GRADUATE AND POSTDOCTORAL STUDIES

McGILL UNIVERSITY

DOCTOR OF PHILOSOPHY

OF

TAMARA R. COHEN
SCHOOL OF HUMAN NUTRITION

CHANGES IN BODY COMPOSITION AND EATING BEHAVIORS IN 6- TO 8-YEAR-OLD CHILDREN WITH OBESITY PARTICIPATING IN A FAMILY-CENTERED LIFESTYLE INTERVENTION: RESULTS FROM A 1 YEAR RANDOMIZED CONTROLLED TRIAL

October 23, 2017
9:15 am

Raymond Building, Room R3-037.
McGill University, Macdonald Campus

COMMITTEE:
Dr. Frances Aboud (Pro-Dean) (Department of Psychology)
Dr. T. Johns (Chair) (School of Human Nutrition)
Dr. H. Weiler (Supervisor) (School of Human Nutrition)
Dr. S. Kubow (Internal Examiner) (School of Human Nutrition)
Dr. H. Ramiro Melgar-Quinonez

Results: (Aim 1) Baseline anthropometry did not differ among groups. At 12 months, all groups increased height (p<0.001) and lean mass (p<0.001), however BAZ was significantly lower in ModTx (p<0.001); %BF was also lower in ModTx (p=0.02), but not in StnTx (p=0.99) or Ctrl (p=0.99). FM, waist circumference and BMI z-score significantly increased in Ctrl (p<0.001). ModTx significantly decreased erythrocyte fatty acids related to dietary intake by 6 months (p<0.05). (Aim 2) Compared to baseline, 12 month measures of BMC in WB, LS, and LLS had significantly increased among all groups (p<0.001). However, WB BMD z-scores were significantly lower in Ctrl at 12 months compared to baseline (p<0.05), whereas BMD for WB and LLS were (w)5(8(i)-9(s)-9((w)5(8(iow)22.6<)4(0.)413(er-oot)-5( )-iowy)TJ(nc)-8(r)-10

CURRICULUM VITAE

UNIVERSITY EDUCATION

2011/1–2017/8 McGill University, Montreal, Canada.

2006/9–2009/8 McGill University, Montreal, Canada.

2002/9–2005/12 , McGill University, Montreal, Canada.

EMPLOYMENT

2013/9-2013/12 Teaching Assistantship: Stage Level 4 (NUTR 510), McGill University.

2012/9-2012/12 Course Co-Instructor: Health and Wellness (EDKP 292), Kinesiology and Physical Education, McGill University.

2011/1-2011/4 Course Co-Instructor: Nutritional Assessment (NUTR 436), School of Nutrition, McGill University.

2009/1-2010/12 Clinical Coordinator, School of Human Nutrition, McGill University.

2006/1–2009/12 Teaching Assistantship: Clinical Nutrition I/II (NUTR 344/545), School of Human Nutrition, McGill University.

2007/1–2007/12 Community Dietitian, CLSC Lac-Saint-Louis, Pointe-Claire, Quebec.

2006/1–2006/12 Clinical Dietitian, Lakeshore General Hospital, Pointe-Claire, Quebec.

AWARDS

2012-17 Canadian Institutes of Health Research (CIHR): Fredrick Banting and Charles Best Doctoral Research Award.

2013 GREAT Travel Award: School of Human Nutrition, McGill University.

2012 Graduate Research Enhancement and Travel Award, McGill University.

2011 Walter M. Stewart Postgraduate Scholarship in Agriculture, McGill University.

2010 Provost Graduate Fellowship, School of Nutrition, McGill University.

2009 Master's Award in Applied Population and Public Health Research, Canadian Public Health Association, Canadian Institute for Health Information and Government of Canada.

2005 Provost Graduate Fellowship, School of Nutrition, McGill University.

PUBLICATIONS

Published:

Cohen TR, Hazell TJ, Vanstone CA, Rodd C, Weiler HA. Bone health is maintained, while fat mass is reduced in pre-pubertal children with obesity participating in a 1-year family-centered lifestyle intervention. 2017, Cal Tissue Int (2) https://doi.org/10.1007/s00223-017-0318-8.

Cohen TR, Hazell TJ, Vanstone CA, Rodd C, Weiler HA. A family-centered lifestyle intervention for obese six- to eight-year-old children: Results from a one-year randomized controlled trial conducted in Montreal, Canada. Can J Public Health. 2016, 107(4-5):e453-60.

Hazell TJ, Ellery CV, **Cohen TR**, Vanstone CA, Rodd CJ, Weiler HA. Assessment of pedometer accuracy in capturing habitual types of physical activities in overweight and obese children. Pediatr Res. 2016, 80(5):686-92.

Weiler HA, Jean-Philippe S, **Cohen TR**, Vanstone CA, Agellon S. Depleted iron stores and iron deficiency anemia associated with reduced ferritin and hepcidin and elevated soluble transferrin receptors in a multiethnic group of preschool-age children. Appl Physiol Nutr Metab. 2015, 40(9):887-94.

Kasvis P, **Cohen TR**, Loiselle SÈ, Kim N, Hazell TJ, Vanstone CA, Rodd C, Plourde H, Weiler HA. Foot-to-foot bioelectrical impedance accurately tracks direction of adiposity change in overweight and obese 7- to 13-year-old children. Nutr Res. 2015, 35(3):206-13.

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Under peer-review-