June 05, 2002. **d)** For London Health Sciences Centre's Grand Rounds for Clin Pharm Group, Univ Campus, seminar title "Herbal Products: Foods or Drugs" (Apr 10,2001).
- viii) Peer Reviewer of Journal Articles** – **a)** Canadian Journal of Dietetic Practice and Research (2000, 2001, 2002, 2003, 2006, 2007, 2008), **b)** Can Jour Publ Health (Reviewers Index 2001, 2002, 2004, 2006, 2007), **c)** Journal of Learning and Motivation (2007).

ix) Knowledge Translation / Dissemination activities – a) Peer reviewer for a Dietitians of Canada PEN Knowledge Pathway entitled “**Supplements - Creatine**” for their Practice Based Evidence in Nutrition program (Summer 2007), b) Reviewer and contributor for Dietitians of Canada as an advisory committee member for Professional Online courses (2003, 2004 - 2008), c) DC’s Factsheet on Vitamins & Minerals for their EaTracker website (Fall 2006), d) Peer reviewer for a Dietitians of Canada PEN Knowledge Pathway entitled “**Vitamins and Minerals in Chronic Disease**” for their Practice Based Evidence in Nutrition program (spring 2006), e) Peer reviewer for an article in **Current Issues- the inside story** for Dietitians of Canada Professional online Newsletter Mar 2006 issue “Vitamin E and Cardiovascular Disease”, f) Text reviewer for a university entry level Nutrition text entitled “**Nutrition and Health: an Applied Approach**” 2006 by Pearson Education Canada, g) Consultant (one-on-one, e-mail & Telephone) to Lisa O’Leary-Reesor a Co-Author of “**Food For Today: first Canadian edition**” McGraw-Hill Ryerson 2004 Whitby ON (a text widely used in Canadian **High schools**), h) Text reviewer and contributor for a university entry level Nutrition text published by McGraw / Hill Higher Education entitled “**Contemporary Nutrition: issues and insights**” 5th edition 2003 written by GM Wardlaw, i) Reviewer and contributor for College of Dietitians of Ontario's Stage I and Stage II Practice Assessment Committees (2001- 2002).

3. Publications

i) Published Peer Refereed Papers:

- He M, S B Harris SB, **Piché LA**, Beynon C. Understanding Screen-related Sedentary Behavior and its Contributing Factors among School-aged children: A Social-Ecological Exploration. Amer Jour Health Promo. 2008 Vol 23(5): 299-308 [Funding; CIHR – He & Harris]
- He, M, **Piché, L**, Beynon, C, Harris, S.B. Screen-related sedentary behaviors: Children's and parents' attitudes, social influence and intention. Journal of Nutrition Education and Behavior. 2008 (accepted)
- He M, **Piche L**, Clarson C, Callaghan C, Harris S. Childhood Overweight & Obesity Management: A National Perspective of Primary Healthcare providers’ Views, Practices, Perceived Barriers and Needs. Journal of Paediatrics and Child Health (accepted)
- Piché, L. A.** and Garcia, A. C. 2001. Factors Influencing Food-Buying Practices of Grocery Shoppers in London, Ontario. Can Jour Diet Prac and Res 62(4): 199-202. . A summary in lay terms also published on public access section of DC’s website under News Room for Winter 2001 entitled “What Influences the Food Buying Practices of Canadian Grocery Shoppers ?” http://www.dietitians.ca/news/highlights_research.html . [Funding; Brescia University College - Piché]
- Garcia A C and **Piché L A**. 2001. Perception and Use of Canada’s Food Guide to Healthy Eating by Grocery Shoppers in London, Ontario. Can Jour Diet Prac and Res 62 (3): 123-27. A summary in lay terms also published on public access section DC website in September 2001 under News Room entitled. A summary in lay terms also published on public access section of DC’s website under News Room for Fall 2001 entitled “What do Grocery Shoppers Think of Canada’s Food Guide ?” http://www.dietitians.ca/news/highlights_research.html . [Funding; Brescia University College – Piché]
- Kurowska, E. M., Spence, J.D., Jordon, J., Wetmore, S., Freeman, D.J., **Piché, L. A.**, and Serratore, P. 2000. HDL-cholesterol-raising effect of orange juice in subjects with hypercholesterolemia. Am J Clin Nutr 72(5):1095-1100. [Funding; Tropicana Products Inc., FL - Kurowska]

ii) Submitted Refereed Papers:

Meizi H, Piché L, Beynon C, Kurtz J, Harris B. Screen-related Sedentary Behaviours of School-aged Children: Principals' and Teachers' Perspectives. *Health Education Journal* (submitted, Nov, 2008)

iii) Published Books:

Sizer F, Whitney E, **Piché L A**. 2009. *Nutrition: Concepts and Controversies* First Canadian Edition. Nelson Education Limited. Scarborough ON. (publication date Apr 2008)

Piché L A. 2008. Canadian Student Information (CSI) Document with Back-of-the-book CD ROM (to accompany entry level Nutrition text) Thomson – Nelson, Scarborough ON.

Piché L A and Garcia A. C. 2008. Canadian Supplemental Information (CSI) Document with Back-of-the-book CD ROM (to accompany entry level nutrition text) Thomson – Nelson, Scarborough ON.

Piché L A. 2007. Canadian Student Information (CSI) Document (to accompany entry level Nutrition text) Thomson – Nelson, Scarborough ON.

Piché L A and Garcia A. C. 2007. Canadian Supplemental Information (CSI) Document (to accompany entry level nutrition text) Thomson – Nelson, Scarborough ON.

Hedley M., **Piché L.A.** and Garcia A.C. 2006. Canadian Supplement to accompany *Nutrition: Concepts and Controversies* 10th edition. Thomson-Nelson, Scarborough ON

Piché L. A. and Garcia A. C. 2004. Second Edition of the Student Handbook for Nutrition Concepts & Controversies 9th Edition. Thomson Learning, Scarborough ON

Piché L. A. and Garcia A. C. 2003. Student Handbook for Nutrition Concepts & Controversies 9th Edition. Thomson Learning, Scarborough ON

Piché L. A. and Garcia A. C. 2002. Foods and Nutrition: Student Handbook Part I. Thomson Learning, Scarborough ON

Piché L. A. and Garcia A. C. 2002. Foods and Nutrition: Student Handbook Part II. Thomson Learning, Scarborough ON

iv) Published Contributions to a Collective Work:

Contributor to Nutrition-related Definitions for Mosby's "Medical, Nursing & Allied Health Dictionary 6th (2002) & Mosby's Dictionary of Medicine, Nursing & Health Professions 7th ed". Publication date, Spring 2006.

v) Published Peer Reviewed Abstracts:

a) M He, **L Piché**, D Battram, I Giroux, C Beynon, J Kurtz. Sweetened beverage consumption – children's perspective. The Obesity Society 2008 Annual Scientific Meeting, October 3-7 2008. Phoenix, AZ (Presentation by a colleague)

b) He M, Harris SB, **Piché L**, Beynon C, Radcliffe D, Evans A, Swan J. Turn-off the screen public health campaign: Did kids turn off ? California Childhood Obesity Conference Anaheim CA Jan 2007 (Oral presentation by M He) [Funding: CIHR – **Principal Investigators** – M He and S Harris, Co-Investigator L Piché]

c) He M, Harris S, **Piché L**, Beynon C, Radcliffe D, Evans A, Swan J. Screen-related sedentary behaviours among school-aged children: Principals' and teachers' perspectives. Second National Conference by the Chronic Prevention Alliance of Canada (CDPAC) Toronto ON Nov 2006 (Oral presentation by M He) [Funding: CIHR – **Principal Investigators** - M He and S Harris, Co-Investigator L Piché]

d) He M, Harris S, **Piché L**, Clarson C, Ho M & Callaghan C. Pediatric overweight and obesity management: Primary health care providers' views, practices, perceived barriers and needs. 10th Annual CDA / CSEM Professional Conference, Toronto ON Oct 2006 (Oral presentation by M He) [Funding; CIHR / Heart and Stroke Foundation of Canada – **Principal Investigators** - M He, L Piché and S Harris]

e) Piché L (presenter), He M, Callaghan C and Ho M. Childhood Overweight & Obesity in Our Region: Physicians views, practices, perceived barriers and needs. Middlesex London Health Unit, Public Health in

Contributions Action: Bridging Research & Practice symposium . London, June 05, 2006. (oral presentation) [Funding; Public Health Research, Education and Development (PREHD) Program, & Family Health Promotion Team, Middlesex-London Health Unit, London ON – PIs – M He and L Piché]

f) He M (presenter), Harris SB, Beynon C, **Piche L**, Swan J, Evans A et al. Determinants of screen-related sedentary behaviors in school-aged children: a multilevel analysis. Canadian Society of Clinical Nutrition 5th Annual Scientific Meeting. May 25-27 2006, Edmonton, Alberta, Canada (oral presentation) [Funding; CIHR – M He and S Harris PI's, L Piché Co-Investigator]

g) He M, Harris S, **Piché L**, Beynon C, Radcliffe D, Evans A, Swan J. Screen-related sedentary behaviours among school-aged children (Oral presentation by M He at CDA in Oct 2005 in Edmonton AB) [Funding; CIHR – He and Harris PI's, Piché Co-Investigator]

h) He M, Harris S, **Piché L**, Beynon C, Radcliffe D, Evans A, Swan J. Working Together to Find Answers: Children's Sedentary Behaviours (Poster presentation at CPHA in Sept 2005 in Ottawa) [Funding; CIHR – He and Harris PI's, Piché Co-Investigator]

i) Piché L, He M, Callaghan C, Ho M. Childhood Overweight and Obesity Management: Physicians' Views, Practices, Perceived Barriers and Needs. 48th Annual Meeting of The Canadian Federation of Biological Sciences: Second Northern Lights Conference. Guelph ON June 2005 [Funding; Public Health Research, Education and Development (PREHD) Program, & Family Health Promotion Team, Middlesex-London Health Unit, London ON – He and Piché]

j) Aizawa K, Marin M, Torres I, Lawrence MA, Manley JA, **Piché LA**, Shoemaker KJ, Petrella RJ. Lifestyle modification effects on cardiovascular function in those at risk for cardiovascular diseases. Am J Hypertens 2005; 18: 10A (P-1). [Funding; Canadian Coalition for High Blood Pressure Prevention and Control / CIHR / Heart and Stroke Foundation of Canada / BiovailPharaceuticals Inc - Petrella]

k) Aizawa K, Marin M, Torres I, Lawrence M, Manley JA, **Piché LA**, Shoemaker K, Petrella RJ. Effects of lifestyle modification on cardiovascular function in those at risk for cardiovascular diseases. Med Sci Sports Exerc 2005; 37:S92 (492) [Funding; Canadian Coalition for High Blood Pressure Prevention and Control / CIHR / Heart and Stroke Foundation of Canada / BiovailPharaceuticals Inc - Petrella]

l) Garcia AC, **Piché LA**, Nath V. Awareness, Knowledge and Use of Canada's Food Guide Among University Students. (Poster presented by A C Garcia at the International Conference of Dietetic Associations in Chicago IL May 2004. [Funding; Brescia University College]

m) Piché LA, Kurowska EM, Hegele RA. Genetic Variation in PON1 and Plasma Lipid Response to Orange Juice in Hypercholesterolemic Subjects. (Abstract at Canadian Federation of Biological Sciences, Montreal PQ June 2002. [Funding; Heart & Stroke Foundation of Ontario - T4772 Hegele]