



# Michael Charles Riddell

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Markham	200 – 110 Copper Creek Drive, Markham, Ontario L6B 0P9, Canada	Tel (905) 294-0800

## CURRICULUM VITAE

### 1. NAME AND TITLES:

Michael Charles Riddell, PhD

*Full Professor (tenured) and Graduate Program Director*

[School of Kinesiology and Health Science](#)

[Muscle Health Research Centre](#)

Faculty of Health, York University

*Senior Scientist*

[LMC Research](#)

Toronto

*Co-Founder and Chair Scientific Advisory Board*

[Zucara Therapeutics](#)

*Director of Education*

[Dskate U](#)

### 2. EDUCATION:

Post-Doctoral Fellowship	Medical Science (Physiology)	Univ. of Toronto	01/2001-01/2002
Ph.D.	Medical Sciences (Physiology/Pharm)	McMaster University	05/2000
B.Sc.	Biological Sciences (Human Kinetics)	University of Guelph	05/1992

**3. EMPLOYMENT HISTORY (Academic/Research/Fellowships):**

Full Professor (Graduate Program Director since 2011)	Kinesiology and Health Science	York University 07/2014- present
Associate Professor	Kinesiology and Health Science	York University 07/2005-6/2014
Adjunct Faculty	Physiol. & Exp. Med.	SickKids- Research Institute 11/2008- present
Assistant Professor	Kinesiology and Health Science	York University 01/2002-06/2005
Post-Doctoral Fellow	Medical Science (Physiology)	University of Toronto 01/2001-01/2002
Assistant Professor*	Kinesiology and Health Science	York University 05/2000- 01/2001
Research Fellow	Pediatrics	McMaster University 01/2000-05/2000
Research Assistant	Pediatrics	McMaster University 05/1992- 09/1993

\* Note: Allowed one year professional leave for post-doctoral fellowship

**4. HONOURS AND AWARDS:**

- Presidents Research Excellence Award (nominated 2015)
- Faculty of Health Dean's Established Career Research Award for 2012-13
- York University Faculty of Health Merit Award 2006/07, 2007/08, 2008/09, 2009/10, 2010/2011, 2011/2012 (Note: Faculty Merit Awards were suspended in 2013)
- York University Office of Research Administration Incentive Grant “Liver and glycogen oxidation during exercise in adolescent boys”, Sept 2005
- York University Faculty of Pure and Applied Science Merit Award 2003/04, 2004/2005, 2005/2006
- Canadian Diabetes Association-Hamilton Branch Expo Lecture Award 2001
- McMaster University Medical Sciences Graduate Scholarship (1996-1999)

**5. SCHOLARLY AND PROFESSIONAL ACADEMIC ACTIVITIES:****YORK UNIVERSITY DEPARTMENTAL (KINESIOLOGY AND HEALTH SCI) COMMITTEES**

- Graduate Program Director (07/2011- present)

- Academic Executive Member (07/2011- present)
- Search Committee Member/ Chair, Cardiovascular Physiology (09/2013- 07/2014)
- Nominations Committee (08/2012- 08/2013)
- Search Committee Member, Fitness (07/2011-07/2012)
- Academic Executive Member Elect (07/ 2004- 07/2007, 07/2009)
- Tenure and Promotion Core Committee (07/2009- present)
- Acting Chair (July 2011; May 2013)
- Chair, Search Committee for Departmental Chair for Kinesiology and Health Science (12/2006-04/2007)
- Faculty Search Committee-Cardiorespiratory/Cardiovascular Physiology (09/2006- 05/2007)
- Faculty Search Committee-Fitness (09/2006- 05/2007)
- Tenure and Promotion File Preparation Chair (09/2005- 09/2006)
- Tenure and Promotion Adjudication Committee (09/ 2004- 07/2005)
- Search Committee Member (and secretary) Nutrition/ Fitness (01/ 2005- 04/2006)
- Chair- Academic Council (07/ 2004- 09/2005)
- Library Committee (08/ 2002- 07/2004)
- Executive Committee, Graduate Programme in Kinesiology and Health Science (08/2000-07/2005)
- Committee on Undergraduate Studies (08/ 2002- 07/2004)
- Graduate Seminar Organizer (08/ 2002- 07/2004)
- Kinesiology and Health Science Student's Organization- Faculty Representative (01/2001- 07/2004)
- Undergraduate Program Review Committee (08/ 2002- 08/2003)
- Undergraduate Program Review Data Subcommittee (08/ 2002- 05/2003)
- Departmental Nominating Committee Chair (08/ 2001- 08/ 2003)
- NSERC Ranking Committee (10/ 2000, 02/2003, 02/2004, 02/2010, 11/2012)
- CIHR- CGS Master's Award Ranking Committee (02/2004, 02/2010)
- HSFO-Graduate Scholarship Ranking Committee (regularly)
- Faculty Search Committee-Health/Fitness Epidemiologist (09/2003- 05/2003)
- Faculty Search Committee- Muscle Physiologist (09/2003- 03/2004)
- Faculty Search Committee- Cardiovascular Physiologist (09/2003- 03/2004)
- Faculty Search Committee- Nutrition/Metabolism (09/2003- 03/2004)
- Departmental Contractually Limited Appointment Search Committee (01/2003)
- Awards and Scholarship Committee (08/ 2000- 08/ 2001)

#### YORK UNIVERSITY FACULTY (HEALTH) COMMITTEES

- Faculty of Health Dean's Strategic Diabetes Initiative (2012-present)
- Director/Founder, Physical Activity and Diabetes Youth Summer Sports Camp (July 2008-present)
- Graduate Education Task Force (Chair Suzanne MacDonald) (June 2011- present)
- Health Integrative Resource Planning (IRP) committee (Sept 2011-present)
- Muscle Health Research Centre- Executive Committee Member (11/2008- 09/2011)
- Faculty of Health (Inaugural) Decanal Search Committee Member (01/2006- 07/2006)
- Committee on Examinations and Academic Standards, Faculty of Science & Engineering (01/ 2002- 09/2004, Chair 09/2003- 09/2004)
- Library Committee (08/ 2002- 09/2004)

#### YORK UNIVERSITY WIDE COMMITTEES

- NSERC, CIHR University ranking committee (2011-present)
- Farquharson Vivarium Users sub-committee (2012- present)
- Human Participants Review Committee (05/2006- 07/2007, 07/2011- present)
- University Senator (09/2006-07/2009)
- Animal Care Committee (01/2003- 08/2004)

#### EXTRA-UNIVERSITY SERVICE

- Consultant- JAEB Centre for Diabetes Research (2014- present)
- Faculty Consultant and Expert Panel Member, JDRF Peak (Juvenile Diabetes Research Foundation-T1D Performance and Exercise Knowledge program (2014-present)
- Director of Education, DSkate (2013-present)
- Member, Banting and Best Diabetes Centre
- Banting & Best Diabetes Centre Knowledge Translation Steering Committee (Jan 2013- present)
- Physical Activity Readiness Questionnaire Author and Consensus Working Group – PAR-Q (revised 2010/2011). A Canadian-made exercise tool used by over 50 million people worldwide (2009-present)
- Editorial Consultant: Better Homes and Gardens-Diabetic Living Magazine (June 2010- present)
- Applied Physiology, Nutrition & Metabolism- Associate Editor (2012- present)
- CDA Canadian Journal of Diabetes National Advisory Board member (08/2006- 08/2014)
- Canadian Journal of Diabetes – Associate Editor (2009-2013)
- 2008 CPG Tool Kit (Physical Activity and Exercise) Translational Committee Member (Jan 2008-Jan 2011)
- Advanced Technologies & Treatments for Diabetes (ATTD) Yearbook Editor (2009- present)
- 2013 Canadian Diabetes Association Consensus Guidelines Expert - Physical Activity and Exercise (Sept 2010- present)

- 2013 Canadian Diabetes Association Consensus Guidelines Expert-Children and Adolescents (Sept 2010-Sept 2013)
- Canadian Diabetes Association Clinical Practise Guidelines Tool Kit Physical Activity and Exercise Committee: Tool Kit-Physical Activity and Exercise Committee Member (Sept 2009- Sept 2012)
- Member of the American Diabetes Association working group for the Clinical Guidelines to the Transition of Care in Young Adults with Type 1 Diabetes-Emerging Complications team (Sept 2009-Sept 2012)
- Diabetes Exercise and Sports Association Executive Board Member (11/2009-11/2011)
- Canadian Diabetes Association Operating Grants Review Committee (category II- biomedical, 2010, 2011, 2012)
- Canadian Journal of Diabetes- National Editorial (Associate Editor) Board (08/2006- present)
- 2008 Canadian Diabetes Association Consensus Guidelines Dissemination and Implementation Chair-Exercise/Rehabilitative Medicine Section, (03/2007- present)
- 2008 Canadian Diabetes Association Consensus Guidelines Subcommittee Member- Exercise and Rehabilitative Medicine (01/2007)
- Lead Exercise Physiologist: Stroke, Spin Stride. Camp for Athletes with Type 1 Diabetes Mellitus (01/2006- 01/2009)
- Co-host and conference co-organizer 2008 Diabetes Exercise and Sport Association International Meeting. July 18-21<sup>st</sup> 2008, Toronto, On
- Chair Rehabilitation Medicine, Exercise Medicine and Kinesiology subcommittee of the Canadian Diabetes Association 2008 CPG Dissemination & Implementation Group (01/2007- 01/2008).
- Canadian Diabetes Association and Canadian Society of Endocrinology and Metabolism Professional Conference and Annual Meeting abstract reviewer, 2006.
- Canadian Society of Exercise Physiology- Committee Member for the Exercise Therapy Certification Program (08/2000-01/2004)
- Public Health Agency of Canada Seminar: A panel Discussion- Prevention of diabetes: where do we draw the line? March 21, 2005 Ottawa.
- Ontario Graduate Student Scholarship Ranking Committee (01/2005- 02/2005)
- Ontario Exercise Physiologist Conference, Organizing Committee, 01/2003, Barrie, ON
- Canadian Diabetes Association- Diabetes Education Section Guidelines Reviewer (06/2002)
- Canadian Institute of Child Health- advisor for the Committee on Childhood Obesity and Diabetes Population Survey (05/2002- 05/2003)
- Health Canada/ Statistics Canada- Technical Expert Consultant for the Physical Measures Development for the Canadian Community Health Survey Nutrition Focus Survey (03/2002- 03-2003)

#### PROFESSIONAL AFFILIATIONS

- LMC Diabetes & Endocrinology Senior Scientist (since 2015)
- JDRF PEAK Program Faculty Member (since 2014)

- Advanced Technologies & Treatments for Diabetes (ATTD) Faculty Member and Yearbook Editor (since 2009)

#### MANUSCRIPT REVIEWER (REGULAR REVIEWER)

- Applied Physiology, Nutrition & Metabolism
- Journal of Diabetes, Science and Technology
- Diabetes
- Diabetologia
- Diabetes Technology and Therapeutics
- Diabetes Science and Technology
- Metabolism
- American Journal of Physiology- Endocrinology and Metabolism
- Canadian Journal of Diabetes
- Diabetes Care
- International Journal of Sport Nutrition and Exercise Metabolism
- Journal of Applied Physiology
- Medicine Science and Sports and Exercise
- Obesity Research
- Pediatric Research
- Paediatric Exercise Science
- Sports Medicine
- Pediatric Diabetes
- Diabetic Medicine

#### GRANT REVIEWER

- Diabetes UK, 2009, 2010, 2011
- OMAFRA/University of Guelph Research Program (Spring 2011)
- Canadian Diabetes Association Grants review Committee (Committee II), 2010, 2011
- Raine Medical Research Foundation (Australia), Fall 2006.
- Ontario Graduate School Scholarship Reviewer, 2006.
- NSERC Discovery Grants- external reviewer, 2005, 2006, 2011, 2012, 2015
- Canadian Diabetes Association external reviewer, winter 2005
- Sick Kids Foundation, Summer 2005
- Canadian Diabetes Association- external reviewer, winter 2003, 2006, 2007

## 6. STUDENT SUPERVISION:

### UNDERGRADUATE (INDEPENDENT STUDIES/ HONORS THESIS):

Student: Sepideh Mohajeri (Fall 2013/Winter 2014)

Title: Effects of diabetes mellitus on high altitude trekking

Student: Jackie Pivovarov (Fall 2013/Winter 2014)

Title: Effects of glucocorticoid receptor blockade on adiposity rebound

Student: Trevor Teich (Fall 2011/ Winter 2012)

Title: Effects of exercise and on somatostatin levels in healthy and diabetic rodents

Student: Andrej Szigiato (Fall 2011/Winter 2012)

Title: Effects of lucine supplementation and exercise on muscle growth in type 1 diabetes

Student: Hussein Khakee (Fall 2010/Winter 2011)

Title of project: Effects of sommatostatin inhibition in select tissues

Student: Yaniv Shpilberg (Fall 2009/Winter 2010)

Title of project: Elevations of glucocorticoids and high fat diet promote visceral adiposity and muscle myopathy in rats

Student: Mark Shievitz (Fall 2009/Winter 2010)

Title of Project: Effects of diabetes and exercise on the HPA axis in rats

Student: Anna D'Souza (Fall 2008/Winter 2009)

Title of project: Effects of Type 2 diabetes and exercise on central components of the HPA axis in male ZDF rats

Student: Ajda El-Zabet (Fall 2006/Winter 2007)

Title of project: Diabetes and skeletal muscle lipids

Student: Dana Levit (Fall 2006/Winter 2007)

Title of project: Diabetes and *in situ* muscle contractile properties

Student: Nima Soud (Fall 2005/Winter 2006)

Title of project: Quantifying tissue glucocorticoids in vivo

Student: Rebecca Patterson (Fall 2004/ Winter 2005)

Title of project: Exercise training and intramuscular lipids in the Syrian golden hamster

Student: Anthony Daisy (Fall 2004/ Winter 2005)

Title of project: Exercise training and glucose counterregulation to hypoglycemia (literature review)

Student: Jon Campbell (Fall 2003/Winter 2004)

Title of project: Effects of exercise training on glucocorticoid receptors and 11 $\beta$ -HSD1 in hamster peripheral tissues.

Student: Anthony Testa (Fall 2003/Winter 2004)

Title of project: Volitional exercise training and the HPA Axis in male sprague-dawley rats

Student: Andrew Zimmer (Fall 2002/Winter 2003)

Title of project: Exercise training and the HPA axis in rats with type 1 diabetes mellitus.

#### SUMMER NSERC STUDENTS:

Nicole Nicolette (summer 2015)

Sepideh Mohajeri (summer 2014)

Homadis Shojaei (summer 2013)

Andrej Szigiato (summer 2010, 2011)

Dylan Kelly (summer 2009)

Mark Shievitz (summer 2009)

Yaniv Shpilberg (summer 2008)

Anna D'sousa (summer 2007/2008)

Ajda El-Zabet (summer 2006)

Nima Soudi (summer 2005)

Ajda El-Zabet (summer 2005)

Vincent Ho (summer 2004)

Rebecca Patterson (summer 2004)

Christine Cabrera (summer 2003)



Richard Chung (summer 2002)

GRADUATE:

Graduate Student- Supervisor

Student: Dessi Zaharieva PhD candidate (Sept 2014-present)

Title of project: Development of an Artificial Pancreas for exercise

Present position: PhD candidate

Student: Aoibhe Pasioka MSc candidate (Sept 2014- present)

Title of Project; TBA

Student: Trevor Tiech MSc candidate (Sept 2012- present)

Title of Project: effects of glucocorticoid receptor inhibition on adiposity rebound post exercise

Present position: MSc candidate

Student: Lisa Miadovnik MSc candidate (Sept 2011-Sept 2013)

Title of project: Effects of type 1 diabetes and intense exercise on glycemia and heart rate variability

Present position: Certified Diabetes Educator certification (pending)

Student: Emily Dunford PhD candidate (Sept 2011- present)

Award: NSERC doctoral fellowship, QEII scholar

Title of project: Effects of glucocorticoids and high fat feeding on skeletal muscle growth and insulin sensitivity

Present position: PhD candidate

Student: Chip Rowan, PhD candidate (Sept 2010- present, co-supervised with Dr. V Jamnik)

Title of project: Pre-Diabetes Detection and Physical Activity Intervention Delivery program (Pre-PAID)

Present position: PhD candidate

Student: Dessi Zaharieva MSc (Sept 2011-August 2013)

Title of project: Effects of caffeine supplementation on glycemia during and after exercise in type 1 diabetes

Present position: PhD candidate

Student: Jacqueline Beaudry, PhD (Sept 2009- Sept 2013)

Title of project: Effects of glucocorticoids with and without high fat feeding on pancreatic beta cell mass and function

Award: NSERC-PGS-B, Thesis & Dissertation Prize Winner, Faculty of Graduate Studies, York University Governor General's Gold Medal Award, Doctor of Philosophy (Kinesiology and Health Science) 2013.

Present position: Post doc, University of Toronto (Drucker lab)

Student: Yaniv Spelberg, MSc (Sept 2010- August 2012)

Title of project: The effects of Corticosterone treatment and adipokines on MCF-7 cancer cell cycle progression

Present position: Law School

Student: Ashley Peckett, MSc (Sept 2009- August 2011)

Title of project: in vitro effects of glucocorticoids on adipose tissue lipolysis

Present position: Teacher- high school, Peel region

Student: Anna D'Souza, MSc (Sept 2009- August 2011)

Title of project: Effects of glucocorticoids with and without high fat feeding on hepatic insulin resistance and steatosis

Awards: Ecole polytechnique Montreal Women's Memorial Scholarship 2009, OGS 2010, NSERC PGSA 2007, 2008,

Present position: PhD candidate, University of British Columbia

Student: Sara O'Neil MFSc (Sept 2009- August 2011)

Title of project: NA

Present position: Fitness specialist, research co-ordinator

Student: Lisa Chu, MSc (Sept 2009- 2011)

Title of project: Influence of pediatric obesity on substrate utilization during exercise

Award: CIHR (Master's Award: Frederick Banting and Charles Best Canada Graduate Scholarships)

Present position: PhD student, McMaster University (Timmons lab)

Student: Sandro Serrino, MSc (Sept 2008-Sept 2010)

Title of project: Effects of 90% pancreatectomy on protein synthesis in skeletal muscle in rats

Present position: Pharmaceutical sales, Industry

Student: Jon Campbell, PhD (Sept 2006- June 2010)

Award: Canadian Institute Health Research (CIHR) CGS Doctoral Award.

Title of project: Effects of exercise-training and fat loss on tissue exposure to glucocorticoids

Present position: Post-doctoral fellow, University of Toronto (Drucker lab)

Student: Carly Gordon MSc (Sept 2007-August 2009)

Title of project: Effects of 90% pancreatectomy on muscle function and characteristics in Sprague-Dawley rats.

Present position: Dentist, Toronto

Student: Kevyn Meji MSc (Sept 2006- Oct 2008)

Title of project: Metabolic effects of sustained elevations in diurnal glucocorticoids during exercise training

Present position: Medical Doctor

Student: Jeremy Found, MSc (Sept 2005- Jan 2008)

Award: OGS

Title of project: The effects of volitional endurance training on hypothalamic counterregulatory regulation in Male Sprague-Dawley rats.

Present position: Employee, Workman's Comp, Analyst, Toronto

Student: Katherine Iscoe, MSc (Sept 2005- Sept 2008)

Award: NSERC-CGS

Title of project: glycemic effects of intermittent vs. continuous exercise in type 1 diabetes

Present position: Australia, Post-doc

Student: Nasimeh Rakhshani, MSc (Sept 2004- Sept 2006)

Award: OGS

Title of project: Exercise training and HPA adaptations to restraint stress

Present position: Medical Doctor/Resident, Toronto

Student: Jon Campbell, MSc (Sept 2004- May 2006)

Award: Canadian Institute Health Research (CIHR) Canadian Graduate Scholarship (CGS) Masters Award, OGS

Title of project: Effects of exercise-training on the HPA axis and adaptations to hypoglycemia

Present position: PhD student, York

Student: Sergiu Fediuc, MSc (Sept 2003-Sept 2005)

Title of project: Exercise training and HPA responses to novel stressors.

Present position: Professor, Humber University

Student: Michael Kiraly, MSc (Sept 2002- Sept 2004)

Title of project: Effects of exercise training on the Hypothalamo-Pituitary-Adrenal axis and pancreas in Zucker Diabetic Fatty rats.

Present position: Professor/Lecturer, University of Victoria

Student: Agnes Tobolsky, MSc (Sept 2002- Sept 2004)

Award: NSERC-PGSA

Title of project: Effects of voluntary training on the Hypothalamo-Pituitary-Adrenal axis and 11BHSD activity in the Golden Syrian Hamster.

Present position: Post-doctoral fellow, University of Edinburgh- Molecular and Clinical Medicine

Student: Edward Park MSc, (Sept 2001- Sept 2003)

Award: OGSST

Title of project: Effects of moderate-intensity aerobic training on hypothalamic-pituitary-adrenal adaptation in normal rats.

Present position: PhD, MD Clinician (Ottawa)

## **7. TEACHING:**

### **A) UNDERGRADUATE COURSES:**

KINE 1020 6.0 Introduction to Health and Fitness, Endocrinology, York University, Toronto, On, Approximate size 1000 students (team taught [~30%] since 2007).

KINE 4448 3.0 Advanced Human Physiology: Endocrinology, York University, Toronto, On, Approximate size 50 students (since winter 2010).

KINE 4900.03 Exercise Therapy for Chronic Disease, Kinesiology and Health Science, York University, Toronto, ON, Approximate class size = 60 students (fall 2000- 2010)

KINE 2020.03 Introduction to Health, (Sections N and M), Kinesiology and Health Science, York University, Toronto, ON, Approximate class size= 800 students (winter 2003-2006)

Bethune College-1800c Science and Society, Faculty of Science and Engineering, York University, Toronto, ON, Approximate class size = 25 students (fall 2003- spring 2006).

## **B) GRADUATE COURSES:**

KAHS 6391 3.0 Advanced Exercise Physiology/Therapy for Chronic Disease, Kinesiology and Health Science, York University, Toronto, ON, (F/W 2000/01- present)

KINE 5390.03 Exercise Therapy for Chronic Diseases, Kinesiology and Health Science, York University, York University, Toronto, ON, (F/W 2000)

## **C) TEACHING AND PRESENTATION WORKSHOPS:**

Training Makes Cents™: Interactive Training Programs. A One day workshop on presenting continuing medical education, Sponsored by Medtronic Canada, Location, Wellington Arms, Toronto, Saturday April 4<sup>th</sup>, 2009.

## **8. EXTERNAL RESEARCH FUNDS:**

*External grants and contracts as principle investigator (note: all funds shown held at York):*

1. JDRF Operating Grant. \$286,920.04 (10/01/2014 - 09/30/2016). Project title: Preclinical drug development of somatostatin receptor 2 antagonists for the prevention of recurrent hypoglycemia in type 1 diabetes. Grant JDRF 2-SRA-2014-268-M-R.
2. NSERC Discovery Grant (individual- 3<sup>rd</sup> renewal). \$165,000 (2013-2017), Project Title: Examining the mechanisms for the lipolytic and antilipolytic effects of glucocorticoids in adipose tissue. Grant #261306

*Past Grants as principle investigator*

1. Corcept Therapeutics contract. \$22,633.90 (May 2012-Nov 2014). Project Title: Glucocorticoid Inhibitors in a Rodent Model of Diabetes.
2. Centre for Drug Research and Development (Pfizer CDRD Innovation Fund) with support from MaRS Innovation. Pharmaceutical intervention to decrease the threat of hypoglycemia in insulin-treated diabetics (Leaders M. Vranic, M. Riddell and D. Coy). \$294,350 (2011-2012).
3. CIHR Proof of Principle Program - \$160, 000 (10/1/2011- 03/31/2014) Phase I: Pharmaceutical intervention to decrease the threat of hypoglycemia in insulin-treated diabetics (with M. Vranic).
4. MaRS Innovation MSCPoP Round 2b. Prophylactic treatment of hypoglycemia in insulin-treated diabetes 11/15/2012- 7/31/2013) (partners Drs. Herbert Gaisano, Mladen Vranic, MaRS Innovation and the Centre for Drug Research and Development)- amount \$65,000.
5. JDRF Award: Preclinical drug development of somatostatin receptor 2 antagonists for the prevention of recurrent hypoglycemia in type 1 diabetes. Principal Investigator: Michael Riddell. Project Period: 10/01/2014 - 09/30/2016. amount: \$157,559.00

6. MaRS Innovation MSCPoP Program Round 2. Treatment of hypoglycemia in insulin-treated diabetes (2/1/2011- 8/1/2013), partners Dr Mladen Vranic, MaRS Innovation and the Centre for Drug Research and Development)- amount \$118,085.
7. MaRS Innovation MSCPoP – Prophylactic treatment of hypoglycemia in insulin-treated diabetes (03/31/2012- 03/31/2013) (Partner Dr. Mladen Vranic)- amount \$100,000.00
8. Ministry of Health Promotion and Sport- Project Title: “Pre-Diabetes Detection and Physical Activity Intervention”- Phase IIIb April 1, 2011 to March 31, 2012- amount \$30,000
9. NSERC Discovery Grant (individual). \$190,000 (20013-2017) \$190,000 (20013-2017), Project Title: Mechanisms of exercise training induced alterations in the hypothalamo-pituitary-adrenal axis.
10. Ontario's Ministry of Health Promotion Research Contract (with Drs. Norm Gledhill and Roni Jamnik), 79,000 (Winter/Spring 2009). Project Title: “Pre-Diabetes Detection and Physical Activity Intervention”- Phase 1.
11. Ontario's Ministry of Health Promotion Research Contract (Drs. Norm Gledhill, Roni Jamnik, and Michael Riddell; with Co-Investigators Drs. Paul Ritvo, Chris Ardern, and Jennifer Kuk), 300,000 (Summer/Fall 2009). Project Title: “Pre-Diabetes Detection and Physical Activity Intervention”- Phase II
12. Ontario's Ministry of Health Promotion and Sport Research Contract. (Drs. Norm Gledhill, Roni Jamnik, and Michael Riddell). Co-Investigators Chris Ardern, and Jennifer Kuk ). 300,000. Project Title: “Pre-Diabetes Detection and Physical Activity Intervention” Phase III trial. April 1, 2010-March 31st 2011.
13. Ontario Trillium Foundation (Drs. Norm Gledhill, Roni Jamnik, and Michael Riddell; with Co-Investigators Drs. Paul Ritvo, Chris Ardern, and Jennifer Kuk ). 213,800 (11/2009-11/2010) Detection of pre-diabetes conditions and implement culturally preferred physical activity interventions in the greater Toronto area (GTA), Thunder Bay, and Sault Ste. Marie
14. Canadian Foundation for Innovation-Infrastructure Operating Grant. 2004. \$50,000.
15. NSERC Discovery Grant (individual). \$150,000 (2002-2006), Project Title: Mechanisms of exercise training induced alterations in the hypothalamo-pituitary-adrenal axis.
16. NSERC Research Tools and Instruments- Category 1. 2006/07 \$35,426 (2003). Title: Cryostat.
17. Canadian Society for Exercise Physiologists-Operating Grant, Feb 2002, \$2,000. Project: Pilot testing the proposed revisions to interpreting the fitness results attained in the Canadian Physical Activity, Fitness and Lifestyle Appraisal.
18. Canadian Foundation for Innovation (On-Going New Opportunities Fund -Infrastructure). \$206, 195. Title: Exercise physiology endocrinology laboratory for the study of the metabolic syndrome and diabetes. Spring 2003.
19. Ontario Innovation Trust (On- going New Opportunities Fund -Infrastructure). \$206, 195. Title: Exercise physiology endocrinology laboratory for the study of the metabolic syndrome and diabetes. Spring 2003.

*External grants as co-applicant (current)*

1. NIH Operating Grant #1DP3DK101075-01: Control systems for Artificial Pancreas use during and after exercise. \$2,478,076 (2013-2017)- Subcontract to York= \$364,000.

*External grants as co-applicant (past)*

1. CIHR Operating Grant (P.I. Timmons, Co-investigators MORRISON, Katherine Mary; RIDDELL, Michael C). \$225,347 (2011-2013). Metabolic flexibility in obese youth: Exercise as a screening test and a treatment, Competition 2010/09.
2. CIHR Team Grant (Nutrition, Metabolism and Diabetes): Obesity and Related Diseases - Principle Investigator(s): ANDERSON, Gerald Harvey ; HAMILTON, Jill Krysti ; MCCRINDLE, Brian Wayne ; PARKIN, Patricia ; PENCHARZ, Paul Bernard Co-Investigators: BELLISSIMO, Nicola ; BIRKEN, Catherine Sari ; DETTMER, Elizabeth Lynn ; HANLEY, Anthony James ; LANGER, Jacob Charles ; O'CONNOR, Deborah Louise ; RIDDELL, Michael Charles ; TEIN, Ingrid ; WELLS, Greg D. Operating Grant Title: CIHR Team in Childhood Obesity Research. 2008-05-01 to: 2013-04-30. 468,799 per year, (2,349,950 total).
3. CIHR- Operating Grant, Oct 2006-Oct 2010, \$1,256,975 (R. Sigal, A. Edwards, D. Coyle, B.A. Perkins, M.C. Riddell) Clinical Trial: Resistance Exercise in Already-active Diabetic Individuals (READI).
4. NSERC- Equipment Grant June 2006, \$21,981 (D.A. Hood, T.J. Hawke, M.C. Riddell). Rodent Treadmill.
5. CIHR- Nutrition, Metabolism and Diabetes Operating Grant, Jan 2002-Jan 2007, \$788,545 (M. Vranic, S.G. Matthews, M.C. Riddell). Title: Mechanism of impaired hypothalamo-pituitary adrenal (HPA) axis and its responsiveness to hypoglycemia, exercise and stress in diabetes: adaptive changes in the brain, pituitary, pancreas, adrenal medulla and muscle.
6. Juvenile Diabetes Research Foundation-Regular Research Grant, Jan 2002- Jan 2006, \$730,000 (M. Vranic, S.G. Matthews, M.C. Riddell). Title: Mechanisms of effects on insulin, hyperglycemia, and leptin on the relationship between the HPA axis and counterregulation in type 1 diabetes.

## 9. RESEARCH CONTRIBUTIONS:

<i>Summary table (not including abstracts)</i>	
<b>Book chapters:</b>	<b>18</b>
<b>Web-based professional resources</b>	<b>2</b>
<b>Refereed journal articles:</b>	<b>123+ 2 in review</b>
<b>Professional/Popular:</b>	<b>4</b>
<b>Technical Report:</b>	<b>1</b>
<b>Editorials:</b>	<b>4</b>
<b>Total:</b>	<b>152+ 2 in review</b>

### Book chapters:

1. **Michael C. Riddell** and Craig E. Taplin Chapter Title: Exercise in children with type 1 diabetes. In *Research into Childhood-Onset Type 1 Diabetes: From Study Design to Improved Management*. Editors: Andrea E. Scaramuzza, Carine de Beaufort, Ragnar Hanas. Springer in review.
2. J.E. Yardley and **M.C. Riddell**. Athletes with Chronic Conditions: Diabetes. In *Fluid Balance, Hydration, and Athletic Performance*. Editors: F Meyer, Szygula and B. Wilk. CRC Press, in review.

3. **M.C. Riddell**, S. Pollack, H. Shojaei, J. Kalish and H. Zisser. Advances in exercise, physical activity, and diabetes mellitus. *Advanced Technology and Treatments in Diabetes (ATTD) 2014 Yearbook*, February 2015.
4. **M.C. Riddell**, S. Pollack, H. Shojaei, J. Kalish and H. Zisser. Advances in exercise, physical activity, and diabetes mellitus. *Advanced Technology and Treatments in Diabetes (ATTD) 2013 Yearbook*, Wiley Press, Feb 2014.
5. **M.C. Riddell**, L. Miadovnik, M. Simms, B. Li and H Zisser. Advances in exercise, physical activity, and diabetes mellitus. *Advanced Technology and Treatments in Diabetes (ATTD) 2012 Yearbook*, Wiley Press, Feb 2013.
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#### *Technical reports*

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#### *Editorials*

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2. Patricia L. Brubaker, Allan D. Cherrington, Diane T. Finegood, Simon J. Fisher, Adria Giacca, André Marette, **Michael C. Riddell**, and David H. Wasserman. Proceedings of a Symposium to Honour Mladen Vranic for a Lifetime of Scientific Achievements and Mentoring. Canadian Journal of Diabetes. 2010;34(3):186-202.

3. **M.C. Riddell**. People With Type 2 Diabetes Can Have Healthy Muscle if Physically Active. Canadian Journal of Diabetes. 31 (Dec): pp 354, 2007.

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#### *Publications- Popular and Professional*

1. Michael C Riddell, PhD, ExCarbs. In the Diabetes Care and Complications Trial/ Epidemiology of Diabetes Interventions and Complications Gazette. Summer 2015 issue.

2. Paul Oh, Marni Armstrong, Ian Blumer, Normand Boulé, Jonathon Fowles, Tessa Laubscher, Ruth Lowndes, Tino Montopoli, Jonathan McGavock, Jeff Packer, Nel Peach, **Mike Riddell**, Mike Sarin, Brian Seeley, Chris Shields, Ron Sigal, Ernst Snyman, Guy Tremblay, Pearl Yang, Catherine Yu. CDA: Hayat Ali, Tracy Barnes, and Carolyn Gall Casey. The Physical Activity and Exercise Tool Kit for Health Care Professionals. Sponsored by the Canadian Diabetes Association. Key elements from the Canadian Diabetes Association 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada Found online at [www.diabetes.ca/documents/for-professionals/PAE\\_CPG\\_chapter\\_summary\\_4a.pdf](http://www.diabetes.ca/documents/for-professionals/PAE_CPG_chapter_summary_4a.pdf)

3. **M. Riddell** and J Fowles. How to treat prediabetes with exercise-effectively. The Medical Post. Winter 2010. online at <http://www.canadianhealthcarenetwork.ca/>

4. K.E. Iscoe, B.A. Perkins, and **M.C. Riddell**. Type 1 Diabetes & Aerobic Exercise: Strategies for Optimal Glycemic Control. Diabetes Communique. May/June pages 6-8, 2007.

5. **M. Riddell**, J. Burr, C. Jarvis and B. Perkins. So there's a physiologist, endocrinologist, and Olympian paddling a canoe...The Diabetes Exercise and Sports Association: The Challenge. Winter 2006.
6. S. Swanger, **M.C. Riddell**. Active Kids Diabetes Dialog. Canadian Diabetes Association. Fall 1998.

*Abstracts and/or papers read (~250, available on request).*

## **10. INVITED LECTURES AND PRESENTATIONS:**

### **Conference Keynotes Addresses and Invited Talks-Scholarly:**

1. Advances in Exercise, Physical Activity & Diabetes. ATTD Yearbook Session. ATTD 2016. Feb 3-6th, 2016. Milan, Italy.
2. Exercise and the Artificial Pancreas: Is it the most difficult Hurdle? ATTD 2016. Feb 3-6th, 2016. Milan, Italy.
3. Management of DM1 in Athletes. Meet-the-Professor Session. Centennial Meeting of the Endocrine Society. ENDO 2016. April 1-4th. Boston, MA
4. Strategies for Diabetes Management with Intense Physical Activity. Endocrine Fellows Series: Type 1 Diabetes Care and Management Conference. March 29-30, 2016. Boston, MA
5. Type 1 Diabetes Performance in Exercise Knowledge. Symposium Hub Lecture. International Diabetes Federation 2015 Meeting. Nov 30<sup>th</sup>-Dec 4<sup>th</sup>. Vancouver, BC.
6. Exercise in Type 1 Diabetes – Theory. Greece Diabetes Society Scientific Meeting. Nov. 27-29, 2015, Anavissos, Greece.
7. Exercise in Type 1 Diabetes – Practise. Greece Diabetes Society Scientific Meeting. Nov. 27-29, 2015, Anavissos, Greece.
8. Exercise Case Studies. Greece Diabetes Society Scientific Meeting. Nov. 27-29, 2015, Anavissos, Greece.
9. Clinical challenges of exercise management in pediatric type 1 diabetes: The Bar-Or Exercise Exchange concept and some lesser effective solutions. Canadian Society for Exercise Physiology (CSEP) Presidents' Tutorial Lecture in Honour of Oded Bar-Or. CSEP 2015. Oct 14-17<sup>th</sup>, 2015. Hamilton ON.
10. Exercise Metabolism in Type 1 Diabetes. Danish Diabetes Academy Diabetes and Exercise Seminar, August 27-28<sup>th</sup> 2015, Copenhagen, Denmark.
11. Exercise Physiology (An Overview). Juvenile Diabetes Research Foundation Physical Activity and Exercise Knowledge (JDRF-PEAK) Pilot. Sept 25-26<sup>th</sup>, 2015. Chicago, IL
12. Pump CGM and Technology and Exercise (An Overview). Juvenile Diabetes Research Foundation Physical Activity and Exercise Knowledge (JDRF-PEAK) Pilot. Sept 25-26<sup>th</sup>, 2015. Chicago, IL
13. Hormonal Responses and Glycemic Consequences of Exercise with a Focus on the Type 1 Patient. Symposium: *The Challenge of Managing the Athlete with Diabetes*. American Diabetes Association 75<sup>th</sup> Scientific Sessions. June 5-9<sup>th</sup>, 2015. Boston MA

14. The impact of Type 1 Diabetes on endocrine and metabolic responses to exercise. EXTOD-Type 1 and Exercise Conference. May 15<sup>th</sup>, 2015. Birmingham, UK.
15. The Effects of Exercise, Stress and Diabetes on the Hypothalamo-Pituitary Adrenal (HPA) Axis. Paediatric Academic Societies Annual Meeting. April 25-28<sup>th</sup>, 2015. San Diego CA
16. Exercise in children with type 1 diabetes: new ideas for research. International Society for Paediatric and Adolescent Diabetes (ISPAD) Research School for Physicians-2015. April 19-24<sup>th</sup>, 2015. Milan Italy.
17. Strategies for Diabetes Management with Intense Physical Activity. Endocrine Society Type 1 Fellows Conference. March 3<sup>rd</sup>, 2015. San Diego, CA.
18. Apps in Diabetes and Sport. Advanced Technologies & Treatments for Diabetes 8<sup>th</sup> International Conference. February 18-21, 2015, Paris France.
19. ATTD Yearbook on Exercise, Sport and Diabetes. Advanced Technologies & Treatments for Diabetes 8th International Conference. February 18-21, 2015, Paris France.
20. Exercise modulation of the HPA axis. In Symposium 2: Effects of Exercise on liver metabolism and biology: Implications for the treatment of metabolic diseases. Canadian society for Exercise Physiology 2014 Annual Meeting. October 22-25th, 2014, St. John's Newfoundland.
21. What are the benefits and risks of physical exercise in T1DM? Sanofi Diabetes Symposium: EASD 2014, September 15th, 2014. Vienna Austria.
22. Integrating effective management of exercise in T1D youth: from evidence-based data to real-life situations. Type 1 Diabetes ISPAD 2014 Sanofi Symposium. September 4th, 2014. Toronto
23. Do adolescents really exercise? Using technology to increase success. Lilly's 4th National Paediatric Diabetes Team Meeting. May 15th, 2014 Birmingham, England.
24. Toronto Diabetes Association Annual Meeting and Scientific Day. Exercise and Insulin Pumps. May 1st, 2014.
25. Hypoglycemia in Diabetes Management: Mechanisms and Tools for Prevention. Diabetes Educator Conference. May 22<sup>nd</sup>, 2014, Montreal QC.
26. Strategies for Diabetes Management with Intense Physical Activity. Type 1 Diabetes Fellows Conference, Endocrine Society Meeting. June 20<sup>th</sup>, 2014, Chicago, IL.
27. Exercise and Diabetes in 2014: What to prescribe and what to expect for patients with type 1 and type 2 diabetes. Options for Diabetes Conference. April 11<sup>th</sup>, 2014. Kingston.
28. The impact of type 1 diabetes on endocrine and metabolic responses to exercise. Lilly's National Type 1 Adult Diabetes Meeting. Hilton Metropole, Birmingham England.
29. Exercise and Diabetes. 2014 Professional Educator Conference. American Diabetes Association Regional Meeting (Wisconsin), March 7<sup>th</sup>, 2014. Middleton WI.
30. Yearbook Symposium: Physical Activity and Exercise Advanced Technologies & Treatments for Diabetes (ATTD) 7th Annual meeting Feb 8th 2014 Vienna Austria.
31. Novel strategies to limit hypoglycemia during exercise. Advanced Technologies & Treatments for Diabetes (ATTD) 7th Annual meeting Vienna Austria Feb 5th- 8th, 2014. Thursday Feb 6th 2014
32. University of Toronto city-Wide Endocrine Rounds. Is it better to have not tried in the first place? The metabolic effects of stopping diet and exercise; lessons learned from a new rodent model. Scheduled for December 13th, 2013.

33. Sociedade Brasileira De Diabetes, DIABETES 2013 XIX Congresso. Symposium 1- Glycemic control algorithms, CHO replacement and monitoring. Florianopolis, SC, Brazil. Oct 9th, 2013
34. Sociedade Brasileira De Diabetes, DIABETES 2013 XIX Congresso. Conference 1- Physical activity and type 1 and type 2 diabetes. Florianopolis, SC, Brazil. Oct 9th, 2013
35. Sociedade Brasileira De Diabetes, DIABETES 2013 XIX Congresso. Symposium “Meet the athlete and the professor: Exercise physiology application in DM: clinical cases. Florianopolis, SC, Brazil. Oct 9th, 2013.
36. Bloom Burton & Co. Technology Transfer Conference: Prevention of insulin-induced hypoglycemia technology. Toronto Board of Trade, 1 first Canadian Place, Toronto On, May 21st, 2013.
37. Regional Endocrine/Metabolic Rounds- Monthly City-wide Grand Rounds: SPORTS and TYPE 1 DIABETES: Considerations for Clinical Care (Host Dr. Manoela Braga, Chair, Regional Endocrine/Metabolic Rounds). Hamilton, May 21st, 2013.
38. 6th Annual Diabetes Symposium of Wisconsin. Exercise and Diabetes. The Italian Community Center Milwaukee, Wisconsin, May 16-17th, 2013. Host Dr. Shailesh Patel.
39. International Forum for the Advancement of Diabetes Research and Care (IFADRC). Exercise and Diabetes (with Dr. R Sigal). Barcelona Spain, April 26th-27th, 2013.
40. Advanced Technologies & Treatments for Diabetes (ATTD) 6th Annual meeting. Yearbook Symposium Exercise, Physical Activity and Diabetes. Paris France Feb 27th- March 2nd, 2013.
41. Sanofi Type 1 Diabetes Summit Bridges to Care: A Focus on the Patient Journey in Type 1 Diabetes, - Children and Sports Professionals Workshop (with Dr. T Danne). Barcelona Spain, Feb15th, 2013.
42. Seminars in Energy Metabolism and Physiology: EMphasis on Health, Canadian Obesity Network- Students and New Professionals Seminar at McMaster University. A new rodent model of rapid onset diabetes caused by glucocorticoids and a high fat diet. McMaster University, Hamilton, On, Feb 7th, 2013.
43. Eli Lilly Canada 2nd Diabetes Management Day. Adjusting insulin for physical activity-looking at the pump patient and the MDI patient. Toronto, On, Dec 14th, 2012.
44. The York University Muscle Health Research Centre Fall Colloquium Series. Ameliorating hypoglycemia in type 1 diabetes using a selective somatostatin receptor inhibitor, Dec. 4th, 2012.
45. Canadian Diabetes Association Professional Conference & Annual Meeting 2012: Symposium Children and Adolescents with Type 1 Diabetes: The Exercise Puzzle - Managing the Practicalities of Physical Activity. Understanding the Physiology. Oct 11, 2012, Vancouver, Canada.
46. International Society for Pediatric and Adolescent Diabetes (ISPAD) Annual Meeting 2012 (Oct 10-13th). Symposium XI: Diabetes and Sports, Evidence-Informed Exercise Management. Istanbul, Turkey.
47. Charles H. Best Professional Diabetes Day. Exercise and Type 1. June 1st, 2012. Host: Dr. Ian Blumer.
48. American Diabetes Association 72nd Scientific Sessions (2012). Symposium: The Basic Science of Exercise-Implications for Diabetes: Knowledge Derived from Animal Models of Diabetes in the Field of Exercise. June 11th , 2012, Pennsylvania Convention Center, Philadelphia, PA.
49. University of British Columbia Life Science’s Group Keynote Lecture: The Paradoxical Effects of Exercise and Stress on Diabetes Development. Host Dr. Richard Liggins. Centre for Drug Research and Development. UBC Life Sciences Building. May 31st, 2012.
50. Canadian Society for Exercise Physiology ParQ working group meeting. Diabetes and Exercise Recommendations. Vancouver Feb 18-19<sup>th</sup>. 2012.

51. Advanced Technologies & Treatments for Diabetes (ATTD) 5<sup>th</sup> Annual meeting. Yearbook Symposium Exercise, Physical Activity and Diabetes. Barcelona, Spain. Feb 8-11<sup>th</sup>, 2012.
52. International Diabetes Federation World Diabetes Congress. Meet the Expert: Management strategies for ensuring successful athletic performance. Dubai, United Arab Emirates, Dec. 4-8<sup>th</sup>, 2011.
53. Canadian Society for Exercise Physiology: The Exercise Pill-forgetaboutit-Exercise or the Exercise Pill Debate (pro exercise side). Oct 22<sup>nd</sup>, 2011, Quebec City.
54. 4<sup>th</sup> International Conference on Advanced Technologies & Treatments for Diabetes: ATTD 2010 Yearbook Presentation: Exercise & Diabetes. February 18<sup>th</sup>, 2011, London UK.
55. 36<sup>th</sup> Annual Meeting/ International Society for Pediatric and Adolescent Diabetes. Symposium IV Looking Healthy: Exercise and Diabetes: Algorithms for Dose Adjustment During Exercise, October 27-30, 2010, Buenos Aires.
56. Canadian Society of Exercise Physiologists Annual Meeting. PREPAID Seminar- Biological Analytes, Nov 5<sup>th</sup>, 2010, Toronto, Canada Nov 3-6<sup>th</sup>, 2010.
57. Medtronic Diabetes Integrated Technologies Leading the Way: Boot Camp for Experienced Certified Product Trainers, Diabetes and Exercise- A Focus on CGM, Medtronic of Canada, May 27<sup>th</sup>, 2010.
58. 3<sup>rd</sup> International Congress on Physical Activity and Public Health: Symposium on Pre Diabetes Detection and Intervention: PRE-PAID project, Toronto On., May 5-8, 2010.
59. Canadian Society for Exercise Physiology Annual Meeting: Symposium: Practical Considerations in Diabetes: Exercise and Type 1 Diabetes, Vancouver, On, Nov 12-15<sup>th</sup>, 2009.
60. American College of Sports Medicine Annual Meeting: Symposium D-05. Metabolic Flexibility in Children Session Chair, June 1-5 2010, Baltimore, MD.
61. American College of Sports Medicine Annual Meeting: Symposium D-05. Metabolic Flexibility in Children Talk 1: Metabolic flexibility and exercise metabolism during normal growth and development, June 1-5 2010, Baltimore, MD
62. American College of Sports Medicine Annual Meeting: Symposium D-05. Metabolic Flexibility in Children Session Talk 2: Impact of type 1 diabetes in adolescents on metabolic flexibility and fuel utilization during exercise., June 1-5 2010, Baltimore, MD
63. 20th World Diabetes Congress. Symposium Title: Exercise and Pediatric Diabetes. Montreal, Canada, 18-22 October 2009.
64. Women in Endocrinology Annual Meeting. Symposium Title: Exercise and Type 1 diabetes mellitus, Toronto Canada, June 9<sup>th</sup>, 2009.
65. Diabetes Exercise and Sport Association Annual Meeting: "Exercise and Glucose Physiology in Diabetes". Joslin Diabetes Centre, Boston, MA, June 25-27<sup>th</sup>, 2009.
66. American Diabetes Association's 69th Scientific Sessions. "Continuous Glucose Monitoring – Translating Sensor Data Into Practice- Physical Activity Adjustments." New Orleans, Louisiana, June 7, 2009.
67. Hospital for Sick Children Annual Diabetes Day (Physicians): Exercise, Glucose Control and Diabetes. April 17<sup>th</sup>, 2009.
68. Hospital for Sick Kids Annual Diabetes Day (Families). Reaching target: Mission Possible, Practical points from an expert living with type 1 diabetes, April 18<sup>th</sup>, 2009.

69. The Swedish Child Diabetes Foundation-Sanofi Aventis-symposium Physical activity in the treatment of Type 1 diabetes, Stockholm, Jan 23<sup>rd</sup>, 2009.
70. Sick Kid's hospital- Obesity rounds. Unique Metabolic Responses to Exercise in Adolescents: Implications for the Exercise Prescription to Target Increased Adiposity, Toronto Ontario, November 24<sup>th</sup>, 2008.
71. Eighth Annual Diabetes Technology Meeting, Title: Using Continuous Glucose Monitoring to Measure the Effects of Exercise in Diabetes” Bethesda, Maryland, Thursday, November 13, 2008.
72. Banting and Best Diabetes Centre 20th Annual Scientific Day, Title: Glucocorticoids and Exercise. Unique metabolic adaptations in the brain, adrenals, muscle and adipose tissues, Toronto, Canada, Friday, May 8, 2008.
73. The Finish Paediatric Diabetes Association Annual Meeting: Diabetes and Exercise, Tempere Finland, January 18-19<sup>th</sup>, 2008.
74. Canadian Society of Exercise Physiology Annual Meeting: Symposium X: Exercise for Special Populations - Practical Aspects: Diabetes, Weight Management, Hypertension: Type I Diabetes and Glycemic Management Before, During and After Exercise, London, On, Nov 17<sup>th</sup>, 2007.
75. Canadian Society of Exercise Physiology Annual Meeting: Symposium VI: Utilizing Exercise as a Research and Rehabilitative Tool in Special Populations: Using exercise to determine real time glucose excursions and muscle function in individuals with Type 1 diabetes mellitus London, On, Nov 16<sup>th</sup>, 2007.
76. The Brazilian Diabetes Association Annual Scientific Sessions (XVI Congresso da Sociedade Brasileira de Diabetes): EXERCISES FOR TYPE 1 AND TYPE 2 DIABETES “The Magic Pill” Campinas, Brazil, Oct., 19<sup>th</sup>, 2007.
77. The Brazilian Diabetes Association Annual Scientific Sessions (XVI Congresso da Sociedade Brasileira de Diabetes): BLOOD GLUCOSE MONITORING DURING AND AFTER PROLONGED HIGH-INTENSITY EXERCISE Campinas, Brazil, Oct., 20<sup>th</sup>, 2007.
78. Calgary Children's Hospital Department of Endocrinology and Diabetes (Talk for Health Care Professionals): Principles of Exercise Physiology and Diabetes, Sept 28<sup>th</sup>, 2007.
79. Royal Society of Medicine/ Diabetes United Kingdom Continuing Medical Education Workshop. Sport and Diabetes- Developmental Physiology, Manchester, UK, Sept. 25<sup>th</sup>, 2007.  
Royal Society of Medicine/ Diabetes United Kingdom Continuing Medical Education Workshop Sport and Diabetes- Best Practice in Type 1, Manchester, UK, Sept. 25<sup>th</sup>, 2007
80. Continuing Health Education Program 2nd Annual Advances in Family Medicine (Sponsored by Abbott). Exercise and Nutrition: Prescriptions for Diabetes. Toronto, Sept 15<sup>th</sup>, 2007.
81. Scottish Study Group for the Care of Diabetes in the Young: Diabetes and Exercise Metabolism (children, adolescents and young rats), Pitlochry, Scotland, March 2<sup>nd</sup>, 2007.
82. The Queen's Medical Research Institute: Cardiovascular/ Endocrinology Unit, The University of Edinburgh. Exercise, Stress and Glucocorticoids. Edinburgh, Scotland, March 4<sup>rd</sup>, 2007.
83. International Diabetes Federation 19th World Diabetes Congress Exercise Symposium: Benefits and problems in diabetes. Title: Blood glucose control during and after exercise in type 1 diabetes-Is it possible? Cape Town South Africa, December 3-7<sup>th</sup>, 2006.
84. The Canadian Diabetes Association (CDA)/Canadian Society of Endocrinology and Metabolism (CSEM) Professional Conference and Annual Meeting: “Exercise Physiology and Type 1 Diabetes, Toronto Oct18-21<sup>st</sup>, 2006.



85. International Society for Pediatric and Adolescent Diabetes 32nd Annual Meeting: “Sport and Exercise in Diabetes”. Cambridge UK, September 6- 9th, 2006.
86. The Gatorade Sports Science Institute 9th Latin America Congress: The Child Athlete- Macronutrient Considerations for the Child Athlete. Mexico City, Mexico June 24-25, 2005.
87. The Canadian Diabetes Association (CDA)/Canadian Society of Endocrinology and Metabolism (CSEM) Professional Conference and Annual Meeting: “The Athlete with Type 1 Diabetes”, Quebec City, Quebec, October 27-30, 2004.
88. Gatorade Sports Science Institute 2004 Scientific Conference: “Nutritional Considerations for the Active Child with Diabetes”, Santa Cruz, CA, July 14-19, 2004.
89. Oral Abstract Session Chair: “Exercise- Human”. American Diabetes Association 64<sup>th</sup> Scientific Sessions. Orlando, Florida, June 24<sup>th</sup>, 2004.
90. Northern Diabetes Health Network and the Network of Ontario Pediatric Diabetes Program 3rd Annual Networking Session and Professional Development Day: “The Athlete with Type 1 Diabetes”, Toronto, Ontario, November 21- 22, 2003
91. Bloorview MacMillan Research Seminar Group: “Exercise and Children with Diabetes Mellitus”. Host: Dr. Kent Cambell. March 2002.
92. American College of Sports Medicine 48th Annual Meeting. Invited Symposium Speaker: “Are Children Better Biological Machines Than Adults: Fuel and Metabolism”. Baltimore, MD, June 2001.
93. Yale University Department of Medicine and Cellular and Molecular Physiology seminar group: “Substrate Utilization, RPE and Glycemic Responses to Exercise in Children with Diabetes Mellitus”. Host: Dr. Gerry Shulman. Jan 2000.
94. Canadian Association of Exercise Physiology Annual Meeting. Invited Symposium Speaker: “Substrate Utilization, RPE and Blood Glucose Responses to Exercise in Children with and without IDDM”. Toronto, ON, Oct 1999.

### **Public, Professional and Corporate Organizations, CME Workshops- Selected:**

1. Canadian Diabetes Association Spring Expo Keynote Lecture: Diabetes Mellitus: No time to be Sedentary. Algonquin College, Ottawa ON. March 28<sup>th</sup>, 2015.
2. York University Faculty of Health/VPRI Building Healthy Lives and Communities Celebration: A new high-resolution tool for pre-diabetes and diabetes detection- Now what? November 24th, 2014, York University.
3. Diabetes and Exercise. LMC professional’s workshop. September 12th, 2014. Toronto, ON.
4. The art and science of managing physical activity in type 1 diabetes. Sponsor Medtronic Canada. May 21st, 2014. Guelph ON.
5. Exercise and Diabetes. Advanced Diabetes Technology Professionals CDE Workshop. Sponsor Medtronic Canada. May 29th, 2014.
6. Exercise and Type 1 Diabetes- A Lecture for Families. Delta Fredericton. Host Roxanne O’Neill-Gionet, Medtronic. Fredericton NB, April 23<sup>rd</sup>, 2014.
7. Exercise and Type 1 Diabetes- A Lecture for Health Care Providers. Delta Fredericton. Host Roxanne O’Neill-Gionet, Medtronic. Fredericton NB, April 24<sup>th</sup>, 2014.

8. The art and science of managing physical activity in type 1 diabetes. Chatham YMCA. Chatham On. Host Stephen Roelofsen, Medtronic. March 28<sup>th</sup>, 2014.
9. Exercise and diabetes in 2014; what to prescribe and what to expect in patients with type 1 and type 2 diabetes. Options for diabetes conference. Kingston, Ontario. April 11, 2014
10. Better Glucose Control During Sport- Lessons Learned from CGM. A Public Lecture. Geo Centre. St. John's, Newfoundland. Host Gail Spurrell, Medtronic. Nov 13<sup>th</sup>, 2013.
11. Exercise and Type 1 Diabetes. Janeway Pediatric Diabetes Team. St. John's Newfoundland. Host Gail Spurrell, Medtronic. Nov 13<sup>th</sup>, 2013
12. Exercise and Type 1 Diabetes. Major's Path Adult Diabetes Education Team. St. John's Newfoundland. Host Gail Spurrell, Medtronic. Nov 13<sup>th</sup>, 2013.
13. Medtronic Certified Product Trainer Workshop-Diabetes and Exercise: Case studies with insulin pump and CGM strategies for better glucose control and performance, Vascular 2013 Conference, Montreal QC, Oct 17<sup>th</sup> and 18<sup>th</sup>, 2013.
14. Medtronic Educational Workshop for Endocrinologists, Internal Medicine and Diabetologists- Sports and T1DM: lessons learned from CGM. Burlington On, Host Shelly Evans, June 12<sup>th</sup>, 2013.
15. Sick Kids Hospital Family Diabetes Day. Diabetes Management and Exercise. Toronto, On, April 20<sup>th</sup>, 2013.
16. Children with Diabetes Friends for Life Conference- Toronto 2013. Exercise and Type 1 Diabetes. Toronto On, March 9<sup>th</sup>, 2013.
17. Medtronic Canada's Educational Workshop for Endocrinologists, Internal Medicine and Diabetologists. Sports and T1DM: lessons learned from CGM. Jan 11<sup>th</sup>, 2013.
18. Trillium Paediatric Diabetes Update: The importance exercise in type 1 diabetes & how to face the challenges in blood sugar control. Oct 20<sup>th</sup>, 2012. Host: The Diabetes clinic-Dr. Angelo Simone.
19. Kitchener Diabetes Centre Professional CDE Workshop. Grand River Hospital. Diabetes Education Centre. Exercise and Type 1 Diabetes. Nov 30<sup>th</sup>, 2012.
20. London Diabetes Day. Exercise and Type 1 Diabetes Sept 13<sup>th</sup>, 2012 Host: Stephen Roelofsen, Medtronic Canada
21. Canadian Drug Research and Discovery: Hypoglycemia and somatostatin inhibition. May 31<sup>st</sup>, 2012. Host: Dr Richard Liggins.
22. MaRS Innovation/BioFinance Showcase Presentation. Prophylactic Treatment of Hypoglycemia. St. Andrew's Club. Toronto, May 29<sup>th</sup>, 2012.
23. Diabetes Prevention Requires Lifestyle Change: Why Pills Don't Work. The York Circle, Lunch and Learn Lecture. York University, April 28<sup>th</sup>, 2012. Host President Emerita Dr Lorna Marsden.
24. Charles H. Best Diabetes Centre Education Day-June 1st 2012. Managing Exercise.
25. Prophylactic Treatment of Hypoglycemia in Type 1 Diabetes. MaRS Innovation Team. MaRS Centre, Toronto, April 28<sup>th</sup>, 2012. Host Ivan Waissbluth.
26. Exercise and Type 1 Diabetes. London Pediatric Day. Best Western Plus, London ON. April 14<sup>th</sup>, 2012.
27. Exercise and Type 1 Diabetes: Challenges and Solutions, Scarborough Centenary Hospital, April 12, 2012. Host Adil Mughal, Medtronic Canada.

28. Exercise and Diabetes. Ottawa Riverside Hospital Endocrine and Metabolism Grand Rounds. Host Dr. Erin Keely. May 15<sup>th</sup>, 2012.
29. Exercise and Type 1 Diabetes, Families Living with Diabetes Day, The Children's Hospital London Health Sciences Centre, Best Western Lamplighter Inn, London ON, April 14, 2012. Host Janet Dawe, Children's Hospital London.
30. Exercise, Pumps and Type 1 Diabetes, Families Living with Diabetes Day, The Children's Hospital London Health Sciences Centre, Best Western Lamplighter Inn, London ON, April 14, 2012. Host Janet Dawe, Children's Hospital London.
31. Sports, Exercise and Type 1 Diabetes. The Hilton Garden Inn, Mississauga, ON, March 27<sup>th</sup>, 2012. Host Adil Mughal, Medtronic Canada.
32. Exercise and Type 1 Diabetes. Riverside Hospital, Ottawa, ON, March 7<sup>th</sup>, 2012, : Sergio Faraone, Medtronic Canada.
33. Exercise and type 1 diabetes: challenges and answers from an exercise physiologist living with type 1. Hampton Inn, Ottawa, Nov 19<sup>th</sup>, 2011, Host: Sergio Faraone, Medtronic Canada.
34. Exercise and type 1 diabetes: the running group lecture. Trillium Hospital, Mississauga On, : October 25<sup>th</sup>, 2011. Host: Michelle Bloom, Social worker, Trillium Hospital.
35. Exercise and Type 1 Diabetes: Challenges in Endocrine Control- A CME lecture, Thornhill, Ontario, Oct 4<sup>th</sup>, 2011. Host Adil Mughal, Medtronic Canada.
36. Exercise and Type 1 Diabetes: Challenges and Answers from an Exercise Physiologist Living with Type 1 Diabetes, Chatham-Kent Diabetes & Exercise Education Day, Chatham Ontario, Saturday October 1, 2011 Host: Dr. Linda Sinnaeve and the Chatham Canadian Diabetes Association.
37. Exercise and Type 1 Diabetes: Challenges and Answers from an Exercise Physiologist Living with Type 1, Friday, September 23<sup>rd</sup>, 2011, Windsor Ontario, Host: Stephen Roelofsen, Medtronic Canada.
38. Exercise and Type 1 Diabetes: Challenges and Answers from an Exercise Physiologist Living with Type 1, Friday, September 30<sup>th</sup>, 2011, Sarnia Ontario, Host: Stephen Roelofsen, Medtronic Canada
39. Exercise and Type 1 Diabetes: Challenges and Answers from an Exercise Physiologist Living with Type 1, Saturday, September 24<sup>th</sup>, 2011, London Ontario, Host: Stephen Roelofsen, Medtronic Canada.
40. Meet the athletes forum: Hosted by Dr. Michael C. Riddell. Friends for Life Canada International children with diabetes conference. International Conference and Expo July 29-31<sup>st</sup>, 2011, Toronto Marriott.
41. Pumps, sensors, exercise and type 1 diabetes. Friends for Life Canada International children with diabetes conference. International Conference and Expo July 29-31<sup>st</sup>, 2011, Toronto Marriott.
42. Exercise and Diabetes: Lessons Learned from and Exercise Physiologist Living with Type 1. Canadian Diabetes Association Regional Branch In Your Care - Children with Diabetes Symposium. Host Joan Patch, Coordinator, Public Programs & Services, Ontario Science Centre, June 18<sup>th</sup>, 2011.
43. McMaster Pediatric Diabetes Centre Professional Development Day. Type 1 Diabetes and Exercise. Burlington May 27<sup>th</sup>, 2011. Host Dr. Dr. Karen McAssey.
44. Progress made since the discovery of insulin. NATIONAL DIABETES DAY—Canadian Diabetes Association National team meeting. May 16th, 2011. Host Lucy Montana. Manager, National Conference and Meeting Services
45. Exercise and Type 1 Diabetes: Physiological Considerations. Oro restaurant, Toronto, ON, May 25<sup>th</sup>, 2011 Host Chris Marajas, Lilly Canada.

46. Exercise and Diabetes- York's Diabetes Youth Sports Camp Highlights. Charles H. Best Diabetes Centre Annual General Meeting. Nov 17<sup>th</sup>, 2010
47. Exercise and Type 1 Diabetes: Challenges in Endocrine Control. Ruth Chris Steakhouse (Mississauga ON), May 2<sup>nd</sup>, 2011, Host Adil Mughal Medtronic Canada.
48. Diabetes and Exercise-Focus on CGM. Tru Restaurant, London Ontario, October 1<sup>st</sup>, 2010, Host: Cheryl Lambert.
49. Diabetes and Exercise-Focus on CGM. Giovanni Cabota Club, Windsor, ON, October 2<sup>st</sup>, 2010, Host: Cheryl Lambert
50. Success in Sports with Type 1 Diabetes: Needles, Pumps, CGM and Performance. Hampton Inn & Conference Centre, Ottawa ON, October 4<sup>th</sup>, 2010, Host Jessica Trim, Medtronic.
51. Success in Sports with Type 1 Diabetes: Needles, Pumps, CGM and Performance. Hilton Garden Inn Ajax, October 5<sup>th</sup>, 2010. Host: Tracy Darling.
52. Success in Sports with Type 1 Diabetes: Needles, Pumps, CGM and Performance. Holiday Inn Waterfront Peterborough, October 6<sup>th</sup>, 2010. Host: Tracy Darling.
53. Effects of somatostatin inhibition on the prevention of hypoglycemia in diabetes mellitus. To Canadian Drug Discovery Research Centre Drug Development Committee (Vancouver Canada via WebEx), Sept 9<sup>th</sup>, 2010.
54. International Children with Diabetes Conference. FRIENDS FOR LIFE Canada: Pumps, sensors and exercise, August 27-29, 2010, Vancouver, BC, Canada.
55. International Children with Diabetes Conference. FRIENDS FOR LIFE Canada: Success in Sports, August 27-29, 2010, Vancouver, BC, Canada.
56. Exercise and Diabetes. Charles H. Best Diabetes Walk Keynote Presentation. Whitby On, Sept 12<sup>th</sup>, 2010
57. Trifit and Medtronic Canada Diabetes Prevention in the Workplace: Sharing Best Practices Symposium. Diabetes Prevention-The Healthy Lifestyle Factor, May 12<sup>th</sup>, 2010, Medtronic Headquarters Brampton.
58. Stong College, U50 Public Lecture Series: Physical Activity: Its Role in Diabetes Prevention and Treatment. Sept. 24<sup>th</sup>, 2009.
59. Canadian Diabetes Association- Timmons. Aboriginal Diabetes Day. Stress & Physical Activity: Their Roles in Diabetes Development and Management—PROFESSIONAL WORKSHOP. October 6, 2009.
60. Canadian Diabetes Association- Timmons. Aboriginal Diabetes Day. Stress & Physical Activity: Their Roles in Diabetes Development and Management—PUBLIC WORKSHOP. October 6, 2009.
61. Charles H. Best Diabetes Centre- Heydenshore Kiwanis Park Whitby, Ontario. Living Actively with Type 1 Diabetes. September 20, 2009.
62. Canadian Diabetes Association- North York, Toronto. Stress, Exercise and Fitness: A three way tug of war on your diabetes, April 25<sup>th</sup>, 2009.
63. Pre-Diabetes Detection and Physical Activity Intervention WorkShop for Certified Exercise Physiologists, Presentation Title: Exercise and PreDiabetes, April 25<sup>th</sup>, 2009.
64. Canadian Society for Exercise Physiology and Public Health Agency of Canada ParQ/Parmed-X Screening Conference. Evidence-based risk assessment and recommendation for physical activity clearance: Metabolic disorders and related co-morbidities, March 12-13<sup>th</sup>, 2009.

65. Markham Stouffville Hospital Annual Diabetes day. Living with Type 1 diabetes and the York University Youth Sports Camp highlights November 22<sup>nd</sup>, 2008,
66. Canadian Diabetes Association-Sault Ste. Marie & District Branch. The Implications of Stress and Exercise Physiology in Diabetes Lecture to Diabetes Health Care Professionals. Host: Janie Bringleston, Branch Coordinator, Tuesday November 4<sup>th</sup>, 2008.
67. Canadian Diabetes Association-Sault Ste. Marie & District Branch. Stress, Fitness and Exercise- All impacting on your diabetes control. Public lecture. Host: Janie Bringleston, Branch Coordinator, Tuesday November 4<sup>th</sup>, 2008.
68. Canadian Diabetes Association Live Smart Expo. The Ups and Downs of Exercise and Stress. Burlington, On. April 19<sup>th</sup>, 2008.
69. Canadian Society for Exercise Physiology Working Group on ParQ and Par/Medx. Exercise screening for metabolic disease. Richmond BC, April 14-16<sup>th</sup>, 2008.
70. Canadian Diabetes Association local chapter Sudbury/North Bay. Exercise, Stress and Diabetes, North Bay On, April 10<sup>th</sup>, 2008.
71. Tri-Hospital Diabetes Education Centre (TRIDEC) annual diabetes day keynote lecture: Stress and Diabetes, Toronto, On, Nov 24<sup>th</sup>, 2007.
72. Calgary Children's Hospital Department of Endocrinology and Diabetes (Lay Talk): Exercise and Type 1 Diabetes- Part 1 Sports Science, Sept 28<sup>th</sup>, 2007.
73. St John Regional Hospital, Department of Paediatrics. The Physiological Principles of Strenuous Exercise and Type 1 diabetes mellitus, St John, NB, Nov 10<sup>th</sup>, 2007.
74. Options for Diabetes 8<sup>th</sup> Annual Diabetes Education Conference for Health Care Professionals: Exercise and Pediatric Type 1 Diabetes, Kingston, On, April 13<sup>th</sup>, 2007.
75. Options for Diabetes 8<sup>th</sup> Annual Diabetes Education Conference for Health Care Professionals: Exercise for the Treatment & Prevention of Type 2 Diabetes: The Magic Pill, Kingston, On, April 13<sup>th</sup>, 2007.
76. Abbott Ross Laboratories, Toronto Workshop on Metabolic Syndrome and Type 2 Diabetes: "Metabolic and Nutritional Considerations for Physical Activity", North York, ON, June 7<sup>th</sup>, 2005.
77. Trillium Hospital Diabetes Centre: Exercise and Diabetes, Etobicoke, ON, May 26<sup>th</sup>, 2005.
78. Executive Training Programme, Schulich School of Business, York University: Physical Fitness and Wellness and the Importance of Maintaining an Exercise Program", Toronto, ON. June 13th, 2004.
79. Canadian Diabetes Association-York Regional Branch Diabetes Forum Invited Speaker: Diabetes-Why Exercise", Toronto, ON, May 15<sup>th</sup>, 2004.
80. Regional Paediatric Diabetes Education Center, Soldiers' Memorial Hospital 7<sup>th</sup> Annual Paediatric Diabetes Education Seminar, Orillia, ON, May 18<sup>th</sup>, 2004.
81. Children's Hospital of Eastern Ontario Annual Diabetes Day Invited Keynote Speaker: "Competitive Athletes with Type 1 Diabetes", Ottawa, ON, April 24, 2004.
82. Division of Executive Development, Schulich School of Business, York University and Telus-Leaders of the Future Workshop: Physical Fitness and Wellness and the Importance of Maintaining an Exercise Program", Toronto, ON. October 29, 2003.
83. Future Wellness Conference: How fitness became wellness, York University, May 2-4, 2003.

84. Diabetes Programme North York General- Branson Division. Invited Speaker: Physical Activity and Type 2 Diabetes Mellitus. Toronto ON, Nov 2002.
85. Diabetes Programme Windsor-Essex County: Diabetes Health Care Connection and Trade Show. Invited Speaker: “Active Living, Visceral Fat and Type 2 Diabetes”. Windsor ON, July, 2002.
86. Diabetes Programme North York General- Branson Division. Invited Speaker: Active living and Type 1 Diabetes Mellitus. Toronto ON, April 2002.
87. Canadian Diabetes Association-GTA District National Diabetes Day Symposium: Invited Speaker: “Active Living with Diabetes”. Ontario Science Centre, Toronto ON, Nov, 2001.
88. Canadian Diabetes Association- Hamilton Branch Diabetes Expo 2001: Invited Speaker: “Active Living with Diabetes”. Hamilton, ON, April 2001.
89. Eli Lilly Canada Inc. South Western Ontario Diabetes Educator Symposium. Invited Speaker: Exercise and Diabetes, University of Western ON, Dec, 2000.
90. St. Michael’s Hospital Diabetes Support Group. Invited Speaker: “The Importance of Exercise in Diabetes”. Toronto ON, Nov, 2000.
91. Eli Lilly Canada Inc. Diabetes Symposium. Invited Speaker: “Physiological Responses to Acute and Chronic Exercise in Individuals with Diabetes Mellitus”. Hamilton ON, Sept, 2000.
92. Gane Yohs (the healing place) Health Center: Six Nations Youth Buddy Program. Invited Speaker: “Exercise and Diabetes”. Ohsweken ON, Aug, 2000.
93. Bayer Canada Inc. and Eli Lilly Canada Inc. Diabetes Educator Workshop. Invited Speaker: “Active living with Diabetes Mellitus”. Horseshoe Valley, ON, April 2000.

### Other Publications/Applications in Media

- <http://parmedx.appspot.com/> an online exercise readiness tool (P.I. Drs. Warburton Jamnik and Gledhill)
- [ExCarbs.com](http://ExCarbs.com) an online tool for exercise and type 1 diabetes

### Media Interviews and Coverage of Research

- CTV Headline News (Kilimanjaro climb Nov 16<sup>th</sup>, 2013) <http://video.theloop.ca/news/watch/-/2844292056001#.UogshZSgly4>
- Type 1 Diabetes and Mt Kilimanjaro climb documentary. <http://www.eexpressack.net/t1diabetes-kilimanjaro-expedition/>
- Globe and Mail- Special Diabetes Issue- Nov 1<sup>st</sup> 2013- Hockey and Type 1 diabetes interview
- CTV news Aug 8<sup>th</sup>, 2013- DSkate Interview
- Global news Aug 8<sup>th</sup> 2013- DSkate Interview
- York U Magazine Fall 2012.- Fighting Diabetes <http://digital.yorku.ca/i/95996>
- Optimyz magazine (Canada’s Health, Fitness and Lifestyle Magazine)- Preventing type 2 diabetes An interview with Dr. Michael Riddell [Optimyz May/June 2012](http://Optimyz.com).

- ALECARDIO Connection- Get Moving! An interview with Michael Riddell. [ALECARDIO](#)
- Y-file: Chronic high-levels of stress hormone could lead to heart problems. [yFile2012/10/22/](#)
- Y-file: For diabetics, physical activity improves longevity. [2012/02/15/](#)
- Diabetes Forecast. The American Diabetes Association. An Interview with Dr. Michael Riddell on “Exercise Explained” Article by Lindsey Wahowaik. Section: Fitness and Blood Sugar Management, April 2012 Issue.
- [Vancouver sun August 22, 2012](#)- Canadian kids with diabetes to compete in international soccer tournament
- Y-file, York sports camp offers support for diabetic youth in Ontario, [2011/07/21](#)
- CTV news, York’s Diabetes Sports Camp. July 18<sup>th</sup>, 2011
- North York Mirror: York University diabetes camp enrolment doubles. July 25<sup>th</sup>, 2011. [insidetoronto](#)
- North York Mirror: Overweight girls needed for pioneering research at York U. March 10<sup>th</sup>, 2011
- North York Mirror: “York U. Diabetes study is a worldwide first, professor says”, July 18<sup>th</sup>, 2010. [insidetoronto](#)
- Y-file, York study finds diabetes should not deter young athletes, July 16<sup>th</sup>, 2010. [yfile article 15190](#)
- Global TV News Hour: Blood Sugar and Exercise Host: Beatrice Politi. July 23<sup>rd</sup>, 2010.
- Y-file: It’s PRE-PAID: diabetes study finds big need for early screening, May 4<sup>th</sup>, 2010
- CBC News (online and CBC Radio One). Diabetes study targets high-risk ethnic groups. November 23, 2009. [cbcnews](#)
- North York Mirror: Sports are priority at York U. diabetes camp, July 23<sup>rd</sup>, 2009
- CBC Radio One Here and Now: Live interview: diabetes study. November 23, 2009.
- Y-file: York University launches diabetes screening and prevention program, Nov 4<sup>th</sup>, 2009.
- Y-file: Coaches help combat fear of exercise through camp for kids with diabetes, July 21<sup>st</sup>, 2009.
- Channel 3 News, Timmons Ontario. Exercise, Stress and Diabetes Management in Aboriginal Communities
- Oct 6, 2009.
- CBC Radio One in studio interview: Diabetes camp at York University. Show: HERE AND NOW
- Date: 2009/07/22. See [http://www.cbc.ca/radioshows/HERE\\_AND\\_NOW/20090722.shtml](http://www.cbc.ca/radioshows/HERE_AND_NOW/20090722.shtml)
- CKPC radio: Exercise and Stress in Diabetes. April 17<sup>th</sup>, 2008.
- Y-file: York researcher finds our ability to burn fat declines after puberty, Aug 7<sup>th</sup>, 2008.
- Y-file: Sports camp for youth with diabetes on this week at York, July 8<sup>th</sup>, 2008.
- Diabetes Dialog: On the Move by Ruth Hanley. Published by the Canadian Diabetes Association, Spring 2007.
- CTV Evening News: “Obesity Rates in Canadian Children”, June 2005.

- Good Times Magazine: “Diabetes: is running” Quoted in article of benefits of exercise in diabetes July/August 2003 edition.
- Y-file: York researchers receive CFI funding, Nov 18<sup>th</sup>, 2003.
- Y-file: CFI funding goes to innovative York projects, June 19<sup>th</sup>, 2003.
- CBC Radio 1 Windsor- Morning Watch: “Exercise and Visceral Fat”. July, 2002.
- Rogers TV Cable 10, Diabetes Symposium 2001, Ontario Science Centre, Toronto: “Active Living with Diabetes”. Nov, 2001.
- CHCH TV Hamilton- Evening news: “Report on Active Living and Children with Diabetes- Study Highlights”. Sept 1997.