

DATE: May 19, 2008

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

EDUCATION

Undergraduate

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

Other Advanced Degrees

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

ACADEMIC APPOINTMENTS:

Instructor Physical Education Department 8/88 - 5/91
University of Nebraska-Kearney
Kearney, NE

Research Assistant Professor University of Pittsburgh School of Medicine 6/96 - 7/98
Pittsburgh, PA

Primary Appointment:
Department of Psychiatry
Obesity/Nutrition Research Center
Secondary Appointment:
Dept. of Health and Physical Education

Assistant Professor University of Kansas 8/98-7/99
Director of Clinical Programs Dept. of Health, Sport, and Exercise Sciences
Lawrence, KS

Assistant Professor (Research) Brown University School of Medicine 8/99-6/01
Miriam Hospital
Psychiatry and Human Behavior
Weight Control and Diabetes Research Center

Associate Professor (Research) Brown University School of Medicine 7/01- 12/02

Miriam Hospital
Psychiatry and Human Behavior
Weight Control and Diabetes Research Center

Assistant Professor
Director
University of Pittsburgh
Physical Activity and Weight Management Research Center
Department of Health, Physical, and Recreation Education
1/02 – 4/03

Associate Professor
Director
Chair (10/03 – present)
University of Pittsburgh
Physical Activity and Weight Management Research Center
Department of Health and Physical Activity
5/03 – 8/07

Professor
Director
Director
Chair (10/03 – present)
University of Pittsburgh
Physical Activity and Weight Management Research Center
Obesity/Nutrition Research Center
Department of Health and Physical Activity
9-07 – present

HOSPITAL APPOINTMENTS

Exercise Physiologist
Mercy Medical Center
East Hills Rehabilitation and Fitness Institute
Johnstown, PA
5/91-12/91

Senior Research Associate
University of Pittsburgh Medical Center
Western Psychiatric Institute and Clinic
Behavioral Weight Control Program
Pittsburgh, PA
9/91-5/95

Senior Fellow
University of Pittsburgh Medical Center
Western Psychiatric Institute and Clinic
Behavioral Weight Control Program
Pittsburgh, PA
5/95-8/95

Senior Fellow
Administrator, Obesity/Nutrition
Research Center
University of Pittsburgh Medical Center
Western Psychiatric Institute and Clinic
Pittsburgh, PA
8/95-6/96

Data Safety Monitoring Board	National Institutes of Health - NHLBI	1997-2001, 2003 - Present
Data Safety Monitoring Board	National Institutes of Health – NIDDK	2002-2003

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

MEMBERSHIPS IN SOCIETIES

American Alliance for Health, Physical Education, Recreation and Dance		1986 - present
American College of Sports Medicine - (Fellow)		1989 - present
Chair, Task Force on Obesity Prevention, Treatment, and Reversal in Children and Adults		2004 - present
Clinical Exercise Physiology Committee		2000 - 2002
Health and Fitness Summit Program Committee		1999 – present
National Annual Meeting Program Committee		2003 - 2008
Behavioral Science Ad-Hoc Committee		1998 – 2001
Chair, Behavioral Science Strategic Health Initiative		2002 –
present		
Health and Science Policy Committee		1997 – 2000
Exhibits Advisory Committee		1998 – present
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
North American Association for the Study of Obesity (Fellow)		1994 - present
Program Committee		1999, 2006-2007
Society of Behavioral Medicine		1998 - 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
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**. 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.
38. **Jakicic JM** and Gallagher KI. Exercise considerations for the sedentary, overweight adult. *Exercise and Sport Science Reviews*. 2003; 31(2): 91-95.
39. **Jakicic JM**. Exercise strategies for the obese patient. *Prim Care*. 2003, 30(2): 393-403.
40. 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.
41. **Jakicic JM**, Marcus BH, Gallagher KI, Napolitano M, Lang W. Effect of exercise dose and intensity on weight loss in overweight, sedentary women: a randomized trial. *JAMA*. 2003; 290(10): 1323-1330.
 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. Do Psychosocial Parameters Change with Exercise Adoption 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, Albrecht 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. In Press at *Archives of Internal Medicine*.
65. 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. In Review at *Pediatric Exercise Science*.
66. 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. In Review at *Clinical Trials*.
67. 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. In Review: *Preventive Medicine*.

68. 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. In Review at *Obesity Research*.
69. Fleet-Michaliszyn S, Soreca I, Otto A, **Jakicic JM**, Fagiolini A, Kupfer DK, Goodpaster BH. Obesity, Body Composition and Insulin Resistance in Women With Bipolar Disorder. In Press. *The Journal of Clinical Psychiatry*.
70. Josbeno DA, Eid GM, **Jakicic JM**. Physical Activity and Physical Function Changes in Obese Individuals following Gastric Bypass Surgery. In Review: *Surgery for Obesity and Related Disease*.
71. Janney CA, **Jakicic JM**. The influence of exercise and BMI on injuries and illnesses in overweight and obese individuals. In Review: *Obesity*.
72. Lewis B, Williams DM, Neighbors C, **Jakicic JM**, Marcus BH. Cost Analysis of Internet vs. Print Interventions for Physical Activity Promotion. In Review: *American Journal of Preventive Medicine*.
73. Napolitano, MA, Borradaile KE, Lewis BA, Whiteley JA, Longval J, Parisi A, Albrecht A, Sciamanna C, **Jakicic JM**, Papandonatos G, Marcus BH. Comparison of self-report and accelerometry to assess physical activity patterns in a randomized trial. In Review: *Medicine and Science in Sports and Exercise*.
74. Donnelly JE, **Jakicic JM**, Blair SN, Rankin J, Manore M. Update for the 2001 ACSM Position Stand on Appropriate Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults. In Review: *Medicine and Science in Sports and Exercise*.

OTHER PUBLICATIONS

1. **Jakicic JM**, Otto AY, Polzien K, Davis Kelliann. Physical Activity and Weight Control. *Epidemiology Methods in Physical Activity Studies*. Ed: I-Minn Lee. Oxford University Press: New York. In Press.
2. **Jakicic JM**. Managing Obesity: A Clinical Guide. Physical Activity. Chicago, IL: American Dietetic Association. In Press.
3. **Jakicic JM**, Otto AD, Polzien K, Davis KA. Physical Activity and Obesity. In Press: *Contemporary Endocrinology*. Eds: Robert Kushner and Daniel Bessesen.
4. **Jakicic JM**, Otto AD, Polzien K. Exercise Therapy for the Overweight Adult. In Press: *Obesity and Overweight: A Clinical Guide Book*. Eds: Caroline M. Apovian, MD.
5. **Jakicic JM**, Otto AD. Exercise as an Approach to Obesity and Metabolic Syndrome. In Press: *Endocrine Updates*. Eds: George Bray and Donna Ryan.
6. **Jakicic, JM**. The Physical Activity and Obesity Link: Considerations for Clinicians. *Virtual Mentor*. 2004, July: <http://www.ama-assn.org/ama/pub/category/12624.html>
7. **Jakicic JM**. Exercise Strategies for the Obese Patient. In: *Prim Care Clin Office Pract*. Philadelphia, PA: W.B. Saunders Company, 2003; 30(2): 393-403.
8. **Jakicic JM**. Physical activity. In: *Obesity: Etiology, Assessment, Treatment, and Prevention*. Champaign, IL: Human Kinetics, 2003, 203-216.
9. **Jakicic JM**, Gallagher K. Physical activity considerations for management of body weight. In: *Evaluation and Management of Obesity*. Philadelphia, PA: Hanley & Belfus, Inc., 2002, 73-88.
10. Wing RR, **Jakicic JM**. Changing behavior: from a sedentary to an active lifestyle. In: *Physical Activity and Obesity*. Champaign, IL: Human Kinetics, 2000, 372-389.
11. **Jakicic JM**. Weight management: exercise can tip the scale in your favor. *Your Patient and Fitness*. 1998, July/August.
12. **Jakicic JM** and Leermakers EA. Commit to get fit: exercise for life. *Diabetes Spectrum* 1996, 9(3): 202-204.

13. **Jakicic JM**, Gunderson S, Donnelly JE, Ernsbarger J. Preliminary observations of the implementation of the Physical Best assessment protocol. *Nebraska Journal for Health, Physical Education, Recreation and Dance*, October 1990

PUBLICATIONS IN PREPARATION

1. Foy C, Hairston K, **Jakicic JM**, Lewis B, Miller G, Rejeski WJ, Ribisl P, Wagenknecht L. Intensive lifestyle intervention, weight change, and knee pain: longitudinal results from the Action for Health in Diabetes (Look AHEAD) Trial
2. **Jakicic JM**, Thomas E, Davis KK. Examination of new technology to estimate energy expenditure: the validity of the KAL-X Sensor™. For submission to *Medicine and Science in Sports and Exercise*.
3. **Jakicic JM**, Davis KK, Mealy L, Mealy A. Evaluation of a new algorithm to estimate energy expenditure using the SenseWear Pro Armband™. For submission to *Medicine and Science in Sports and Exercise*.
4. Otto AD, **Jakicic JM**, Marcus BH. Effect of weight loss and physical activity on health-related quality of life in overweight adults. For submission to either *Obesity Research* or *International Journal of Obesity*.
5. Davis KK, **Jakicic JM**, Marcus BH. Effect of weight loss and physical activity on body image in overweight adults. For submission to either *Obesity Research* or *International Journal of Obesity*.

ABSTRACTS

1. **Jakicic JM**. The effects of an eight-week exercise program on the resting metabolic rate of males and females. *Central District AAHPERD*, 1989
2. **Jakicic JM**, Donnelly JE, Roscoe M, Stryker J, Phelps C. Actual weight versus estimated body weight in obese adult females. *Central District AAHPERD*, 1989
3. **Jakicic JM**, Roscoe M, Donnelly JE, Jacobsen DJ. Metabolic rate and body composition 12 months post very low calorie diet (vlcd). *American College of Sports Medicine*, 1989
4. Donnelly JE, Jacobsen DJ, Israel RG, Roscoe M, **Jakicic JM**. Metabolic rate is not decreased with very low calorie diet and exercise. *NAASO*, 1989
5. Roscoe M, **Jakicic JM**, Donnelly JE, Pronk N, Jacobsen D. Comparison of RPE, RER, and max heart rate during max VO₂ testing in an obese population. *NAASO*, 1989
6. **Jakicic JM**, Roscoe M, Donnelly JE, Gunderson S, Sintek S, Pronk NP. The influence of vlcd and exercise on absolute and relative strength parameters. *NAASO*, 1989
7. Roscoe M, **Jakicic JM**, Donnelly JE. The relationship between blood lipid levels and fitness levels attained on a modified Bruce protocol with law enforcement officers. *Central District ACSM*, 1989
8. **Jakicic JM**, Roscoe M, Donnelly JE, Gunderson SC. The relationship between maximal oxygen consumption, body composition and girth measurements in law enforcement officers. *Central District ACSM*, 1989
9. Roscoe M, Donnelly JE, **Jakicic JM**. The relationship between regional adiposity and hypertension. *AAHPERD*, 1990
10. Torrence W, Donnelly JE, **Jakicic JM**. The utility of bioelectrical impedance analysis (BIA) across large fluctuations in body weight. *AAHPERD*, 1990
11. Donnelly JE, **Jakicic JM**, Roscoe M, Pederson K. Modification of the Rockport walk test to predict maximal oxygen consumption with morbidly obese. *AAHPERD*, 1990

12. **Jakicic JM**, Donnelly JE, Gunderson S. The relationship of body fat distribution to blood lipids in adult males. *AAHPERD*, 1990
13. Gunderson S, **Jakicic JM**, Donnelly JE, Roscoe M. Relationship of measurements of body fatness to blood pressure. *American College of Sports Medicine*, 1990
14. Donnelly JE, **Jakicic JM**, Torrence W. Accuracy of bioelectrical impedance analysis is related to degree of fatness in females. *American College of Sports Medicine*, 1990
15. Pronk NP, Donnelly JE, **Jakicic JM**. Accuracy of bioelectrical impedance analysis with weight loss in the obese. *American College of Sports Medicine*, 1990
16. Pronk SS, Donnelly JE, **Jakicic JM**, Pederson K. Prediction of VO_{2max} with an 804m walk test with weight loss in obese adults. *American College of Sports Medicine*, 1990
17. **Jakicic JM**, Donnelly JE, Gunderson S, Roscoe M. Investigation of exercise intensity and corresponding physiological markers in obese adults. *American College of Sports Medicine*, 1990
18. Ernsbarger J, **Jakicic JM**, Pederson K. Relationship between body mass index and sum of skinfolds. *Central District AAHPERD*, 1990
19. Roscoe M, **Jakicic JM**, Donnelly JE. Changes in red blood cell count, hematocrit, and hemoglobin levels during severe weight loss utilizing a very low calorie diet. *Central District AAHPERD*, 1990
20. Armento D, **Jakicic JM**, Donnelly JE. Relationship between percent body fat and body mass index across severe weight loss. *Central District AAHPERD*, 1990
21. **Jakicic JM**, Donnelly JE, Roscoe M, Gunderson S. Changes in waist-to-hip ratio across severe weight loss. *Central District AAHPERD*, 1990
22. **Jakicic JM**, Gunderson S, Ernsbarger J. Preliminary observations in the dissemination of Physical Best in central Nebraska. *Central District AAHPERD*, 1990
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62. **Jakicic JM**, Wing RR, Winter C, Clifford L. Accumulation of 150 minutes of exercise per week enhances weight loss and fat loss in overweight adult women. *American College of Sports Medicine*, 1998
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86. Randall CR, **Jakicic JM**, Goss FL, Polakoski T, Robertson RJ. Validation of SenseWear Pro Armband calorimeter to assess energy expenditure during various modes of activity. *American College of Sports Medicine*, 2003.

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88. Gallagher KI, **Jakicic JM**. Mediators of Physical Activity Participation during Periods of Weight Loss. *North American Association for the Study of Obesity*, 2003.
89. Winters C, Gallagher KI, **Jakicic JM**. Comparison of Weight Loss, Physical Activity and Body Image in Obese Women. *North American Association for the Study of Obesity*, 2003.
90. Otto AD, Gallagher KI, **Jakicic JM**. The Effect of Weight Loss and Physical Activity on Health-Related Quality of Life in Obese Adult Women. *North American Association for the Study of Obesity*, 2003.
91. **Jakicic JM**, Gallagher KI, Otto AD, Winters-Hart C, Polzien K, Leh K, Kaczmarek A. Effect of exercise dose on prevention of weight gain and change in fitness in adults. *American College of Sports Medicine*, 2004.
92. Otto AD, **Jakicic JM**, Gallagher KI, Thomas EL, Mohr CR. Effect of an incentive-based motivational campaign on weight loss and physical activity in overweight women. *American College of Sports Medicine*, 2004.
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94. Gallagher KI, **Jakicic JM**, Otto AD, Mohr CR, Thomas EL. Evaluation of alternative exercise treatments on weight loss in overweight women. *American College of Sports Medicine*, 2004.
95. Thomas EL, **Jakicic JM**, Gallagher KI. Does social support for eating and exercise behaviors influence weight loss in overweight adults? *American College of Sports Medicine*, 2004.
96. Mohr CR, **Jakicic JM**, Gallagher KI, Marcus BH, Napolitano M. Effect of macronutrient composition on 12-month weight loss in overweight women. *American College of Sports Medicine*, 2004.
97. Gallagher KI, **Jakicic JM**, Otto AD, Mohr CR, Thomas EL. Promoting a physically active lifestyle through alternative forms of exercise. *American College of Sports Medicine*, 2004.
98. Winters CS, Pruchnic, Katsiaras A, **Jakicic JM**, Goodpaster BH. Increased intramyocellular lipid and capacity for fat oxidation with exercise training. *American College of Sports Medicine*, 2004.
99. **Jakicic JM**, Winters C, Gallagher K, Otto A, Polzien K, Thomas E, Mohr C. Effect of Exercise Dose on Prevention of Weight Gain and Fitness in Adults. *North American Association for the Study of Obesity*, 2004.
100. Otto AD, Gallagher KI, **Jakicic JM**. Effective Mentor-Based Intervention on Psychosocial Parameters and Weight Loss. *North American Association for the Study of Obesity*, 2004.
101. Gallagher KI, **Jakicic JM**, Otto A, Mohr C, Leh K, Thomas E. Effect of Alternative Exercise Modalities on Body Weight, Fitness, and Body Composition in Overweight Women. *North American Association for the Study of Obesity*, 2004.
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104. Thomas EL, Gallagher KI, **Jakicic JM**. Evaluation of weight loss and exercise treatments on body image in overweight women. *American College of Sports Medicine*, 2005.

105. Polzien KM, **Jakicic JM**, Gallagher KI, Otto AD, Winters C, Thomas EL, Mohr C, Garda J, Bosetti S. Predictors of perceived tolerated weight gain and desired weight loss in overweight adults. *American College of Sports Medicine, 2005.*
106. Mohr CR, Gallagher KI, **Jakicic JM**. Effect of weight loss and exercise on serum osteocalcin in overweight women. *American College of Sports Medicine, 2005.*
107. **Jakicic JM**, Otto AD, Winters C, Gallagher KI, Polzien K, Mohr C, Thomas E, Bosetti S, Garda J. 12-month effects of exercise dose and healthy eating on prevention of weight gain and change in fitness. *American College of Sports Medicine, 2005.*
108. Gallagher KI, **Jakicic JM**, Otto AD, Mohr CR, Thomas E. Examination of twelve month changes in body weight and body composition following alternative forms of exercise. *American College of Sports Medicine, 2005.*
109. Crawford K, Robertson RJ, Burdett R, Goss FL, **Jakicic JM**, Nagel-Stilley B. Validation of Sensewear armband to assess energy expenditure of adolescents during various modes of activity. *American College of Sports Medicine, 2005.*
110. **Jakicic JM**, Marcus B, Lang W. Effect of varying doses of exercise on 24-month weight loss in overweight adults. *North American Association for the Study of Obesity, 2005.*
111. Ribisl P, Bahnson J, Gaussoin S, Lang W, **Jakicic JM**, Bright R, Crow R, Curtis J, Soberman J, Steward K. Metabolic syndrome is influenced by exercise capacity in overweight and obese individuals with type 2 diabetes. *North American Association for the Study of Obesity, 2005.*
112. Polzien K, **Jakicic JM**, Otto A, Winters-Hart C, Thomas E, Garda J. Perceived barriers and benefits of exercise in overweight adults. *North American Association for the Study of Obesity, 2005.*
113. Otto A, **Jakicic JM**. The impact of weight and physical activity on health-related quality of life. *North American Association for the Study of Obesity, 2005.*
114. Otto AD, **Jakicic JM**, Thomas EL, Mohr CR, Souaiby T, Bosetti S. Effect of time-based strategies for physical activity on weight loss in overweight individuals. *American College of Sports Medicine, 2006.*
115. **Jakicic JM**, Otto AD, Polzien KM, Semler L. Exercise dose and healthy eating: 18 month effects on prevention of weight gain and change in fitness. *American College of Sports Medicine, 2006.*
116. Andersen RE, Franckowiak S, Bartlett S, Kim K, **Jakicic JM**. Effects of meeting different physical activity guidelines on weight loss in overweight adults. *American College of Sports Medicine, 2006.*
117. Winters-Hart CS, Marcus BH, **Jakicic JM**. Changes in markers of insulin resistance following a 6-month weight loss program in obese women. *American College of Sports Medicine, 2006.*
118. Thomas EL, **Jakicic JM**, Otto AD. Validation of a portable device to estimate energy expenditure during exercise using heat flux technology. *American College of Sports Medicine, 2006.*
119. Weary KA, Polzien KM, Otto AD, **Jakicic JM**. Change in body weight and body composition on muscular strength and function in overweight adults. *American College of Sports Medicine, 2006.*
120. Souaiby TM, **Jakicic JM**, Otto AD. Relationship between perceived importance of weight loss behaviors and actual weight loss in overweight adults. *American College of Sports Medicine, 2006.*

121. Davis KK, **Jakicic JM**, Otto AD, Polzien KM. Prior weight loss attempts as predictors of weight loss success and fitness in overweight adults. *American College of Sports Medicine*, 2006.
122. Wolf DL, Fleet S, Grove G, **Jakicic JM**, Goodpaster BH. Effects of exercise training and fat oxidation in obese women. *American College of Sports Medicine*, 2006.
123. Polzien KM, **Jakicic JM**, Otto AD, Tate D, Barbiauz M, Bosetti S, Helsel D, Kulick K, Souaiby T. The effectiveness of a technology-based system in a short-term behavioral weight loss intervention. *American College of Sports Medicine*, 2006.
124. Helsel DL, **Jakicic JM**, Otto AD. The effects of self-monitoring and a correspondence-based intervention on weight loss, eating and exercise behavior. *American College of Sports Medicine*, 2006.
125. **Jakicic JM**, Otto AD, Davis K, Dutton C, Unick J, Garcia D. 24-Month Success in a Behavioral Program for Weight Loss: Influence of Physical Activity and Eating Behaviors. *The Obesity Society*, 2008.
126. Unick J, **Jakicic JM**, Otto A. Influence of fitness on 24-month changes in physical activity and weight loss. *The Obesity Society*, 2008.
127. Otto AD, **Jakicic JM**. Examination of a behavioral intervention on weight loss and physical activity in various BMI categories. *The Obesity Society*, 2008.
128. Davis K, **Jakicic JM**, Otto AD, Spadaro K. The impact of mindfulness meditation on eating behaviors and weight loss. *The Obesity Society*, 2008.
129. Dutton C, **Jakicic JM**, Otto AD. The influence of previous weight loss on weight loss during a behavioral intervention in overweight women. *The Obesity Society*, 2008.
130. Catenacci V, Grunwald G, Ingebrigtsen JP, **Jakicic JM**, Phelan S, Wing R, Hill J, Wyatt H. Objective assessment of physical activity in the National Weight Control Registry. *The Obesity Society*, 2008.

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. America On the Move in Pittsburgh. *Pittsburgh Dietetic Conference*. Pittsburgh, PA. February 2007 (Regional).
98. 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).
99. Likely Impacts, Outcomes, and Effects of Current Trends. *Governor's Outdoor Conference*. State College, PA. March 2007 (Regional).
100. Get Moving Pittsburgh: A Model to Successfully Activate Your Community. *ACSM Health and Fitness Summit*. Dallas, TX. March 2007 (National).
101. Development and Implementation of a Translational Model in Obesity-Related Research. University of Pittsburgh. Pittsburgh, PA. October 2007 (Regional).
102. The Role of Physical Activity in Obesity Control. *American Heart Association*. Orlando, FL. November 2007 (National).
103. Exercise, abdominal obesity and metabolic risk: results from effectiveness-based intervention studies. International Chair on Cardiometabolic Risk. Paris, France. December 2007 (International).
104. Considerations for Successful Grant Writing. Ball State University. Muncie, IN. January 2008 (Regional).

GRANTS

Active

1. Osteoporotic Fractures in Men – MROS

Principal Investigator: Jane Cauley, Ph.D.

Agency: NIH – AR

Type: 2U01 AR045654-08A Period: 08/01/06 – 07/31/12

Project Total Direct Costs: \$7,463 Project Total Indirect Costs: \$3,620

This study is examining factors associated with falls and fractures in older adults.

2. Comprehensive Assessment of Long-Term Effects of Reducing Intake of Energy

Principal Investigator: Amy D. Otto, Ph.D.

Agency: NIH – AG

Type: U01 AG22132 04 Period: 05/01/06 – 08/31/07

Project Total Direct Costs: \$102,771 Project Total Indirect Costs: \$49,843

This study is examining the long-term effect of reducing energy intake of metabolic and physiological factors related to obesity and health risk.

3. Study of Health Outcomes of Weight Loss (S.H.O.W.)

Principal Investigator: John M. Jakicic, Ph.D.

Agency: NIH – NIDDK

Type: U01 (DK56992) Period: 9/30/99 - 7/31/13

Project Total Direct Costs: Project Total Indirect Costs:

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

4. Enhancing Exercise Participation in Overweight Adults

Principal Investigator: John M. Jakicic, Ph.D.

Agency: NIH – NHLBI

Type: R01 (HL67826) Period: 9/01/03 - 8/31/07

Project Total Direct Costs: \$1,108,347 Project Total Indirect Costs: \$476,539

The major goals of this project are to examine strategies for improving the adoption and maintenance of exercise in overweight adults and to determine if this will translate into improvements in weight loss following 18 months of treatment.

5. Obesity/Nutrition Research Center

Principal Investigator: John M. Jakicic, Ph.D.

Agency: NIH – NIDDK

Type: P30 (DK46204) Period: 4/01/03 - 3/31/08

Project Total Direct Costs: \$3,750,000 Project Total Indirect Costs: \$1,818,750

The major goal of this project is to enhance the scope and type of research being conducted in the areas of obesity and nutrition, and to provide support and resources to investigator to facilitate this research.

6. School-Based Prevention of Type 2 Diabetes

Principal Investigator: Marsha D. Marcus, Ph.D.

Agency: NIH – NIDDK

Type: U01 DK61230 Period: 3/01/04 - 2/28/09

Project Total Direct Costs: Project Total Indirect Costs:

The major goal of this multi-center project is to develop an intervention targeting the reduction in risk factors for Type 2 Diabetes in children in the 6th – 8th grade.

7. New Portable Technology to Improve Assessment of Physical Activity

Principal Investigator: John M. Jakicic, Ph.D.

Agency: NIH – NIDDK

Type: R21 DK066150 Period: 7/01/04 - 6/30/07

Project Total Direct Costs: \$175,000 Project Total Indirect Costs: \$98,128

The major goal of this project is to examine the validity and reliability of the KALX armband for assessing energy expenditure.

Completed Research Grants

1. Exercise Adherence in a Behavioral Weight Loss Program (F.I.R.S.T. Award)

Principal Investigator: John M. Jakicic, Ph.D.

Agency: NIH – NHLBI

Type: R29 (HL56127) Period: 5/15/96 - 4/30/00

2. A Mentor-Based Approach to Long-Term Weight Loss

Principal Investigator: John M. Jakicic, Ph.D.

Agency: NIH – NIDDK

Type: R01 (DK57384) Period: 9/30/99 – 8/31/03

Project Total Direct Costs: \$374,971 Project Total Indirect Costs: \$213,733

3. Dose-response of exercise on long-term weight loss

Principal Investigator: John M. Jakicic, Ph.D.

Agency: NIH – NHLBI

Type: R01 (HL63312) Period: 9/1/99 - 8/31/04

Project Total Direct Costs: \$1,044,080 Project Total Indirect Costs: \$506,642

4. Exercise Intervention to Reduce Recurrent Preeclampsia

Principal Investigator: Thelma Patrick, Ph.D., RN

Co-Investigator: John M. Jakicic, Ph.D. (subcontract with Magee Women's Hospital)

Agency: NIH – NINR

Type: R01 (NR05275) Period: 7/01/00 – 6/30/05

Project Total Direct Costs: \$1,225,000 Project Total Indirect Costs: \$574,763

5. Changing Cafeteria Portion Sizes to Prevent Weight Gain

Principal Investigator: Stella Volpe, Ph.D.

Agency: NIH – NIDDK

Type: R03 DK063991 Period: 9/01/04 - 4/30/05

Project Total Direct Costs: \$22,222 Project Total Indirect Costs: \$10,778

The major goal of this project is to examine if modifications in a cafeteria environment impact eating behaviors and body weight in college-aged participants.

7. Interactive Technology to Increase Exercise Behavior

Principal Investigator: John M. Jakicic, Ph.D.

Agency: NIH – NHLBI

Type: R01 HL Period: 2/01/04 - 5/31/06 (Subcontract)

Project Total Direct Costs: \$68,012 Project Total Indirect Costs: \$30,814

The major goal of this project is to examine the effectiveness of technology to deliver behavioral interventions to increase exercise participation.

8. Effects of Exercise on Prevention of Weight Gain

Principal Investigator: John M. Jakicic, Ph.D.

Agency: NIH – NHLBI

Type: R01 (HL070257) Period: 1/27/03 - 12/31/07

Project Total Direct Costs: \$1,260,646 Project Total Indirect Costs: \$570,031

The major goal of this project is to examine strategies for improving exercise participation and to examine the impact of this intervention on long-term weight loss.

UNIVERSITY TEACHING ROLES

University of Nebraska – Kearney

Human Anatomy and Kinesiology 1989-91

Healthy Living 1989

Fitness Testing and Prescription 1990-91

Exercise Physiology 1990-91

University of Kansas

Clinical Fitness Evaluation Techniques 1998-99

Brown University

Supervision of a Student Intern 1999-2000

University of Pittsburgh

Undergraduate Courses:

Applied Human Anatomy 2002-05

Obesity & Chronic Disease 2004-07

Graduate Courses:

Prevention & Treatment of Obesity 2002-08

Grant Writing for Health & Physical Activity 2005-07

Physical Activity and Health 2006, 2008

Chronic Disease Case Studies 2007

Professional Seminar 2007

COMPLETED DOCTORAL DISSERTATIONS AND MASTERS THESES

Alyssa Mealey (Doctoral Candidate)

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

University of Pittsburgh

Role: Chair

Lisa Mealey (Doctoral Candidate)

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

University of Pittsburgh

Role: Chair

Anne Matthews (Doctoral Candidate)

Note: Title to be determined

University of Pittsburgh

Role: Co-Chair

Completed: June 2008

Kelly Zilles (MS Thesis)

Psychological Stress-Induced DNA Damage in Trained and Untrained Individuals

University of Pittsburgh (Active)

Role: Committee Member

Completed: August 2007

Laura A. Fonzi (MS Thesis)

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

University of Pittsburgh (Active)

Role: Chair

Completed: June 2008

Tina Souaiby

Examination of Perceived Importance of Willingness to Engage in Weight Loss Behaviors

University of Pittsburgh

Role: Chair

Completed: May 2007

Amanda Salacinski, Ph.D.

The Effects of Vitamin D on Neuromuscular Function in Patients with Crohn's Disease

University of Pittsburgh (Active)

Role: Committee Member

Completed: March 2007

Ruth Kowalis, Ph.D.

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

University of Pittsburgh (Active)

Role: Chair

Completed: December 2006

Donna Wolf, Ph.D.

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

Assessment of Fun to Be Fit in Pittsburgh Public Schools

University of Pittsburgh (active).

Role: Committee Member

Completed: August 2006

Kristen Polzein, Ph.D.

The Effect of HealthWear on Weight Loss in Adults

University of Pittsburgh

Role: Chair

Completed: December 2005

Erin Thomas, Ph.D.

The Accuracy of the SenseWear Pro Armband to Estimate Energy Expenditure

University of Pittsburgh

Role: Chair

Completed: December 2005

Kimberly Weary, MS (Thesis)

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

The Effect of Meal-Periodicity on Weight Loss

University of Pittsburgh

Role: Chair

Completed: 2005

Diane Helsel, Ph.D., RD
Effect of Self-Monitoring on Weight Loss in Overweight Adults
University of Pittsburgh
Role: Chair
Completed: 2005

Kim Crawford, Ph.D., RD
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.
The Effects of Aerobic Exercise on Insulin Resistance in Older Men and Women
University of Pittsburgh
Role: Committee Member
Completed: 2003

Melody A. Srsic, MS
Improving functionality of older adults: a comparison of land and water exercise to improve flexibility, balance and mobility
University of Pittsburgh (Masters Thesis)
Role: Committee Member
Completed: 2003

Amy D. Otto, Ph.D., RD
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.
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.
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.

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.

Ergogenic effect of oral creatine monohydrate supplementation on anaerobic exercise performance

University of Pittsburgh

Role: Committee Member

Completed: 1999

G. Greg Haff, Ph.D.

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

University of Kansas

Role: Committee Member

Completed: 1999