



# Ruth Brown,

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## CURRICULUM VITAE

### Education, Certificates and Training

06/2015	Kinesiology and Health Science (Epidemiology)	York University
06/2011	Health and Exercise Science (Neuromuscular Physiology)	University of British Columbia
06/2009	Human Kinetics (Movement Science)	University of Windsor

### Professional Activities

2015-Present	Research Project Coordinator	LMC Diabetes & Endocrinology
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### Publications or in Press

**Brown RE**, Sharma AM, Ardern CI, Mirdamadi P, Mirdamadi P, Kuk JL. Secular differences in the association between caloric intake, macronutrient intake, and physical activity with obesity. *Obesity Research and Clinical Practice*. In press. doi: <http://dx.doi.org/10.1016/j.orcp.2015.08.007>

Canning KL, **Brown RE**, Wharton S, Sharma AM, Kuk JL. Edmonton Obesity Staging System prevalence and association with weight loss in a community obesity clinic. *International Journal of Obesity* 2015.

D Jiandani, A Rhandhawa, **RE Brown**, R Hamilton, AG Matthew, JL Kuk, SMH Alibhai, E Tufts, D Santa Mina. The effect of cycling on prostate-specific antigen (PSA) levels: a systematic review and meta-analysis. *Prostate Cancer and Prostatic Diseases* 2015:1-5. Impact Factor: 2.83.

**Brown RE**, Kuk JL, Lee SJ: Associations between visceral fat and liver fat with insulin sensitivity in obese adolescents. *Biochemistry and Cell Biology* 2014, online ahead of print, DOI: 10.1139/bcb-2014-0064. Impact Factor: 2.92.

**Brown RE**, Kuk JL: Consequences of obesity and weight loss: a devil's advocate position. *Obesity Reviews* 2014, online ahead of print, DOI: 10.1111/obr.12232. Impact Factor: 6.87.

**Brown RE**, Kuk JL, Lee SJ: Measurement site influences abdominal subcutaneous and visceral adipose tissue in obese adolescents before and after exercise. *Pediatric Obesity* 2014, online ahead of print, DOI: 10.1111/j.2047-6310.2014.224.x. Impact Factor: 2.28.

Harwood B, Cornett KMD, Edwards DL, **Brown RE**, Jakobi JL. The effect of tendon vibration on motor unit activity, intermuscular coherence and force steadiness in the elbow flexors of males and females. *Acta Physiologica* 2014, 211: 597-08. Impact Factor: 4.38.

**Brown RE**, Kuk JL. Age-related differences in the consequences of obesity on cardiovascular disease, type 2 diabetes, osteoarthritis, cancer, physical function, osteoporosis, cognitive function, and mortality risk in the elderly. *Health Aging and Clinical Care in the Elderly* 2014, 6:25-32.

Canning KL, **Brown RE**, Jamnik RE, Art Salmon, Chris I Ardern, Kuk JL: Individuals underestimate moderate and vigorous intensity physical activity. *PLoS One* 2014, 16;9(5):e97927. Impact Factor: 3.53.

Canning KL, **Brown RE**, Jamnik RE, Kuk JL: The relationship between obesity and obesity-related morbidities weakens with ageing. *Journal of Gerontology* 2014, 69(1):87-92. Impact Factor: 4.31.



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**Brown RE**, Riddell MC, MacPherson AK, Canning KL, Kuk JL: The association between frequency of physical activity and mortality risk across the adult age span. *Journal of Aging and Health* 2013, 25(5):803-14. Impact Factor: 1.56.

**Brown RE**, Riddell MC, MacPherson AK, Canning KL, Kuk JL: The joint association of physical activity, blood pressure control, and pharmacologic treatment of hypertension for all-cause mortality risk. *American Journal of Hypertension* 2013, 26(8):1005-10. Impact Factor: 3.67.

**Brown RE**, Riddell MC, MacPherson AK, Canning KL, Kuk JL: All-cause and cardiovascular mortality risk in U.S. adults with and without type 2 diabetes: influence of physical activity, pharmacological treatment and glycemic control. *Journal of Diabetes and Its Complications* 2014, 28(3): 311-315. Impact Factor: 2.11.

**Brown RE**, Edwards DL, Jakobi JM. Sex differences in force steadiness in three positions of the forearm. *European Journal of Applied Physiology* 2010, 110(6), 1251-57. Impact Factor: 2.66.

**Brown RE**, Bruce SH, Jakobi JM. Is the ability to maximally activate the dorsiflexors in men and women affected by indwelling electromyography needles? *Archives of Physical Medicine and Rehabilitation* 2009, 90(12): 2135-40. Impact Factor: 2.18.

### Submitted in Review

**Brown RE**, Canning KL, Fung M, Jiandani D, Riddell MC, Macpherson AK, Kuk JL. Influence of body weight class, weight loss status, and exercise intensity on calorie estimation of exercise and food. *Medicine and Science in Sports and Exercise*. (Submitted September 5, 2015)

**Brown RE**, Canning KL, Fung M, Jiandani D, Kuk JL. Waist circumference at five common measurement sites in normal weight and overweight adults: which site is most optimal? *Obesity Research and Clinical Practice*. (Submitted September 10, 2015)

Kuk JL, **Brown RE**. Aspartame but not saccharin is associated with greater glucose intolerance in obesity. *Applied Physiology Nutrition and Metabolism*. (Submitted September 10, 2015)

**Brown RE**, Kuk JL: Chapter: Composite Risk Scores. (Revision Submitted to *Lifestyle Medicine - Manual for Clinical Practice*, Springer). Editor – Robert Kushner and Jeffery Mechanick.

### Honours & Awards

- 2014 Foster Schauer Award (for research that represents the interests of both The Obesity Society and the American Society for Metabolic and Bariatric Surgery)
- 2014 Ethans Sims Young Investigator Award Finalist (recognizes excellence in research by young investigators during the annual Obesity Society scientific meeting)
- 2014 Susan Mann Dissertation Scholarship
- 2014 Ontario Graduate Scholarship
- 2013 Canadian Obesity Network Student Training Scholarship
- 2011 York University Graduate Scholarship
- 2011 NSERC Canadian Graduate Scholarship – Doctoral
- 2011 University of British Columbia Killam Graduate Award
- 2011 Governor General Academic Gold Medal (most outstanding academic achievement for a master's graduate)



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- 2010 University of British Columbia Research Travel Award
- 2009 University of British Columbia Graduate Fellowship
- 2009 NSERC Canadian Graduate Scholarship –Julie Payette Award
- 2009 NSERC Andrew Hamer Award Finalist
- 2009 Ontario Graduate Scholarship
- 2007 NSERC Undergraduate Student Research Award

### Published Abstracts and Conference Proceedings

**Brown RE**, Canning KL, Fung MDT, Jiandan D, Kuk JL. Does BMI, Weight Loss Status, or Exercise Intensity Influence the Accuracy of Calorie Estimation? Poster presentation. 4<sup>th</sup> Canadian Obesity Summit, Toronto, May 2015.

**Brown RE**, Sharma AM, Ardern CI, Mirdamadi P, Mirdamadi P, Kuk JL: The association between calorie intake, macronutrient intake, and physical activity with obesity over time. Oral presentation. Obesity Society, Boston, Oct 2014.

Kuk JL, Canning KL, **Brown RE**, Wharton S, Sharma AM: Edmonton Obesity Staging System Prevalence and Association with Weight Loss in a Community Obesity Clinic. Poster. Obesity Society, Boston, Oct 2014.

**Brown RE**, Canning KL, Kuk JL: Waist Circumference and Metabolic Health Risk: Where Should I Measure? Oral Presentation. COSM, Waterloo, Ontario, Canada, June 18-21, 2014.

Lee SJ, **Brown RE**, Libman I, Michelle Rivera-Vega M and Kuk JL: Independent associations between visceral fat, liver fat and insulin sensitivity in obese adolescents. Pediatric Academy Societies, Vancouver, May 2014.

**Brown RE**, Canning K, Kuk JL: Calorie estimation after moderate and vigorous exercise differs by BMI and Weight Loss Status. Poster. Canadian Society for Exercise Physiology: AGM, Toronto, ON, 2013.

Canning K, **Brown RE**, Wharton S, Sharma AM, Kuk JL: Edmonton Obesity Staging System Prevalence in the Wharton Medical Clinic and the Association with Weight Loss. Oral presentation. Canadian Obesity Network Summit, Vancouver, BC, 2013.

**Brown RE**, Canning K, Kuk JL: What does 'Healthy' or 'Overweight' look like? Poster. Canadian Obesity Network Summit, Vancouver, BC, 2013.

Canning K, **Brown RE**, Kuk JL: Can Canadians accurately estimate light, moderate and vigorous intensity exercise in accordance with Canada's Physical Activity Guide? Canadian Society for Exercise Physiology AGM, Regina SK, 2012.

**Brown RE**, Riddell MC, MacPherson A, Kuk JL: Differences in the association between physical activity engagement and mortality risk across the adult age span. Poster. Canadian Society for Exercise Physiology AGM, Regina SK, 2012.

**Brown RE**, Mirdamadi P, Kuk JL: Do currently recommended waist circumference measurement sites match what individuals find most intuitive and easy to self-measure? Poster. Int Congress Ab Obesity – 2012)

**Brown RE**, Uniat D, Bigsby S, Binsted G, Jakobi JM: Sex differences in cortical drive influence steadiness and EMG of elbow flexors (APNM, 2010)

**Brown RE**, Karn N, Jakobi JM. The effects of caffeine on forearm steadiness and EMG at different submaximal force levels, (oral), Alberta Motor Control Meeting, Kananaskis, Alberta, 2010



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**Brown RE, Edwards DL, Jakobi JM.** Sex differences in force steadiness: dependence upon strength and variance due to forearm position, (oral), Alberta Motor Control Meeting, Jasper, Alberta, 2009

**Brown RE, Edwards DL, Jakobi JM.** Effect of tendon vibration on elbow flexor force steadiness and motor unit activity in men and women. Oral presentation. American College of Sports Medicine Annual General Meeting, Seattle, Washington, 2009.

### Memberships in Scientific Associations

- 2007-2014 Canadian Society for Exercise Physiology
- 2011-2015 Canadian Obesity Network

### Memberships in Scientific Associations

- 2014-2015 Canadian Obesity Network - Students and New Professionals National Executive – Eastern Canada Chapter Representative
- 2014-2015 Ontario Public Health Association New Professionals Working Group - Networking and Professional Development Coordinator
- 2014 Tenure and Promotion File Preparation Committee – Dr. Sherry Grace, Full Professor
- 2013 Kinesiology and Health Science Graduate Executive Committee
- 2013-2014 Canadian Obesity Network - Students and New Professionals York Chapter - Chair
- 2012 -2014 Canadian Society for Exercise Physiology Graduate Student Committee
- 2011-2012 Kinesiology and Health Science Graduate Council

### Teaching Experience

- 2012-2014 Anatomy Lab Instructor, York University
- 2009-2011 Exercise Physiology Lab Instructor, University of British Columbia Okanagan

### Media Interviews

- 2014 York University Excalibur Newspaper (interviewed about research study that investigated how accurately individuals estimate calories during exercise and in a meal)
- 2014 CBC National (interviewed about research study that determined that individuals underestimate moderate and vigorous exercise intensities)  
([http://www.cbc.ca/m/touch/video/clips/ys\\_2474233108.html?st=news&ln=health&pid=2474233108](http://www.cbc.ca/m/touch/video/clips/ys_2474233108.html?st=news&ln=health&pid=2474233108))

### Clinical Trials & Research Activities

- 2015-Present INNOVATE (LMC Diabetes and Endocrinology)