

CURRICULUM VITAE

NAME

Dr. Kirk, Sara FL

CONTACT INFORMATION

Address

Courier	Dalhousie University, Faculty of Health Professions, School of Health and Human Performance, 1318 Robie Street Halifax, Nova Scotia, Canada, B3H 3E2
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LANGUAGE SKILLS

English	Read, Write, Speak, Understand, Peer Review
French	Read, Write, Speak, Understand, Peer Review

EDUCATION

Degrees

Diploma, Postgraduate Certificate in Learning and Teaching in Higher Education, Education (Completed)	Aug. 1997 - Jul. 1998
<i>The University of Leeds, United Kingdom, Academic</i>	

Doctorate, PhD, nutrition and psychology (Completed)	Feb. 1991 - Sep. 1996
<i>The University of Leeds, United Kingdom, Academic</i>	
Supervisors: Dr. Andrew Hill	

Bachelor's, BSc (Hons) Dietetics, Dietetics (Completed)	Sep. 1983 - Jul. 1987
<i>Leeds Metropolitan University, United Kingdom, Academic</i>	

Credentials

Diploma in Advanced Dietetic Practice	Sep. 1999 - Sep. 2001
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British Dietetic Association, Health

Professional development is a requirement for ongoing registration with the Health Professions Council (HPC) by UK dietitians. This postgraduate qualification provided recognition that I had completed the additional study and professional development required for registration with HPC

Postgraduate Certificate in Learning and Teaching in Higher Education Sep. 1997 - Jul. 1998*The University of Leeds, United Kingdom, Academic*

The Postgraduate Certificate in Learning and Teaching in Higher Education (PGCLTHE) is a University of Leeds qualification that is offered to teaching staff at the University. The program is taught and assessed by the Staff and Departmental Development Unit and approved and quality assured by the University's Learning and Teaching Board (LTB) as a 60-credit, level M award. It is externally accredited by the Higher Education Academy (HEA)

PhD**Jan. 1992 - Jun. 1996***The University of Leeds, United Kingdom, Academic*

I completed my PhD at the University of Leeds, Research School of Medicine under the supervision of Dr. Andrew Hill. My thesis was entitled "Thinking about Food: Applying Personal Construct Psychology to an Exploration of Eating Behaviour

RECOGNITIONS**Prize / Award, School of Health and Human Performance 2015 Teaching and Mentorship Excellence Award****Aug. 2015***Dalhousie University, Nova Scotia, Canada, Academic*
(Canadian dollar)**Prize / Award, Dalhousie University Award for Excellence in Graduate Supervision (2015) Apr. 2015***Dalhousie University, Nova Scotia, Canada, Academic*
\$1,000 (Canadian dollar)**Distinction, Honorary Senior Scientist****Jul. 2010***Beatrice Hunter Cancer Research Institute, Health*
(Canadian dollar)**EMPLOYMENT****Academic Work Experience****Professor, with tenure(Full-time)****Jul. 2013***School of Health and Human Performance, Faculty of Health Professions, Dalhousie University, Nova Scotia, Canada, Academic***Term, Member, Faculty of Graduate Studies, Professor (Part-time)****Jul. 2007***Health and Human Performance, School, Faculty of Health Professions, Dalhousie University, Nova Scotia, Canada, Academic*

Kirk, Sara FL

January 2017

Term, Member, Faculty of Graduate Studies, Professor (Part-time)

Feb. 2007

Health and Human Performance, Faculty of Health Professions, Dalhousie University, Nova Scotia, Canada, Academic

Term, Tier II Canada Research Chair in Health Services Research, Professor (Full-time)

Jan. 2007

Health and Human Performance, Faculty of Health Professions, Dalhousie University, Nova Scotia, Canada, Academic

Term, Scientific Director, Healthy Populations Institute, Professor (Part-time)

Aug. 2016 - Jul. 2018

Dalhousie University, Nova Scotia, Canada, Academic

Term, Senior Scientist (sabbatical), Associate Professor (Full-time)

Sep. 2012 - Jun. 2013

Diet and Population Health, University of Cambridge, MRC Human Nutrition Research

Associate Professor, with tenure (Full-time)

Jul. 2011-Jul. 2013

School of Health and Human Performance, Faculty of Health Professions, Dalhousie University, Nova Scotia, Canada, Academic

Associate Professor, with tenure (Full-time)

Jul. 2009-Jul. 2011

School of Health Administration, Faculty of Health Professions, Dalhousie University, Nova Scotia, Canada, Academic

Assistant Professor, probationary tenure-track (Full-time)

Jan. 2007-Jul. 2009

School of Health Administration, Faculty of Health Professions, Dalhousie University, Nova Scotia, Canada, Academic

Term, Senior/Principal Research Fellow (Part-time)

May. 1998 - Dec. 2006

Nutritional Epidemiology Group, Research School of Medicine, The University of Leeds, United Kingdom, Academic

Term, Senior Lecturer, Lecturer (Part-time)

Sep. 1997 - Sep. 2001

Nutrition and Dietetics, Faculty of Health and Environment, Leeds Metropolitan University, United Kingdom, Academic

Non-academic Work Experience

Senior Dietitian

Apr. 1994 - Apr. 1998

Dietetics, Leeds Community (NHS) Trust

Senior Dietitian

Apr. 1994 - Apr. 1998

Dietetics, Leeds Community (NHS) Trust

Senior Dietitian

Nov. 1989 - Apr. 1994

Nutrition and Dietetics, Bradford Hospitals (NHS) Trust

Senior Dietitian

Nov. 1989 - Apr. 1994

Nutrition and Dietetics, Bradford Hospitals (NHS) Trust

Senior Dietitian

Apr. 1989 - Nov. 1989

Nutrition and Dietetics, Barnsley District Hospital

Senior Dietitian

Apr. 1989 - Nov. 1989

Nutrition and Dietetics, Barnsley District Hospital

Dietitian

Jul. 1987 - Apr. 1989

Various positions, UK NHS

Affiliations

Senior Research Scholar

Feb. 2016

Healthy Populations Institute, Dalhousie University, Nova Scotia, Canada, Academic

The Healthy Population Institute (formerly Atlantic Health Promotion Research Centre) is a Senate approved multi-faculty research institute that supports interdisciplinary research to promote healthy populations in Nova Scotia. As well as being designated a Senior Research Scholar, I was recently appointed the Scientific Director of HPI for a two-year term

Adjunct Professor

Jan. 2013

Nutrition and Dietetics, Mount Saint Vincent University, Nova Scotia, Canada, Academic

I hold an Adjunct Faculty position at MSVU that allows me to supervise undergraduate and graduate students. I also collaborate with other Faculty in both the Nutrition department and the Department of Child and Youth Study

Professor

Jul. 2011

Health and Human Performance, Dalhousie University, Nova Scotia, Canada, Academic

I am a Full Professor in Health Promotion, where I teach in the graduate and undergraduate Health Promotion programs

Adjunct Professor

Jan. 2007

IWK Health Centre, Nova Scotia, Canada, Health

I hold Adjunct Professor status with the IWK Health Centre, which enables me to collaborate with colleagues at the Centre

Tier II Canada Research Chair in Health Services Research

Jan. 2007 - Dec. 2016

Health and Human Performance, Dalhousie University, Nova Scotia, Canada, Academic

I held a Tier II Canada Research from January 2007 to December 2016. In this role I had a minimum of 50% of my time dedicated to conducting research

Adjunct Professor

Sep. 2009 - May. 2016

Public Health Sciences, University of Alberta, Alberta, Canada, Academic

I have held adjunct status at the University of Alberta to support trainee supervision on previous projects

Research Associate

Jun. 2007 - Feb. 2016

Atlantic Health Promotion Research Centre, Atlantic Health Promotion Research Centre, Nova Scotia, Canada, Research

The Atlantic Health Promotion Centre was a Senate approved multi-faculty research centre. It has recently been renamed the Healthy Populations Institute

RESEARCH FUNDING HISTORY

Co-investigator, Operating Grant, Nova Scotia Primary and Integrated Health Care Innovations Network (Awarded)

Jul. 2015 - Jun. 2020

Project Description: The Nova Scotia Primary and Integrated Health Care Innovations (NS-PIHCI) Network has four objectives: (1) Develop structures and processes to support/sustain an interdisciplinary, integrated research network focused on populations with complex health needs(2) Develop a 'rapid-learning' environment responding to real-time needs of decision-makers, clinicians and other stakeholders for high quality evidence and bridging research, policy and practice in primary and integrated health systems, as well as outside the health system (e.g. social services, education) (3) Conduct multi-jurisdictional, comparative research that enables identification of populations with complex needs and to develop and evaluate innovative models of primary and integrated care to improve their healthcare and health status(4) Engage, mentor, support and retain highly qualified researchers with the skills and experience to conduct this research

Clinical Research Project: No

Funding Sources

- Nova Scotia Health Research Foundation (NSHRF): Regional Partnership Program (2015/7 - 2020/6)
Total: \$500,000 (Canadian dollar) Received: (Canadian dollar), (competitive)

Co-investigator, Operating Grant, Surveillance of dietary patterns and the food environment among youth and young adults in Canada (Awarded)

Apr. 2016 - Mar. 2019

Clinical Research Project: No

Other Investigators: David Hammond (Principal Investigator)

Funding Sources

- Public Health Agency of Canada (PHAC: Enhanced Surveillance for Chronic Disease (2016/4 - 2019/3)
Total: \$1,000,000 (Canadian dollar), (competitive)

Co-principal Investigator, Operating Grant, Evaluation of the Early Years Centres Model in Nova Scotia (Awarded)

Mar. 2015 - Feb. 2019

Project Description: A collaborative team of researchers and evaluators is evaluating the newly launched Early Years Centre (EYC) model in Nova Scotia. This evaluation also provides a unique and timely opportunity to build a program of research targeting child and youth health in Nova Scotia that extends beyond the scope of the funded evaluation

Clinical Research Project: No

Funding Sources

- Margaret and Wallace McCain Family Foundation Inc.: Ad hoc funding (2015/3 - 2019/2) Total: \$419,000 (Canadian dollar) Received: (Canadian dollar), (competitive)

Co-principal Investigator, Operating Grant, Can loose parts foster unstructured, self-directed, risky outdoor play? A multilevel intervention in early years settings (Awarded) Jan. 2016 - Oct. 2018

Project Description: Engaging children in active outdoor play has been identified as a public health priority. This requires a change in how early childhood educators are trained and how play areas are constructed to stimulate interest and activity among children, e.g., through the use of “loose parts” to stimulate quality outdoor play. “Loose parts” refers to the use of natural materials, such as logs, sticks or leaves. In Nova Scotia, work has begun to test a loose parts intervention that incorporates resources for educators and parents, a professional learning module for early childhood educators, and the use of pedagogical documentation to support outdoor play. This project will build on this innovative work to evaluate the efficacy of the loose parts intervention versus standard early years settings’ practice to improve children’s physical literacy and increase time in active outdoor play

Clinical Research Project: No

Funding Sources

- Lawson Foundation (The): Active Outdoor Play #GRT 2015-67 (2016/1 - 2018/10) Total: \$210,000 (Canadian dollar) Received: (Canadian dollar), (competitive)

Co-investigator, Operating Grant, Eat, Play, Live: A Population Intervention to Promote Nutrition Guideline Implementation in Recreation Facilities across three Canadian Provinces (Awarded) May. 2015 - May. 2018

Project Description: To examine the impact of provincial nutrition guidelines for the recreation and sport sector on food environments in guideline and non-guideline provinces, and in facilities that do or do not receive additional capacity-building supports for guideline implementation

Clinical Research Project: No

Funding Sources

- Heart and Stroke Foundation of Canada (HSFC): Population-Level Nutrition Interventions (2015/5 - 2018/4) Total: \$300,000 (Canadian dollar) Received: (Canadian dollar), (competitive)

Principal Investigator, Operating Grant, Healthy eating in recreation and sports settings (Awarded) Aug. 2014 - Jul. 2017

Project Description: This project will study the implementation of nutrition guidelines within recreation and sport settings (RSS) in Nova Scotia. The guidelines include directives that are both evidence-informed (i.e., make strong recommendation for the eventual elimination of unhealthy options) and balanced by an understanding of the potential challenges to implementation within this setting. With baseline data being collected in the fall of 2013 and the launch of the HERSS guidelines scheduled for the spring of 2015, we will fully explore the impact of these guidelines in a robust and rigorous manner, helping policy makers to identify factors of importance to achieving the culture shift at the core of their objectives for these guidelines

Clinical Research Project: No

Funding Sources

- Heart and Stroke Foundation of Canada (HSFC): Population Health Intervention Research (2014/6 - 2016/5) Total: \$200,000 (Canadian dollar), (competitive)

Funding by Year

- 2014/8 - 2016/7: Total: \$199,730 (Canadian dollar) Received: (Canadian dollar)

Co-principal Investigator, Operating Grant, Building on success and learning from challenges: A comprehensive evaluation of the school food and nutrition policy in Nova Scotia (Awarded) Apr. 2015 - Mar. 2018

Project Description: Sustainable and comprehensive policies are needed to produce population-level changes in health and health equity, including in childhood nutrition. Recent literature, including studies conducted by members of this team, suggests a need to better understand nutrition policy

implementation across the school system. In 2006, Nova Scotia (NS) became one of the first provinces in Canada to launch a food and nutrition policy (FNP) to provide standards for foods and beverages served and sold in schools. A revised FNP will be released in 2016, offering a timely opportunity to evaluate its implementation and associated change in school food environments. With a baseline assessment of the original FNP complete and the revised FNP forming a new population health intervention, our research seeks to undertake a system-level evaluation of the revised FNP, using an exploratory sequential mixed methods design, with pre-post implementation measures

Clinical Research Project: No

Funding Sources

- Canadian Institutes of Health Research (CIHR): Population Health Intervention Research (2015/4 - 2017/3) Total: \$200,000 (Canadian dollar) Received: (Canadian dollar), (competitive)

Co-principal Investigator, Operating Grant, TIME (Tools, Information, Motivation, and Environment) for health: a multi-level, multi-component intervention to promote healthy eating and active living in youth (Awarded)

Apr. 2011 - Mar. 2017

Project Description: Childhood obesity is a significant public health problem. It is now widely acknowledged that there is a need to provide supportive environments where children live, learn and play if we are to see a reduction in rates of obesity. Yet, there are a number of settings where food availability is not consistent with current recommendations for healthy eating. One such setting is recreational facilities. While these facilities promote health in the form of physical activity, by contrast, the nutrition environment within them is often neglected in favour of energy dense fast and processed foods that are quick to prepare, cheap to provide and profitable. This project is exploring how families participating in recreational activities negotiate the food environments within them

Other Investigators: Sara Kirk (Principal Investigator)

Funding Sources

- Heart and Stroke Foundation of Canada (HSFC): Built Environment: Population Health Intervention Research (2011/4 - 2016/6) Total: \$600,000 (Canadian dollar), (competitive)

Co-principal Investigator, Operating Grant, Developing a Research Agenda for Early Childhood Development in Nova Scotia (Awarded)

Mar. 2016 - Feb. 2017

Project Description: The objectives of this Team Development grant are: 1) To assemble a team of researchers, policy makers and practitioners to co-create a research agenda to support early childhood development; 2) To formulate a research plan to maximize the funded evaluation of the EYC model in NS; 3) To facilitate knowledge exchange/sharing among researchers, policy makers and practitioners to support practice-based evidence and build more evidence-based practice for early childhood development in NS

Clinical Research Project: No

Funding Sources

- Nova Scotia Health Research Foundation (NSHRF): Catalyst Grant (2016/3 - 2017/2) Total: \$10,000 (Canadian dollar), (competitive)

Co-investigator, Workshop Grant, Weight Bias Research: Moving beyond raising awareness and creating change (Awarded)

Jan. 2016 - Jan. 2017

Project Description: This activity builds on the work that Canadian weight bias researchers and knowledge users such as the Canadian Obesity Network have been doing for the last five years. Although researchers and knowledge users have raised awareness of the importance of weight bias in health care, education, and public policy areas, there is an urgent need to move beyond raising awareness towards creating practice, policy and social change. Under the umbrella of the Canadian Obesity Network,

researchers, people with obesity, and decision makers have decided to form a working group (EveryBODY Matters) that will collaborate on research and knowledge translation initiatives to reduce weight bias in Canada

Clinical Research Project: No

Funding Sources

- Alberta Innovates- Health Solutions: Knowledge Exchange Grants (2016/1 - 2017/1) Total: \$10,000 (Canadian dollar), (competitive)

Principal Investigator, Research Chair, Obesity in Atlantic Canada (Completed) Jan. 2007 - Dec. 2016

Project Description: This research plan outlines a program of research for a Canada Research Chair in Health Services Research. This research applies a socio-ecological approach to understand how to create supportive environments for chronic disease prevention. A particular focus will be on obesity management and prevention

Clinical Research Project: No

Other Investigators: Sara Kirk (Principal Investigator)

Funding Sources

- Canadian Institutes of Health Research (CIHR): Canada Research Chairs Program (2007/1 - 2016/12) Total: \$1,000,000 (Canadian dollar), (competitive)

Co-investigator, Operating Grant, Pregnancy characteristics and maternal long term weight-related outcomes: a cohort study (Awarded) Oct. 2012 - Sep. 2017

Clinical Research Project: No

Funding Sources

- Nova Scotia Health Research Foundation (NSHRF): Regional Partnership Program (2012/10 - 2015/9) Total: \$100,000 (Canadian dollar) Received: (Canadian dollar), (competitive)

Co-investigator, Operating Grant, Return on Investments in Innovative Interventions that Promote Healthy Eating and Active Living among Children (Awarded) Apr. 2014 - Apr. 2016

Project Description: In Canada, a substantial public health and economic burden arises from chronic diseases that are preventable by adopting a healthy lifestyle. There is a need for effective programs and policies that encourage children to eat healthier diets and be more physically active. While some population health programs have been successful in promoting healthy lifestyle behaviors among children, the underlying implementation details including cost, barriers, and facilitators are still unclear. This project supports interdisciplinary research with the objectives to 1) study the effectiveness of programs and policies for the prevention of childhood overweight and consequent chronic diseases later in life, and 2) balance the costs of these programs and policies with avoided healthcare costs

Clinical Research Project: No

Funding Sources

- Alberta Innovates- Health Solutions: Collaborative Research and Innovation Opportunity Team Competition (2014/6 - 2016/4) Total: \$120,000 (Canadian dollar) Received: (Canadian dollar), (competitive)

Principal Investigator, Operating Grant, Supporting Integration of Health Promoting Schools Initiatives (Completed) Nov. 2014 - Mar. 2016

Clinical Research Project: No

Funding Sources

- Tri-Country Regional School Board: Ad hoc funding (2014/11 - 2016/3) Total: \$12,926 (Canadian dollar) Received: (Canadian dollar)

Principal Investigator, Operating Grant, Current state baseline of the Nova Scotia Food and Nutrition Policy (Awarded) Oct. 2014 - Mar. 2016

Project Description: This project has assessed the current status of school food and nutrition policy implementation ahead of the launch of a revised policy being launched in 2016. This work was conducted to support a population health intervention research project, funded by CIHR and the Max Bell Foundation in Spring 2015

Clinical Research Project: No

Funding Sources

- Nova Scotia Department of Health: ad hoc funding (2014/9 - 2016/3) Total: \$30,000 (Canadian dollar)

Principal Investigator, Operating Grant, The influence of comprehensive school health on school culture and health behaviors in children (Completed) Jun. 2013 - Mar. 2016

Project Description: From a population health perspective, schools have been identified as an important intervention setting to improve the future health and well being of children through enhancing learning, providing social support, and establishing healthy lifelong habits. However, the implementation of these initiatives is complex, and there is a paucity of comprehensive research that examines multifactorial policies, programs and school practices for improving the wellbeing and health behaviours of children. Therefore, this population health intervention research project seeks to contribute to our understanding of health promoting schools implementation through an ongoing natural experiment in health promoting schools in a region of Nova Scotia, Canada

Clinical Research Project: No

Funding Sources

- Canadian Institutes of Health Research (CIHR): Population Health Intervention Research (2013/6 - 2015/6) Total: \$200,000 (Canadian dollar), (competitive)

Principal Applicant, Operating Grant, Food For Thought: Nova Scotia Youth Perspectives on Food Security (Completed) Mar. 2015 - Feb. 2016

Clinical Research Project: No

Funding Sources

- Nova Scotia Health Research Foundation (NSHRF): Knowledge Sharing Support Award (2015/3 - 2016/2) Total: \$9,925 (Canadian dollar) Received: \$9,925 (Canadian dollar), (competitive)

Co-investigator, Establishment Grant, Impact of the new Food and Nutrition Standards for Child Care Centres on Children's Eating Behaviours (Completed) Oct. 2012 - Sep. 2015

Clinical Research Project: No

Funding Sources

- Nova Scotia Health Research Foundation (NSHRF): establishment grant (2012/10 - 2015/9) Total: \$150,000 (Canadian dollar) Received: (Canadian dollar), (competitive)

Collaborator, Operating Grant, Pan-Canadian Strategic Training in Population Health Intervention Research (Completed) Sep. 2009 - Aug. 2015

Project Description: PHIRNET is about equipping Canada for the "sea-change" that is coming in population health. We refer to the switch of attention from studying the causes and determinants of health problems, "to the science and practice of solving them", the field known as population health intervention research (PHIR). Eight universities (UDalhouse; UMontreal (lead site); UOttawa; UToronto;

UMcMaster; UManitoba; UCalgary & UBC) are combining to construct the PHIRNET training program. The PHIRNET training program: 1) focuses on four main themes/priority areas in PHIR (methods; economic evaluation, ethics and research governance; and interventions addressing social health inequalities); 2) produces and delivers a shared curriculum around key competencies in PHIR

Clinical Research Project: No

Other Investigators: Potvin, Louise; Shoveller, Jean (Principal Investigator)

Funding Sources

- Canadian Institutes of Health Research (CIHR): Strategic Training in Health Research (2009/9 - 2015/8) Total: \$2,000,000 (Canadian dollar), (competitive)

Collaborator, Operating Grant, CIHR Training Grant in Population Intervention for Chronic Disease Prevention: A Pan-Canadian Program (Completed) Sep. 2009 - Aug. 2015

Project Description: Chronic diseases (cancer, cardiovascular disease, and diabetes) are prevalent, but largely preventable. Given the far reaching toll of these diseases on individuals, families and society, (prevalent chronic diseases drive health care costs, reduce the ability of government to invest in social programs, and erode national productivity) it is critical to take action to reduce their impact. In response to this situation, major strategies are being mounted by federal and provincial governments across Canada to prevent these diseases and the common risk factors (tobacco use, inactivity, unhealthy eating patterns) they share. This training program will help build capacity in this important area of research

Clinical Research Project: No

Other Investigators: Cameron, Roy, Riley Barbara (Principal Investigator)

Funding Sources

- Canadian Institutes of Health Research (CIHR): Strategic Training in Health Research (2009/9 - 2015/8) Total: \$1,950,000 (Canadian dollar), (competitive)

Co-investigator, Operating Grant, Canadian Dietary Cohort Survey for Young Adults - seed grant (Completed) Jul. 2014 - Jun. 2015

Clinical Research Project: No

Funding Sources

- University of Waterloo: Chronic Disease Prevention Initiative Seed Grant (2014/7 - 2015/7) Total: \$9,993 (Canadian dollar), (competitive)

Co-applicant, Operating Grant, Nova Scotia SPOR Network in Primary and Integrated Health Care Innovations (Completed) Jun. 2014 - Jun. 2015

Project Description: This grant application proposes to bring together the initial members of the Nova Scotia Strategy for Patient Oriented Research Network for Primary and Integrated Health Care Innovations (NS-PIHCI). If funded, NNS-PIHCI will develop its capacity to become a member of CIHR's National SPOR Network, allowing Nova Scotians to benefit from participation and learning in cross-provincial research and applied changes in health care across the country. The research funding will be used to set the priorities NS-PIHCI should work on and determine who best should do this work. These innovative ways will see health services working better together, be better coordinated, be focussed in the community and include not only better health care delivery but be connected to ways to prevent the diseases leading to complex care needs

Clinical Research Project: No

Other Investigators: Bill Gardener (Co-applicant), Ian Bower (Decision Maker), Rick Gibson (Decision Maker), Fred Burge (Principal Applicant)

Funding Sources

- Canadian Institutes of Health Research (CIHR): SPOR Network in Primary and Integrated Health Care Innovations (2014/6 - 2015/6) Total: \$75,000 (Canadian dollar) Received: (Canadian dollar), (competitive)

Co-investigator, Operating Grant, Community Food Security: Participatory Approaches to Exploring the Policy Interface between Access and Supply (Completed) Apr. 2010 - Apr. 2015

Project Description: Building upon a long standing, well-respected academic and community partnership in Nova Scotia (NS), this CURA explored Community Food Security (CFS). Defined as 'a condition in which all community residents obtain a safe, culturally acceptable, nutritionally adequate diet through a sustainable food system that maximizes community self-reliance, and social justice', CFS is simultaneously a goal, an analytical framework, a movement, and a tool for policy change

Clinical Research Project: No

Other Investigators: Williams, Patty (Principal Investigator)

Funding Sources

- Social Sciences Research Council (SSRC): Community University Research Alliance (2010/4 - 2016/4) Total: \$1,200,000 (Canadian dollar), (competitive)

Principal Applicant, Operating Grant, Current-state baseline of School Food Environment in Nova Scotia (Completed) Sep. 2014 - Mar. 2015

Project Description: The purpose of this project is to outline the required tasks to support the current state baseline assessment of the school food environment in Nova Scotia. The activities to be completed in this assessment will support the revised implementation and impact of the policy by providing a "baseline" measure of the current state of the school food environment prior to the release of a revised school food and nutrition policy by the provincial government

Clinical Research Project: No

Funding Sources

- Nova Scotia Department of Health: Ad hoc funding (2014/9 - 2015/3) Total: \$29,955 (Canadian dollar) Received: (Canadian dollar)

Principal Applicant, Operating Grant, Policy development and best practices in the After School Time Period (Completed) Sep. 2014 - Mar. 2015

Project Description: The After School Time Period (ASTP) is a critical time period to target health initiatives for children and youth. There are many types of programs operating in the ASTP, ranging from sedentary to very physically active. This project will focus on two actions to inform a larger project by the Heart and Stroke Foundation on building capacity for policy development and best practices in the ASTP in Nova Scotia (NS). This includes a pilot study to assess physical activity levels within 6 after-school programs through the use of pedometers

Clinical Research Project: No

Funding Sources

- Heart and Stroke Foundation of Nova Scotia: Ad hoc funding (2014/9 - 2015/3) Total: \$9,995 (Canadian dollar) Received: (Canadian dollar), (competitive)

Principal Investigator, Operating Grant, Implementing Quality Daily Physical Education in Nova Scotia: A needs Assessment (Completed) Oct. 2013 - Dec. 2014

Project Description: Thrive! A Plan for a Healthier Nova Scotia is government's commitment to address Nova Scotia's growing rate of obesity and the rise of chronic disease among children, youth, and the adult population. This plan outlines policy and environmental approaches to healthy eating and physical activity, and addresses multi-sectorial priority actions to create environments that make it easier for

Nova Scotians to eat well and be active. Schools share a responsibility with community and families to develop physical literacy among children and youth. One of the four strategic directions within Thrive! commits to equipping people with skills and knowledge for lifelong health. One action directly related to the school system is to increase time for physical education in Nova Scotia public schools. This project provided an assessment of current instructional time for physical education in schools in NS

Clinical Research Project: No

Funding Sources

- Nova Scotia Department of Education: Thrive funding (2013/10 - 2014/12) Total: \$25,000 (Canadian dollar) Received: (Canadian dollar), (competitive)

Principal Investigator, Workshop Grant, Behind the Scenes: Interprofessional Insight on Patients' and Practitioners' Interactions and Experiences with Obesity Management

(Completed)

Mar. 2013 - Feb. 2014

Project Description: Through this funding, we developed and ran four interprofessional workshops to address weight bias and stigma in obesity and support health care professionals to examine their attitudes and practice around obesity management. The workshops incorporated live drama, and practical activities to enable participants to "rewrite the script"

Clinical Research Project: No

Funding Sources

- Canadian Institutes of Health Research (CIHR): Dissemination Grant (2013/3 - 2014/4) Total: \$24,164 (Canadian dollar) Received: (Canadian dollar), (competitive)

Principal Investigator, Operating Grant, Inspiring healthy school practices through story telling

(Completed)

Jan. 2013 - Dec. 2013

Project Description: This project developed a video to communicate key project findings from the CLASS II study to school stakeholders. The objective of the video was to effectively translate key messages of successful health promoting school practice from the CLASS II research. Following video production, local stakeholders participated in a webinar that launched the video and highlighted findings from the CLASS II study

Clinical Research Project: No

Funding Sources

- Nova Scotia Health Research Foundation (NSHRF): Knowledge Translation awards (2013/1 - 2013/12) Total: \$9,928 (Canadian dollar), (competitive)

Principal Investigator, Operating Grant, Goodness in Many Ways evaluation (Completed) Apr. 2012 - Oct. 2013

Project Description: Evaluation of the Nova Scotia Government's Goodness in Many Ways fruit and vegetable social marketing campaign

Clinical Research Project: No

Funding Sources

- Heart and Stroke Foundation of Nova Scotia: Ad hoc funding (2012/4 - 2012/10) Total: \$10,000 (Canadian dollar), (competitive)

Principal Investigator, Fellowship, Scotia Support Grant for student training (Completed) Sep. 2011 - Sep. 2013

Project Description: This funding provides support for graduate student stipends

Funding Sources

- Nova Scotia Health Research Foundation (NSHRF): Scotia Support Award (2011/9 - 2013/9) Total: \$50,000 (Canadian dollar), (competitive)

Principal Investigator, Operating Grant, Choice or circumstance? An exploration of breastfeeding practice (Completed) Jun. 2010 - May. 2013

Project Description: Encouraging breastfeeding, particularly exclusive breastfeeding for six months is one recommended strategy for obesity prevention as it may protect infants against obesity later in life. For mothers, breastfeeding can also support post-partum weight management. In Nova Scotia, low rates of breastfeeding initiation and duration are of concern. This study explored breastfeeding practice in low income, food insecure Nova Scotian mothers with obesity

Clinical Research Project: No

Other Investigators: Sara Kirk (Principal Investigator)

Funding Sources

- Danone/Dannon Institute: Grant-in-aid (2010/6 - 2013/5) Total: \$105,921 (Canadian dollar), (competitive)

Principal Investigator, Operating Grant, Assessing the impact of policies on school practices and health of children in Nova Scotia (Completed) Apr. 2009 - Mar. 2013

Project Description: Healthy eating and active living behaviours have been associated with improving health. Establishing healthy living behaviours at a young age is important so that children can maintain healthy lifestyles as they age. This project explored health behaviours in grade 5 students in NS, as well as assessing school and provincial policies for health promotion

Clinical Research Project: No

Other Investigators: Veugelers, Paul (Co-PI) (Principal Investigator)

Funding Sources

- Canadian Institutes of Health Research (CIHR): Operating Grants (2009/4 - 2013/3) Total: \$737,908 (Canadian dollar), (competitive)

Principal Applicant, Operating Grant, Promoting a comprehensive and sustainable approach to healthy living in children and families in Nova Scotia (Completed) Jan. 2012 - Jan. 2013

Project Description: Funding to support the development of a team of researchers, policy makers and practitioners across Nova Scotia, dedicated to the promotion of healthy eating. This team will seek to advance each of the four key priority areas of the Healthy Eating Nova Scotia strategy, namely breastfeeding, children and youth, fruit and vegetable consumption and food security

Clinical Research Project: No

Funding Sources

- Nova Scotia Health Research Foundation (NSHRF): Team Development Grant (2011/4 - 2012/4) Total: \$10,000 (Canadian dollar), (competitive)

Principal Applicant, Workshop Grant, Disseminating and contextualizing the results of the provincial assessment of healthy eating and active living policies and programs in Nova Scotia (Completed) Jan. 2012 - Jan. 2013

Project Description: Meeting, planning and dissemination grant funds for CLASS II project

Clinical Research Project: No

Funding Sources

- Canadian Institutes of Health Research (CIHR): Dissemination grant (2012/4 - 2013/3) Total: \$25,000 (Canadian dollar), (competitive)

Principal Investigator, Operating Grant, Balancing the Scales - promoting healthy weight management without blame or shame (Completed) Jan. 2009 - Nov. 2012

Project Description: This project explored obesity management from three perspectives - individuals living with obesity, health care providers and policy makers. Through this multi-level research, we highlighted the challenges with obesity management in a health care system that is not designed to manage chronic conditions

Clinical Research Project: No

Other Investigators: Sara Kirk (Principal Investigator)

Funding Sources

- Nova Scotia Health Research Foundation (NSHRF): Health Research Project (2009/1 - 2011/11) Total: \$150,000 (Canadian dollar), (competitive)

Co-investigator, Operating Grant, H2K: The role of peer mentors in enhancing school-based physical activity (Completed) Sep. 2009 - Sep. 2012

Project Description: There are many determinants of health which impact the weight and activity levels of an individual including dietary, exercise, lifestyle, environmental and socioeconomic factors. We designed and implemented a three year physical activity program, Heart Healthy Kids (H2K), in ten elementary schools and incorporated peer mentors in promoting physical activity in schools

Other Investigators: Hancock-Friesen, Camille (Principal Investigator)

Funding Sources

- Nova Scotia Health Research Foundation (NSHRF): Collaborative Health Research Project (2009/9 - 2012/9) Total: \$150,000 (Canadian dollar), (competitive)

Principal Investigator, Infrastructure Grant, Infrastructure to support the development of a resource centre for obesity management and prevention (Completed) Jan. 2007 - Jun. 2012

Project Description: This infrastructure supports a Tier 2 Canada Research Chair in Health Services Research, which focuses on exploring the health impact of obesity and other chronic diseases in Nova Scotia

Other Investigators: Sara Kirk (Principal Investigator)

Funding Sources

- Canada Foundation for Innovation (CFI): Leaders Opportunity Fund (2007/1 - 2009/6) Total: \$271,000 (Canadian dollar), (competitive)

Principal Investigator, Operating Grant, Understanding the Obesogenic environment of childhood (Completed) Apr. 2007 - Mar. 2012

Project Description: Childhood obesity is a global public health problem, with Atlantic Canadian youth having the highest rates of overweight and obesity in the country. Major social and environmental changes are required if interventions to manage or prevent obesity in children are to be successful. The proposed research will explore childhood obesity in Nova Scotia through the use of Geographical Information Systems (GIS). This innovative and timely project will take advantage of the unique position held by Nova Scotia to explore the utility of data from regional and national databases, so that the environmental factors associated with childhood obesity in the province can be fully explored and understood

Clinical Research Project: No

Other Investigators: Sara Kirk (Principal Investigator)

Funding Sources

- I. W. Killam Bequest: Scholar Award (2007/4 - 2012/3) Total: \$180,000 (Canadian dollar), (competitive)

Principal Investigator, Operating Grant, TIME (Tools, Information, Motivation, Environment) for health: A multi-level intervention to promote healthy eating in children and their families (Completed) Apr. 2011 - Jun. 2011

Project Description: Background: It is now widely acknowledged that there is a need to provide supportive environments where children live, learn and play if we are to see a reduction in rates of obesity. Yet, there are a number of settings where food availability is not consistent with current recommendations for healthy eating. One such setting is recreational facilities. While these facilities promote health in the form of physical activity, by contrast, the nutrition environment within them is often neglected in favour of energy dense fast and processed foods that are quick to prepare, cheap to provide and profitable. Our own research from the ENACT (Environment, Nutrition and Activity) project found that parents and youth reported being over-scheduled in ways that limited options for healthy meal preparation and that, ironically, healthy nutrition was often sacrificed due to the pressures of being involved in leisure-time physical activities

Clinical Research Project: No

Other Investigators: Sara Kirk (Principal Investigator)

Funding Sources

- Heart and Stroke Foundation of Canada (HSFC): Built Environment: Population Health Intervention Research (planning grant) (2011/4 - 2011/6) Total: \$1,500 (Canadian dollar), (competitive)

Principal Investigator, Operating Grant, A byte of prevention is worth a gigabyte of cure: Team Development Award (Completed) Oct. 2010 - May. 2011

Project Description: This funding request is for personnel support to assist in the resubmission of a proposal for funding to the Canadian Cancer Society Prevention Initiative call, due in October 2010. Last year, our grant submission was ranked 5th in the country (out of 15 applications) with a fundable score in the range of 3.8-4.1. Given our high score in the first competition, we plan to resubmit the proposal in the next competition and are seeking personnel support to redevelop the proposal, and strengthen both the proposal and the team, based on reviewer feedback. The proposal, called 'A byte of prevention is worth a gigabyte of cure' involves developing and testing a custom-made application for the Apple iPhone™ smart phone. The goal of this study is to examine the use of this cutting-edge mobile technology to improve healthy eating

Clinical Research Project: No

Other Investigators: Sara Kirk (Principal Investigator)

Funding Sources

- Nova Scotia Health Research Foundation (NSHRF): REDI (2010/10 - 2011/5) Total: \$10,000 (Canadian dollar), (competitive)

Co-investigator, Operating Grant, Green tea for weight loss: Systematic Review (Completed) May. 2010 - Apr. 2011

Project Description: Excess weight is a major health concern as the obese adult is at increased risk of developing chronic conditions including diabetes, heart disease and osteoarthritis as a direct result of being overweight. Additional effects of obesity are the potential limitation on mobility and the resulting overall negative impact on quality of life. Many people recognize these risks and struggle throughout their life to lose weight. In addition to dieting and exercise, consumers often turn to the many weight loss products that are available without prescription, such as green tea. However, evidence of their effectiveness is often limited. This systematic review will evaluate the evidence for the effect, if any, of green tea extract on weight-related outcomes

Clinical Research Project: No

Other Investigators: Jurgens, Tannis (Principal Investigator)

Funding Sources

- Nova Scotia Health Research Foundation (NSHRF): Systematic Reviews and Syntheses (2010/5 - 2011/4) Total: \$28,462 (Canadian dollar), (competitive)

Principal Investigator, Operating Grant, Proposal for a research grant to support the evaluation of the Healthy Eating Nova Scotia (HENS) strategy (Completed) May. 2010 - Feb. 2011

Project Description: In 2005, the province of Nova Scotia released the Healthy Eating Nova Scotia (HENS) provincial healthy eating strategy. At the time of its launch, HENS represented the first and only provincial comprehensive healthy eating strategy in Canada. HENS was developed as a key support for Nova Scotia's Chronic Disease Prevention Strategy (2003) which has the broad goals of improving health outcomes for Nova Scotians and reducing health disparities. This proposal is to conduct an evaluation of the implementation of the strategy

Clinical Research Project: No

Other Investigators: Sara Kirk (Principal Investigator)

Funding Sources

- Nova Scotia Health Promotion and Protection: Evaluation (2010/5 - 2011/2) Total: \$100,000 (Canadian dollar)

Co-investigator, Operating Grant, Optimizing investments in the built environment to reduce youth obesity (Completed) Oct. 2007 - Sep. 2010

Project Description: Governments and developers spend billions of dollars each year modifying the built environment based on policies related to zoning and building, land use, neighbourhood form, transportation, and capital funding. These policies rarely take health into consideration; indeed they may contribute to, not contain, the growing problem of youth obesity. This project will explore how the built environment might contribute to obesity in youth, using innovative technology to explore how youth interact with their environment

Other Investigators: Lyons, Renee (Principal Investigator)

Funding Sources

- Heart and Stroke Foundation of Canada (HSFC): Built environment, obesity and health (2007/10 - 2010/9) Total: \$600,000 (Canadian dollar), (competitive)

Principal Investigator, Operating Grant, Policy scan to support health promoting schools implementation (Completed) Dec. 2009 - Mar. 2010

Project Description: As part of ongoing work, the CLASS II research team has developed a specific method to conduct a policy scan and document review of Nova Scotia Provincial Government and School Board policies and programs that influence healthy eating and active living for children in elementary schools. The Health Promoting Schools (HPS) Evaluation Implementation Committee has created a Prioritization Chart that identifies evaluation questions and indicators that the committee would like to take precedence. Within these priorities, there are Provincial and Board level questions that could be answered by a similar method as established by the CLASS II research team. The proposed work will broaden the focus of CLASS II to incorporate other elements of health promoting schools to provide a comprehensive overview of the policy environment to support HPS implementation

Other Investigators: Sara Kirk (Principal Investigator)

Funding Sources

- Nova Scotia Health Promotion and Protection: Ad hoc funding (2009/12 - 2010/3) Total: \$10,000 (Canadian dollar), (competitive)

Co-investigator, Operating Grant, Obesity in Atlantic Canada: Research opportunities from establishing a cohort (Completed) Nov. 2009 - Dec. 2009

Project Description: Atlantic Canada has the dubious distinction of leading the country in its rates of obesity in women and youth. The health burden of this phenomenon is enormous and results in life-long health sequelae for this population, and their offspring. The purpose of this proposed meeting is to bring together a multidisciplinary group of researchers in Atlantic Canada to address the research potential of a longitudinal cohort study young adults and youth in the four Atlantic Provinces. The cohort would be an extension of the already-created infrastructure of the Atlantic PATH (The Atlantic Partnership for Tomorrow's Health) study which is one of the 5 partners in the Canadian Partnership for Tomorrow Project which is funded by the Canadian Partnership Against Cancer Corporation. The Atlantic PATH study is recruiting 30,000 men and women aged 39-69 in Atlantic Canada

Other Investigators: Dodds, Linda (co-PI) (Principal Investigator)

Funding Sources

- Canadian Institutes of Health Research (CIHR): Planning Grant (2009/11 - 2009/12) Total: \$15,500 (Canadian dollar), (competitive)

Principal Investigator, Operating Grant, Literature Review and Research Synthesis on the influence of screen time on physical activity, dietary intake and obesity (Completed) May. 2009 - Jul. 2009

Project Description: The purpose of this proposal is to undertake a comprehensive literature review and research synthesis on how screen time affects children's health and wellbeing, in particular focusing on how screen time may influence physical activity, dietary intake and obesity. This literature review will also identify strategies and initiatives that are promoting reduced screen time to children and youth and will highlight examples of best or promising practices that may be applicable to Nova Scotia. The results of this work will inform and guide an initiative within the Physical Activity Strategy for the Halifax Region, which targets a reduction of screen time among children and youth

Other Investigators: Sara Kirk (Principal Investigator)

Funding Sources

- Nova Scotia Health Promotion and Protection: Ad hoc funding (2009/5 - 2009/7) Total: \$10,000 (Canadian dollar)

Co-investigator, Operating Grant, Developing and testing an innovative methodology to evaluate community capacity building to promote healthy weights (Completed) Apr. 2008 - Jul. 2009

Project Description: Traditionally attempts to reduce obesity rates have focused on individual lifestyle factors. Recently, international, national and provincial reports have recommended shifting the focus from the individual to the broader determinants. The Halton Region Health Department (HRHD) is responding to these reports by initiating a Healthy Weights Consultation (HWC) Process, based on the social ecological model for health promotion. The HWC's goal is to improve population-level health outcomes, such as the prevalence of obesity, by facilitating environmental changes in the different sectors. This project will undertake data collection and analysis to generate baseline data for informing the process

Other Investigators: Young, Wendy (Principal Investigator)

Funding Sources

- Canadian Institutes of Health Research (CIHR): Operating Grant: Intervention Research (healthy living) (2008/4 - 2009/7) Total: \$100,000 (Canadian dollar), (competitive)

Principal Investigator, Operating Grant, Building Capacity in Obesity Management and Prevention in Nova Scotia (research personnel award) (Completed) Dec. 2007 - May. 2009

Project Description: This request is for funding to support a new resource centre, Applied Research Collaborations for Health (ARCH). The Resource Centre forms part of the research plan for a newly established Tier II Canada Research Chair in Health Services Research, the focus of which is on exploring the health impact of obesity in Nova Scotia. The Centre itself will be located at 1318 Robie Street, a self-contained building on the Dalhousie University campus, which is being renovated through funds from the Canada Foundation for Innovation that accompanies the CRC award. The Centre will be the first facility of its type in Atlantic Canada and will act as a focal point for research and knowledge translation in obesity management and prevention in Nova Scotia. The Centre will comprise space for research and training activities, as well as resources for information technology (IT) support, database development and management and computing hardware and software essential for the research program proposed

Other Investigators: Sara Kirk (Principal Investigator)

Funding Sources

- Nova Scotia Health Research Foundation (NSHRF): Capacity Program (2007/12 - 2009/5) Total: \$20,000 (Canadian dollar), (competitive)

ACTIVITIES

TEACHING ACTIVITIES

Courses Taught

Instructor, Fall HPRO 4450: Comprehensive School Health Promotion Sep. 06, 2016 - Dec. 08, 2016

Dalhousie University, Nova Scotia, Canada, Academic

Comprehensive School Health, Undergraduate, Guest Lecture, Number of Students: 16, Number of Credits: 3

Tutorial Hours Per Week: 3

Instructor, Winter 5595: Measurement and Evaluation in Health Promotion Jan. 04, 2016 - Apr. 15, 2016

Dalhousie University, Nova Scotia, Canada, Academic

Graduate, Guest Lecture, Number of Students: 9, Number of Credits: 3

Lecture Hours Per Week: 3

Guest lecturer, Fall 1195: Introduction to Health Promotion Nov. 04, 2015 - Nov. 06, 2015

Dalhousie University, Nova Scotia, Canada, Academic

Undergraduate, Guest Lecture, Number of Students: 60

Lecture Hours Per Week: 2

Instructor, 5595: Measurement and Evaluation in Health Promotion Jan. 06, 2015 - Apr. 10, 2015

Dalhousie University, Nova Scotia, Canada, Academic

Graduate, Guest Lecture, Number of Students: 5, Number of Credits: 3

Lecture Hours Per Week: 3

Co-instructors: McIsaac, Jessie-Lee

Instructor, 5501: Advanced Research Methods in the Social and Natural Sciences Sep. 06, 2011 - Dec. 16, 2011

Health and Human Performance, Dalhousie University, Nova Scotia, Canada, Academic
 Research Methods, Graduate, Guest Lecture, Number of Students: 20, Number of Credits: 3
 Lecture Hours Per Week: 3

Instructor, Fall 4101: Applied Research Methods Sep. 06, 2011 - Dec. 16, 2011

Health and Human Performance, Health Promotion, Dalhousie University, Nova Scotia, Canada, Academic
 Research Methods, Undergraduate, Guest Lecture, Number of Students: 4, Number of Credits: 3
 Lecture Hours Per Week: 3

Instructor, Fall 5300-D: Introduction to the Canadian Health System Sep. 07, 2010 - Dec. 17, 2010

Health Administration, Dalhousie University, Nova Scotia, Canada, Academic
 Health Administration, Graduate, Guest Lecture, Number of Students: 7, Number of Credits: 3
 Lecture Hours Per Week: 3

Instructor, 5300: Introduction to the Canadian Health System Sep. 03, 2009 - Dec. 18, 2009

Dalhousie University, Nova Scotia, Canada, Academic
 Graduate, Guest Lecture, Number of Students: 20, Number of Credits: 3
 Lecture Hours Per Week: 3

Instructor, Fall 6001: Introduction to the Canadian Health Care System Sep. 05, 2008 - Dec. 15, 2008

Online course, Atlantic Regional Training Centre in Applied Health Services Research
 health services, Graduate, Guest Lecture, Number of Students: 12, Number of Credits: 3
 Lecture Hours Per Week: 2, Tutorial Hours Per Week: 2

Instructor, Fall 6001: Introduction to the Canadian Health Care System Sep. 05, 2007 - Dec. 16, 2007

Online course, Atlantic Regional Training Centre in Applied Health Services Research
 health services, Graduate, Guest Lecture, Number of Students: 12, Number of Credits: 3
 Lecture Hours Per Week: 2, Tutorial Hours Per Week: 2

Course Development

Principal Lead, Behind the Scenes: Addressing Weight Bias and Stigma in Obesity Apr. 2015

Dalhousie University, Nova Scotia, Canada, Academic
 Massive Open Online Course (MOOC)

Co-author, Interprofessional insights into obesity management Sep. 2013

Dalhousie University, Nova Scotia, Canada, Academic
 Co-developers: Aston, Megan; Price, Sheri; Rehman, Laurene; Sim, Meaghan

Co-author, Interprofessional collaboration in health promotion through promoting, protecting and supporting breastfeeding Oct. 2012

Faculty of Health Professions, Dalhousie University, Nova Scotia, Canada, Academic
 Co-developers: Cobbett, Shelley; Mansour, Susan; White, Maureen; Wight Moffatt, Faith

Program Development

Course leader, Addressing Weight Bias in Obesity **Apr. 2015**

Dalhousie University, Nova Scotia, Canada, Academic

Massive Open Online Course

Unique / innovative characteristics: MOOC delivered internationally, with 1500 registrants. Used drama and social media to raise awareness of weight bias and stigma

Contributor and instructor, Inter-professional health education mini-course: Promoting, Protecting and Supporting Breastfeeding **Mar. 2014**

Dalhousie University, Nova Scotia, Canada, Academic

Co-investigator, Behind the Scenes: Interprofessional Insight on Patients' and Practitioners' Interactions and Experiences with Obesity Management. Three workshops have been completed - at University of New Brunswick, University of Prince Edward Island and Dalhousie
Oct. 2013

Dalhousie University, Nova Scotia, Canada, Academic

Three hour interactive inter professional health education (IPHE) workshop to address weight bias and stigma

Unique / innovative characteristics: Uses live drama based on original research project to highlight tensions in how obesity is managed within the health care system

SUPERVISORY ACTIVITIES

Student/Postdoctoral Supervision

Academic Advisor: Phillip Joy, To be Determined **Sep. 2016**

Post-doctorate, In Progress (Sep. 2016)

Dalhousie University

Other Supervisors

- Numer, Matt (Principal Supervisor)

Principal Supervisor: Jeff Zahavich, To be Determined **Sep. 2016**

Doctorate, In Progress (Sep. 2016 - Dec. 2019)

Dalhousie University, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Sara Limpert, To be Determined **Sep. 2016**

Doctorate, In Progress (Sep. 2016 - Oct. 2019)

Dalhousie University, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Denver Hilland, Parental perceptions of risky outdoor play **Sep. 2016 - Aug. 2018**

Master's Thesis, In Progress (Sep. 2016 - Aug. 2018)

Dalhousie University, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Laura Miller, Physical activity and sleep quality in young children **Sep. 2016 - Aug. 2018**

Master's Thesis, In Progress (Sep. 2016 - Aug. 2018)

Dalhousie University, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Kimberley Hernandez, Food literacy among school children, (PhD student) May. 2015

Doctorate, In Progress (May. 2015 - Aug. 2018)

Dalhousie University, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Jessie-Lee McIsaac, N/A - post-doctoral training. Funded through a three year Career Development Award from CCSRI and a one year PDF from KT Canada, (Post-Doctoral fellow) Sep. 2013

Post-doctorate, In Progress (Jul. 2013 - Jun. 2018)

PDF in Knowledge Translation to promote health in schools, Dalhousie University, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Sarah Dunphy, Physical health and wellbeing in the early years, (Masters Student) Sep. 2015 - Aug. 2017

Master's Thesis, In Progress (Sep. 2015 - Aug. 2017)

Dalhousie University, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Katie Rand, Weight-based teasing in recreational sports settings, (Masters Student) Sep. 2015 - Aug. 2017

Master's Thesis, In Progress (Sep. 2015 - Aug. 2017)

Dalhousie University, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Rebecca Spencer, Gender norms in adolescent girls, (PhD student) Sep. 2013

Doctorate, In Progress (Sep. 2013 - Aug. 2017)

Dalhousie University, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Terri Finbow, Reducing weight bias in nutrition students, (Masters student) Sep. 2015 - Jul. 2017

Master's Thesis, In Progress (Sep. 2015)

Mount Saint Vincent University

Principal Supervisor: Sim Meaghan, Choice or circumstance? An exploration of breastfeeding practice among obese, low income, food insecure Nova Scotian mothers, (PhD student) Sep. 2009

Doctorate, Completed (Sep. 2009 - Jan. 2017)

Choice or circumstance: the inter-relationship between maternal weight status, breastfeeding and food insecurity, Dalhousie University

Principal Supervisor: Marisa Rostek, Exploring perceptions of active transportation among Dalhousie University employees through photovoice, (Honours student) Jan. 2016 - Dec. 2016

Bachelor's Honours, All But Degree

Dalhousie University

Principal Supervisor: Kyra Phillips, Human Milk Banking in Atlantic Canada: A feasibility Study, (Masters Student) Sep. 2013

Master's Thesis, In Progress (Sep. 2013 – May 2017)

Dalhousie University, Student Canadian Residency Status: Canadian Citizen

Academic Advisor: Tiffany Richard, Evaluation of Student Satisfaction and Nutrition Knowledge Score in African Nova Scotian Junior High Students Following an Interactive Nutrition Activity (Phase 1), (Medical Student) Jun. 2015 - Jul. 2016

Bachelor's Honours, Completed (Oct. 2015 - Jun. 2016)

Mount Saint Vincent University, Student Canadian Residency Status: Canadian Citizen

Other Supervisors

- Grant, Shannan (Co-Supervisor)

Co-Supervisor: Anna von Maltzahn, Understanding the Relationship Between Household Food Insecurity and Academic Performance In Nova Scotia Elementary School Students, (Masters Student) Sep. 2013 - Jul. 2017

Master's Thesis, In Progress (Sep. 2013)

Dalhousie University, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Julia Kontak, Taking bullying by the horns: Childhood bullying behaviours and poor mental health, (Research Associate) Sep. 2014 - Jun. 2016

Master's Thesis, Completed (Sep. 2014 - Jun. 2016)

Dalhousie University, Nova Scotia Health Research Foundation, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Melissa Stewart, Waste Not, Want Not: A Qualitative Study Exploring the Conceptual Feasibility of Implementing The Real Junk Food Project in Halifax, (Health Promotion Intern) Jan. 2015 - Dec. 2015

Bachelor's Honours, Completed (Sep. 2012)

Dalhousie University, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Isabelle Oullette, Waiting in a Car Centric City: Do Pedestrians, Compared to Motorists Have a Longer Wait Time Before Crossing Intersections in Halifax?, (Health Promotion Intern) Jan. 2015 - Dec. 2015

Bachelor's Honours, Completed (Sep. 2012)

Dalhousie University, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Colleen Sameoto, Diet quality and academic performance in the CLASS II study, (Masters Student) Sep. 2013 - Aug. 2015

Master's Thesis, Completed (Sep. 2011 - Aug. 2015)

Dalhousie University, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Melissa Church, TBC, (Honours student) Sep. 2014 - Jul. 2015

Bachelor's Honours, Completed (Sep. 2011)

Mount Saint Vincent University, Student Canadian Residency Status: Canadian Citizen

Co-Supervisor: Kendra Read, How can schools support students experiencing food insecurity?, (Masters Student) Jun. 2012 - Apr. 2015

Master's Thesis, Completed (Sep. 2011 - Apr. 2015)

Mount Saint Vincent University, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Elyse Quan, Parental Perceptions of the Food Environment in Recreation and Sport Settings: A Qualitative Analysis, (Honours student) Nov. 2013 - Dec. 2014

Bachelor's Honours, Completed (Sep. 2011 - May. 2015)

Dalhousie University, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Jessie Mckay, Children's Perceptions of the Food-Environment in the Recreation Sport Setting: A Descriptive, Qualitative Analysis, (Project Coordinator) Nov. 2013 - Dec. 2014

Bachelor's Honours, Completed (Sep. 2011 - May. 2015)

Dalhousie University, Student Canadian Residency Status: Canadian Citizen

Principal Supervisor: Patrick Michelle, Exploring Family Involvement in Comprehensive School Health in Nova Scotia, (Project Coordinator, Dalhousie University Global Health Office) Sep. 2011 - Aug. 2014

Master's Thesis, Completed (Sep. 2011 - Aug. 2014)

Dalhousie University

Co-Supervisor: Mclsaac Jessie-Lee, Health promotion policies and practices in Nova Scotia schools, (Post-doctoral fellow) Sep. 2009 - Sep. 2013

Doctorate, Completed (Jul. 2009 - Sep. 2013)

Evaluating the implementation of public policy on school health promotion in Nova Scotia, University of Alberta

Principal Supervisor: Tarra Penney, Understanding healthy eating behaviour within the context of the modern food environment, (PhD candidate, University of Cambridge, UK) Sep. 2011 - Aug. 2013

Master's Thesis, Completed (Sep. 2011 - Aug. 2013)

Dalhousie University

Principal Supervisor: Andrien Katherine, Nova Scotia Parents' Perceptions on the Use of Smartphone Health Applications in Improving Family Nutrition and Physical Activity Habits, (Research Assistant) Sep. 2010 - Aug. 2013

Master's Thesis, Completed (Sep. 2010 - Sep. 2013)

Dalhousie University

Principal Supervisor: Siba Erica, Student, parent and staff perceptions of the food environment in a Nova Scotia Public Elementary School, (Evaluation Coordinator) Sep. 2010 - Oct. 2012

Master's Thesis, Completed (Sep. 2010 - Oct. 2012)

Understanding Perceptions Of The Nova Scotia School Food And Nutrition Policy From The Individual, Interpersonal And Institutional Levels, Dalhousie University

Principal Supervisor: Spencer Rebecca, The experience of peer mentoring in the Heart Healthy Kids Program, (PhD student) Sep. 2010 - Jul. 2012

Master's Thesis, Completed (Sep. 2010 - Aug. 2012)

Dalhousie University

Co-Supervisor: Cindy Shearer, N/A, (Research Associate) Sep. 2009

Post-doctorate, Completed (Jun. 2006 - Jun. 2012)

TIME (Tools, Information, Motivation and the Environment) for Health: a multi-level intervention for children and families, Dalhousie University

Academic Advisor: Kuhle Stefan, Determinants and Consequences of Childhood Overweight in Canada, (Assistant Professor, Dalhousie University) Jan. 2009 - Jan. 2012

Doctorate, Completed (Jul. 2009 - Sep. 2011)

Determinants and Outcomes of Childhood Overweight in Canada, University of Alberta

Academic Advisor: Seybold Claire, Obesity, physical activity and inflammation: Examining the development of ischaemic heart disease among Nova Scotians, (Research Analyst) Sep. 2009 - May. 2011

Master's Thesis, Completed (Sep. 2008 - Sep. 2011)

Obesity, physical activity and inflammation: Examining the development of ischaemic heart disease among Nova Scotians, Dalhousie University

Principal Supervisor: Ashley Cooley, Coping in an Obesogenic Environment: The Perceptions of Compulsive Overeaters, (Health Promotion specialist) Sep. 2007 - Dec. 2010

Master's Thesis, Completed (Sep. 2007 - Dec. 2010)

Social and Environmental Determinants Influencing Compulsive Overeaters, Dalhousie University

Academic Advisor: Goss Christy, Physicians Attitudes, Beliefs, and Practices Regarding Childhood Overweight and Obesity, (Not known) Sep. 2009 - Jul. 2010

Doctorate, Completed (Sep. 2007)

Advisor on comprehensive examination, University of New Brunswick

Co-Supervisor: Orava Taryn, Exploring the relationships between healthy active living marketing and family's eating and physical activity perceptions and behaviours, (PhD student, University of Waterloo) Sep. 2008 - May. 2010

Master's Thesis, Completed (Sep. 2008 - May. 2010)

Examining The Relationship Between Healthy Active Living Marketing And Family Eating And Physical Activity Perceptions And Behaviours, Dalhousie University

Principal Supervisor: Brendan Carr, N/A, (Director of Medicine) Sep. 2007 - Aug. 2009

Doctorate, Completed (Sep. 2007 - Jan. 2009)

Integration within health systems, Capital Health

Co-Supervisor: Jamie Szabo, Exploring Rural Adolescents' Perceptions Of Food Choices And Eating Behaviours: The Role Of Key Social Influences, Access, And Availability, (Medical student) Sep. 2007 - Aug. 2009

Master's Thesis, Completed (Sep. 2007 - Jun. 2009)

Exploring rural adolescents' perceptions of food choices and eating behaviours, Dalhousie University

Co-Supervisor: McHugh Tara-Leigh, N/A, (Assistant Professor, University of Alberta) Jul. 2008 - Jul. 2009

Post-doctorate, Completed (Jul. 2008 - Jul. 2009)

Optimizing investments in the built environment to reduce youth obesity: Policy options, Dalhousie University

Principal Supervisor: Cockbain Andrew, Perceptions of body size and beliefs about obesity in Tongan citizens and nurses, (Medical Doctor) **Sep. 2004 - Jul. 2006**

Master's Equivalent, Completed (Sep. 2004 - Jul. 2006)

University of Leeds

Principal Supervisor: Vince-Cain Sarah, Food and Nutrition, (Unknown) **Sep. 2002**

Bachelor's, Completed (Sep. 2002 - Jul. 2006)

Are low fat breakfast cereals key to weight loss? A secondary analysis, Leeds Metropolitan University

Co-Supervisor: Sinead Boylan, Caffeine intake and metabolism during pregnancy, (Research Associate) **Jan. 2002**

Doctorate, Completed (Jan. 2002 - Jul. 2006)

Leeds University

Principal Supervisor: Aine McConnon, Weight management on the web: The UK Weight Control Trial, (Faculty) **Oct. 2001**

Doctorate, Completed (Oct. 2001 - Mar. 2006)

The use of the internet in weight management: The UK Weight Control Trial, Trinity College, Dub

Co-Supervisor: Cheryl Golding, Strategies to reduce dietary fat intake: defining the mechanisms involved in successful fat reduction, (Clinical Trials Coor) **May. 2000**

Doctorate, Completed (May. 2000 - Jun. 2004)

Leeds University

Principal Supervisor: Tina (nee Hawke) Ambler, Measurement of body weight in older people, (Unknown) **Sep. 1999**

Bachelor's, Completed (Sep. 1999 - Jul. 2002)

Are the measurements used to calculate BMI accurate and valid for use in older people? Leeds Metropolitan University

Co-Supervisor: Jennie (nee Pollard) Cockcroft, Fruit and vegetables: factors affecting their consumption, (Nutritionist) **Sep. 1998**

Doctorate, Completed (Sep. 1998 - Jun. 2002)

Leeds University

Principal Supervisor: Melanie McLeod, Overweight and obesity prevalence in Gibraltar children, (Dietitian) **Sep. 1998**

Master's Thesis, Completed (Sep. 1998 - Jul. 2000)

Overweight and Obesity in children in Gibraltar, Leeds Metropolitan University

Principal Supervisor: Packman Julia, Nutritional Intake of adolescents, (Dietitian) **Sep. 1997**

Bachelor's, Completed (Sep. 1994 - Jul. 1999)

Nutritional knowledge, attitudes and dietary fat consumption in male students, Leeds Metropolitan University

Co-Supervisor: Wylie Claire, Nutritional intake of older adults, (Unknown) **Sep. 1997**

Bachelor's, Completed (Sep. 1993 - Jul. 1998)

Health and social factors affecting the food choice and nutritional intake of elderly people with restricted mobility, Leeds Metropolitan University

ADMINISTRATIVE ACTIVITIES

Event Administration

Chair, Conference, 4th Conference on Recent Advances in the prevention and management of childhood and adolescent obesity (Oct. 24, 2012 - Oct. 26, 2012) Oct. 24, 2010 - Oct. 26, 2012

Primary Event Organizer: UBC Interprofessional Education, Local host and chair of conference. Oversaw the planning and running of the event in collaboration with the team from UBC IPE and the conference planning committee

Editorial Activities

Guest Editor, Journal, International Journal of Environmental Research in Public Health Sep. 2015

Guest co-editor for special issue on Systems approaches to Obesity Prevention

Section Editor, Journal, Current Obesity Reports Jul. 2012 - Apr. 01, 2015

Section Editor: Health Services Research section

ADVISORY ACTIVITIES

Mentoring Activities

Mentor May. 2014 - May. 2014

PHIRNET

Number of Mentorees: 30, Participated as mentor at the 2014 PHIRNET Summer Institute. PHIRNET is a strategic training in health research grant on population health intervention research, funded by CIHR (2010-2015)

Mentor May. 2010 - May. 2014

University of Waterloo, Ontario, Canada, Academic

Becky Spencer, Tarra Penney, Taryn Orava, Number of Mentorees: 3, Mentor to the Population Intervention for Chronic Disease Prevention (PICDP) Strategic Training in Health Research program. Participated in annual training programs and as a member of the annual peer review committee

Mentor Sep. 2008 - Sep. 2013

Dalhousie University, Nova Scotia, Canada, Academic

Erna Snelgrove Clark, Christy Woolcott, Melanie Keats, Number of Mentorees: 3, Mentoring junior faculty

ASSESSMENT AND REVIEW ACTIVITIES

Journal Review Activities

Peer reviewer (Double Blind) Apr. 2014

Qualitative Health Research, Number of Works Reviewed / Refereed: 5

Peer Reviewer (Open)

Jun. 2009

BMC Public Health, Number of Works Reviewed / Refereed: 2

Peer Reviewer (Double Blind)

Public Health Nutrition

Peer Reviewer (Double Blind)

Feb. 2013 - Jun. 2016

Appetite, Number of Works Reviewed / Refereed: 4

Peer Reviewer (Blind)

Mar. 2016 - Mar. 2016

AIMS Public Health, AIMS, Number of Works Reviewed / Refereed: 1

Peer Reviewer (Double Blind)

Oct. 2015 - Oct. 2015

Nursing Inquiry, Number of Works Reviewed / Refereed: 1

Peer reviewer (Blind)

Jul. 2015 - Aug. 2015

Nutrients, Number of Works Reviewed / Refereed: 1

Section Editor (Open)

Mar. 2014 - Aug. 2015

Current Obesity Reports, Number of Works Reviewed / Refereed: 12

Peer Reviewer (Double Blind)

Jul. 2015 - Jul. 2015

Health Education Research, Number of Works Reviewed / Refereed: 1

Peer reviewer (Double Blind)

Jul. 2015 - Jul. 2015

Health Education Journal, Number of Works Reviewed / Refereed: 1

Peer Reviewer (Double Blind)

Apr. 2013 - Jul. 2015

Journal of Eating and Weight Disorders, Number of Works Reviewed / Refereed: 2

Peer Reviewer (Blind)

Jan. 2015 - Mar. 2015

PLOS One, Number of Works Reviewed / Refereed: 2

Peer Reviewer (Double Blind)

Jan. 2014 - Dec. 2014

Journal of Human Nutrition and Dietetics, Number of Works Reviewed / Refereed: 3

Peer Reviewer (Double Blind)

Apr. 2012 - Jun. 2012

Qualitative Health Research, Number of Works Reviewed / Refereed: 1

Peer Reviewer (Double Blind)

Feb. 2011 - Feb. 2011

Canadian Family Physician, Number of Works Reviewed / Refereed: 1

Peer Reviewer (Double Blind)

Jun. 2010 - Jul. 2010

Diabetes in Canada, Public Health Agency of Canada (PHAC), Number of Works Reviewed / Refereed: 2

Peer Reviewer (Double Blind)

Jan. 2010 - Feb. 2010

Obesity Reviews, Number of Works Reviewed / Refereed: 1

Kirk, Sara FL

January 2017

Peer Reviewer (Open)

Jun. 2009 - Jun. 2009

BMC Pediatrics, Number of Works Reviewed / Refereed: 1

Peer Reviewer (Double Blind)

Jun. 2009 - Jun. 2009

Maternal and Child Health, Number of Works Reviewed / Refereed: 1

Conference Review Activities

Reviewer, Blind

Dec. 2016 - Jan. 2017

Public Health 2016, Canadian Public Health Association, Number of Works Reviewed / Refereed: 11

Reviewer, Blind

Dec. 2015 - Jan. 2016

Public Health 2016, Canadian Public Health Association, Number of Works Reviewed / Refereed: 9

Reviewer, Blind

Feb. 2013 - Feb. 2013

3rd National Obesity Summit, Vancouver, Canadian Obesity Network, Number of Works Reviewed / Refereed: 12

Reviewer, Open

Jun. 2012 - Jul. 2012

4th Conference on recent advances in the prevention and management of childhood and adolescent obesity, Dalhousie University (Sara Kirk), Number of Works Reviewed / Refereed: 8

Reviewer, Blind

Jan. 2011 - Jan. 2011

2nd National Obesity Summit, Montreal, Canadian Obesity Network, Number of Works Reviewed / Refereed: 16

Reviewer, Blind

Mar. 2009 - Mar. 2009

CPHA Annual Conference, Canadian Public Health Association, Number of Works Reviewed / Refereed: 10

Reviewer, Blind

Mar. 2009 - Mar. 2009

Society of Behavioural Medicine conference, Montreal, Number of Works Reviewed / Refereed: 10

Reviewer, Blind

Jan. 2009 - Jan. 2009

1st National Obesity Summit, Kananaskis, Canadian Obesity Network, Number of Works Reviewed / Refereed: 10

Graduate Examination Activities

Candidacy Committee Member, Teri McComber

Dec. 2015 - Jan. 2016

University of Prince Edward Island, Prince Edward Island, Canada, Academic

Chair, Kelly Adamson

Aug. 2013 - Jan. 2016

Health and Human Performance, Dalhousie University, Nova Scotia, Canada, Academic

Chair, Carla Moore

Nov. 20, 2015 - Nov. 24, 2015

Health and Human Performance, Dalhousie University, Nova Scotia, Canada, Academic

Kirk, Sara FL	January 2017
Examiner, Erin King Brown <i>Ontario Institute for Studies in Education, Ontario, Canada, Academic</i>	Jun. 2015 - Sep. 2015
Examiner, Anna Sherrington <i>University of Newcastle Upon Tyne, United Kingdom, Academic</i>	Nov. 20, 2014 - Dec. 19, 2014
Examiner, Teri Emrich <i>University of Toronto, Ontario, Canada, Academic</i>	Jul. 2014 - Aug. 2014
Candidacy Committee Member, Jessie-Lee McIsaac <i>University of Alberta, Alberta, Canada, Academic</i>	Sep. 2013 - Sep. 2013
Examiner, Michelle Carter <i>The University of Leeds, United Kingdom, Academic</i>	Aug. 2013 - Sep. 2013
Examiner, Kirsty Davis <i>University of Cambridge, United Kingdom, Academic</i>	Jul. 2013 - Sep. 2013
Chair, Matthew Murphy <i>Atlantic Regional Training Centre in Applied Health Services Research</i>	Sep. 2012 - Sep. 2013
Master's Oral Exam Chair, Kelly Adamson <i>Dalhousie University, Nova Scotia, Canada, Academic</i>	Aug. 2013 - Aug. 2013
Chair, Sanela Gajic <i>Atlantic Regional Training Centre in Applied Health Services Research</i>	Mar. 2013 - Mar. 2013
Master's Oral Exam Chair, Heather McPeake <i>Dalhousie University, Nova Scotia, Canada, Academic</i>	Apr. 2012 - Apr. 2012
Chair, Margaret Donahue <i>Atlantic Regional Training Centre in Applied Health Services Research</i>	Apr. 2012 - Apr. 2012
Chair, Heather McPeake <i>Health and Human Performance, Dalhousie University, Nova Scotia, Canada, Academic</i>	Apr. 2012 - Apr. 2012
Examiner, Amy Graham <i>Dalhousie University, Nova Scotia, Canada, Academic</i>	Jan. 2012 - Jan. 2012
Research Funding Application Assessment Activities	
Committee Member, Funder, Academic Reviewer <i>Canadian Institutes of Health Research, Ontario, Canada, Health</i> CIHR Post-PhD committee, Number of Applications Assessed: 11	Jan. 2017 - Jun. 2017
Committee Member, Funder, Academic Reviewer <i>Beatrice Hunter Cancer Research Institute, Dalhousie University, Nova Scotia, Canada, Academic</i>	Mar. 2016 - Apr. 2016

Breast Cancer Society of Canada/QEII Foundation/Beatrice Hunter Cancer Research Institute, Number of Applications Assessed: 14

Committee Member, Funder, Academic Reviewer **Jan. 2016 - Jun. 2016**
Canadian Institutes of Health Research, Ontario, Canada, Health
 CIHR Post-PhD committee, Number of Applications Assessed: 12

External Reviewer, Funder, Academic Reviewer **Jan. 2016 - Jan. 2016**
Michael Smith Foundation for Health Research, British Columbia, Canada, Research
 2016 Scholar Competition, Number of Applications Assessed: 1

External Reviewer, Funder, Academic Reviewer **Nov. 04, 2015 - Nov. 27, 2015**
Canadian Institutes of Health Research, Ontario, Canada, Health
 CIHR Gender and Health Travel Awards, Number of Applications Assessed: 4

External Reviewer, Funder, Academic Reviewer **Jun. 2015 - Jan. 2016**
Canadian Institutes of Health Research, Ontario, Canada, Health
 CIHR KT competition, Number of Applications Assessed: 1

Committee Member, Funder, Academic Reviewer **Jan. 2015 - Jun. 2015**
Canadian Institutes of Health Research, Ontario, Canada, Health
 CIHR Post-PhD committee, Number of Applications Assessed: 12

Committee Member, Funder, Academic Reviewer **May. 2014 - May. 2014**
Canadian Institutes of Health Research, Ontario, Canada, Health
 CIHR Open Operating Grant (population and public health), Number of Applications Assessed: 3

Committee Member, Funder, Academic Reviewer **Jan. 2014 - Jun. 2014**
Canadian Institutes of Health Research, Ontario, Canada, Health
 CIHR Post-PhD committee, Number of Applications Assessed: 14

External Reviewer, Funder, Academic Reviewer **Sep. 2013 - Sep. 2013**
Welsh Assembly, Health
 Welsh Assembly review committee

Committee Member, Funder, Academic Reviewer **Sep. 2013-July 2016**
Dalhousie University, Academic
 Killam Fellowships committee, Number of Applications Assessed: 90

Committee Member, Organization, Academic Reviewer **Sep. 2013 - Sep. 2013**
Beatrice Hunter Cancer Research Institute, Health
 New Investigator, Number of Applications Assessed: 4

Committee Member, Funder, Academic Reviewer **Feb. 2013 - Mar. 2013**
Canadian Institutes of Health Research, Ontario, Canada, Health
 Population Health, Number of Applications Assessed: 3

Committee Member, Funder, Academic Reviewer **Jan. 2013 - Feb. 2013**

Kirk, Sara FL

January 2017

*Canadian Institutes of Health Research, Ontario, Canada, Health
CIHR Science Fellowships, Number of Applications Assessed: 5*

External Reviewer, Funder, Academic Reviewer
Tenovus PhD competition, Number of Applications Assessed: 1

Jan. 2013 - Jan. 2013

Chair, Funder, Academic Reviewer

*Nova Scotia Health Research Foundation, Nova Scotia, Canada, Research
Nova Scotia Health Research Foundation policy systems and outcomes (PSO) committee*

Jun. 2010 - Jun. 2011

Committee Member, Funder, Academic Reviewer

*Canadian Institutes of Health Research, Ontario, Canada, Health
CIHR Rapid Review Committee, Number of Applications Assessed: 3*

Jul. 2009 - Jul. 2009

External Reviewer, Organization, Academic Reviewer

IWK Foundation community grant review committee

Feb. 2009

External Reviewer, Organization, Academic Reviewer

*Canada Research Chairs program
Canada Research Chairs Program, Number of Applications Assessed: 5*

Jan. 2009 - Jan. 2016

External Reviewer, Funder, Academic Reviewer

*Provincial Government
Atlantic Health Sciences Corporation Review Committee, Number of Applications Assessed: 1*

Jan. 2009 - May. 2014

Committee Member, Funder, Academic Reviewer

*Nova Scotia Health Research Foundation, Nova Scotia, Canada, Research
Student Awards*

Jun. 2007 - Jun. 2010

Promotion Tenure Assessment Activities

External Reviewer

*Memorial University of Newfoundland, Newfoundland and Labrador, Canada, Academic
Number of Assessments: 1, Review of file for tenure*

Oct. 01, 2013 - Nov. 01, 2013

External Reviewer

*Memorial University of Newfoundland, Newfoundland and Labrador, Canada, Academic
Number of Assessments: 1, Review of file for promotion*

Sep. 2012 - Oct. 2012

External Reviewer

*Canada Research Chairs program
Number of Assessments: 3, Review of applications for Canada Research Chairs (including renewals)*

Sep. 2011

External Reviewer

*University of Guelph, Ontario, Canada, Academic
Number of Assessments: 1, Reviewed candidate file for tenure and promotion*

Sep. 2010

Organizational Review Activities

Committee Member

Sep. 2013

Dalhousie University, Nova Scotia, Canada, Academic

Internal Review Committee for Senate review of Faculty of Graduate Studies

External Reviewer

Apr. 2014 - Apr. 2014

Public Health Agency of Canada, Federal Government

Review of ethical considerations for PHAC funded project

Internal Reviewer

Dec. 2010 - Mar. 2011

Dalhousie University, Nova Scotia, Canada, Academic

Internal review committee for applications to Canada Foundation for Innovation (CFI) leadership opportunity fund awards

PARTICIPATION ACTIVITIES

Event Participation

Session Chair, Conference, International Behavioural Nutrition and Physical Activity Conference

Jun. 2015

Chaired a series of presentations

Session Chair, Conference, Canadian Obesity Network National Summit

Apr. 2015

Chaired plenary session

Host, A discussion with Michele Simon and Robert Strang about industry tactics, food justice and strategies for action (May. 2014 - May. 2014)

Public Lecture hosted by Dalhousie Faculty of Health Professions and the Atlantic Health Promotion Research Centre. Introduced the speakers and closed the event

Community and Volunteer Activities

Board Member

Dec. 2015

Canada Bikes, Not for Profit

Board Member of Canada Bikes, a national group with a goal of developing a national cycling strategy

Member

May. 2015

Halifax Cycling Coalition, Not for Profit

Volunteer with Halifax Cycling Coalition to increase the safety of cycling in Halifax. Specifically support the organization through helping with grant writing to support activities of the group

Parent volunteer

Jul. 2013

Storm Soccer Club, Not for Profit

Team Manager, team marshall, other volunteer activities as required

Guide Leader

Sep. 2008 - Jul. 2011

Girl Guides of Canada

Organised girl guide meetings and events

Knowledge and Technology Translation

Principal Investigator

Jun. 2012

Community Engagement, Interprofessional health education, Healthcare Personnel

Outcome / Deliverable: Interprofessional workshop on obesity management in health care settings

Evidence of Uptake/Impact: Workshop has been delivered to over 200 participants. In addition, have delivered presentations on the same issue to multiple stakeholders (healthcare professionals, students and policy makers)

Activity Description: Our original research project focused on understanding the different discourses (languages) to understand beliefs, values, stereotypes, myths, barriers, facilitators, and communication styles. The results from the study were developed into an artistic representation (live theatre) reenactment of the perspectives of both the individual living with obesity and the health care professionals treating them, using a script based on quotations from the study participants. This was then incorporated into a workshop that have been run in Atlantic Canada as part of a CIHR dissemination grant. In this 3-hour workshop, participants have jointly worked to “rewrite the script”. From this, the research team has taken the rewritten sections of the script and incorporated them into a new dramatic presentation. This project represents innovative KT for changing health professional practice around weight management

Principal Investigator

May. 2012

Policy/Regulation Development, Government stakeholders and practitioners, Healthcare Personnel, Event featured on local media (CBC and CTV)

Outcome / Deliverable: Dissemination of research results

Evidence of Uptake/Impact: Attended by 80 stakeholders from across Nova Scotia

Activity Description: Children’s Lifestyle and School Performance Study (CLASS) II Knowledge Translation forum, PHE Canada Conference, May 2012

Expert Reviewer

Jul. 2014 - Jun. 2015

Policy/Regulation Development, Healthcare Personnel

Outcome / Deliverable: Canadian Task Force on Preventive Health Care Childhood Obesity Guideline

Evidence of Uptake/Impact: Guideline published in 2015

Activity Description: Reviewed the guideline before publication

Principal Investigator

May. 2013 - Jul. 2014

Community Engagement, General Public

Activity Description: Sharing Stories - School health promotion in Nova Scotia. This is a video that was created to share examples of best practice with school health promotion activities in Nova Scotia. The project was funded by the Nova Scotia Health Research Foundation. The video is 10 minutes long and has been shared widely among school stakeholders and is posted on the www.nsclass.ca website (project website)

Principal Investigator

Oct. 2012 - Oct. 2012

Policy/Regulation Development, Academic, Academic Personnel, Featured on local media (radio and TV)

Outcome / Deliverable: One day pre-conference workshop

Evidence of Uptake/Impact: Attended by 110 people from across Canada

Activity Description: Held a pre-conference workshop as part of the 4th Conference on recent advances in the prevention and management of childhood and adolescent obesity

International Collaboration Activities

Collaborator **Jul. 2013**
United Kingdom
 Collaborating on a review of tools for measuring school food environments

Collaborator **Jan. 2008 - Aug. 2013**
Australia
 Provided input on nutritional measures in an Australian cohort - the Environments for Healthy Living study

MEMBERSHIPS

Committee Memberships

Committee Member, Health and Wellness Brainstorming Group **Apr. 2015**
Dalhousie University, Nova Scotia, Canada, Academic
 Ad hoc group set up to set strategic direction for the Health and Wellness research priority within Dalhousie University's strategic plan

Committee Member, Fellowships - Post-PhD **Jan. 2014**
Canadian Institutes of Health Research, Ontario, Canada, Health

Committee Member, Public Health 2016 Scientific Committee **Jul. 2015 - Jul. 2017**
Canadian Public Health Association
 Scientific Chair for CPHA annual conferences in 2016 and 2017. Responsible for overseeing the scientific program content to ensure that the Call for Submission, review and acceptance activities are effective, transparent and fair processes

Chair, Faculty of Graduate Studies Recruitment Committee **Sep. 2015 - Dec. 2016**
Dalhousie University, Nova Scotia, Canada, Academic
 Ad hoc committee established to review processes for the recruitment of graduate students

Chair, Health and Human Performance Research Collective **Sep. 2015 - Sep. 2016**
Dalhousie University, Nova Scotia, Canada, Academic
 Chair of a Research Collective designed to build research capacity within the School of Health and Human Performance

Committee Member, Committee on Undergraduate Student Appeals **Sep. 2015 - Sep. 2017**
Dalhousie University, Nova Scotia, Canada, Academic
 School level committee addressing undergraduate student appeals within the School of Health and Human Performance

Committee Member, Peer Mentor committee **Apr. 2014 - Aug. 2015**
Dalhousie University, Nova Scotia, Canada, Academic
 Ad hoc committee tasked with developing a process for peer mentorship in the Faculty of Health Professions

Committee Member, Senate Academic and Research Sub-committee **Sep. 2011 - Aug. 2012**
Dalhousie University, Nova Scotia, Canada, Academic

Committee Member, Health Sciences Research Ethics Board **Jan. 2010 - Jul. 2012**
Dalhousie University, Nova Scotia, Canada, Academic

Committee Member, Healthy Eating Nova Scotia Steering Committee **May. 2009 - May. 2012**
Multi-agency
 Provided guidance to the Nova Scotia provincial healthy eating strategy

Committee Member, Beatrice Hunter Cancer Research Institute development board **May. 2010 - May. 2011**
Beatrice Hunter Cancer Research Institute

Committee Member, Faculty of Health Professions Research Committee **Jan. 2007 - May. 2011**
Dalhousie University, Nova Scotia, Canada, Academic

Other Memberships

Dalhousie University Senator **Sep. 2014**
Dalhousie University, Nova Scotia, Canada, Academic
 Senate is one of the decision-making bodies of Dalhousie University. I was nominated to serve on Senate by my peers in the Faculty of Health Professions

Advisory Board member **May. 2011**
Government of Nova Scotia, Nova Scotia, Canada, Provincial Government
 Invited expert on Advisory committee for the provincial childhood obesity strategy

CONTRIBUTIONS

Journal Articles

1. Mallach E, Ferrao T, Mclean R, Kirk SFL. (2016). Status Report - Public Health 2016: time for a cultural shift in the field of public health. *Health Promotion and Chronic Disease Prevention in Canada*, 36(11).
 Scientific Chair of CPHA 2016 and helped to draft and revise the manuscript
2. Houser N, Roach L, Stone M, Turner J, Kirk SFL. (2016). Let the children play: Scoping review on the implementation and use of loose parts for promoting physical activity participation. *AIMS Public Health*, 3(4), 781-799.
 Co-supervised two Masters students (Houser and Roach) who undertook the scoping review. Provided critical guidance to the manuscript development and critically reviewed the manuscript prior to submission.
3. Wu XY, Kirk SFL, Ohinmaa A, Veugelers P. (2016). Health behaviours, body weight and self-esteem among grade five students in Canada. *Springer Plus*, 5, 1099.
4. Kontak J, McIsaac JLD, Penney TL, Kuhle S, Kirk SFL. (2016). The picture of health: Examining school-based health environments through photographs. *Health Promotion International*, 1-9.

5. Kuhle S, Ghotra S, McIsaac JL, Kirk SFL. (2016). Validation of the "Quality of Life in School" instrument in Canadian elementary school students. *PeerJ*, 4, 1567. Retrieved from <https://peerj.com/articles/1567.pdf>
6. McIsaac JL, Hernandez K, Kirk SFL, Curran J. (2016). Intervention functions to support the implementation of health promoting schools: A scoping review. *International Journal of Environmental Research in Public Health*, 13(2), 200. Retrieved from <http://www.mdpi.com/1660-4601/13/2/200>
7. McIsaac JL, Mumtaz Z, Veugelers PJ, Kirk SFL. (2015). Providing Context to the Implementation of Health Promoting Schools: A Case Study. *Evaluation and Program Planning*, 53, 65-71.
8. McIsaac JL, Kirk SFL, Kuhle S. (2015). The association between health behaviours and academic performance in Canadian elementary school students: a cross-sectional study. *International Journal of Behavioral Nutrition and Physical Activity*, 12(11), 14857-14871. Retrieved from <http://www.mdpi.com/1660-4601/12/11/14857>
9. Kuhle S, Doucette R, Piccinini-Vallis H, Kirk SFL. (2015). Successful childhood obesity management in primary care in Canada: What are the odds?. *Peer J*, 3, 1327. Retrieved from <https://peerj.com/articles/1327>
10. Misty Rossiter, Cindy Colapinto, Kaviul Khan, Jessie-Lee McIsaac, Patty Williams, Sara FL Kirk, Paul J Veugelers. (2015). Breast, formula and combination feeding in relation to childhood obesity in Nova Scotia, Canada. *Maternal and Child Health*, 19(9), 2048-2056.
Senior author (as co-PI)
11. McIsaac JL, Shearer C, Veugelers PJ, Kirk SFL. (2015). Moving forward with school nutrition policies: A case study of policy adherence in Nova Scotia. *Canadian Journal of Dietetic Practice and Research*, 76, 1-6.
12. McIsaac JL, Kirk SFL, Veugelers PJ. (2015). HPS progress in Nova Scotia. *Physical Health and Education Journal*, 81(1), 24-26.
13. Maximova K, Khan MKA, Austin B, Kirk SFL, Veugelers PJ. (2015). The role of underestimating body size for self-esteem and self-efficacy among grade five children in Canada. *Annals of Epidemiology*, 25(10), 753-759.
14. Dana Lee Olstad, Kelly Poirier, Patti-Jean Naylor, Cindy Shearer, Sara FL Kirk. (2015). Policy outcomes of applying different nutrient profiling systems in recreational sports settings: The case for national harmonisation in Canada. *Public Health Nutrition*, 18(2), 225-262.
Designed the study, supervised two trainees who undertook the work. Corresponding author
15. Khan MA, Chu YL, Kirk SFL, Veugelers PJ. (2015). Are sleep duration and sleep quality associated with diet quality, physical activity, and body weight status? A population-based study of Canadian children. *Canadian Journal of Public Health*, 105(5), 277-282.
16. Price, S., Aston, M., Rehman, L., Lyons, R., Kirk, S. (2015). Feminist Post-structural Analysis of Obesity Management: A Relational Experience. *Clinical Nursing Studies*, 3(3), 76-86.
17. McIsaac JL, Chu, YL, Blanchard C, Rossiter M, Williams P, Raine K, Kirk SFL, Veugelers PJ. (2015). The impact of school policies and practices on students' diets, physical activity levels and body weights. A province-wide practice-based evaluation. *Canadian Journal of Public Health*, 106(2), e43-51.
Senior Author and co-PI on original study, supervisor for PhD student who is first author
18. Shearer S, Blanchard C, Dummer T, Lyons R, Rainham D, Kirk SFL. (2015). Measuring food availability and accessibility among adolescents: Moving beyond the neighbourhood boundary. *Social Science and Medicine*, 133, 322-330. Retrieved from <http://www.sciencedirect.com/science/article/pii/S0277953614007424>

19. Penney TL, Kirk SFL. (2015). The health at every size paradigm and obesity: missing empirical evidence may help push the reframing obesity debate forward. *American Journal of Public Health (Framing Health Matters section)*, 105, e38-42.
Senior author
20. McIsaac JL, Storey K, Veugelers PJ, Kirk SFL. (2015). Applying theoretical components to the implementation of health promoting schools. *Health Education Journal*, 74(2), 131-143.
21. Spencer RA, Rehman L, Kirk SFL. (2015). Understanding gender norms, nutrition, and physical activity in adolescent girls: a scoping review. *International Journal of Behavioural Nutrition and Physical Activity*, 12(6). Retrieved from doi:10.1186/s12966-015-0166-8
Listed as highly accessed on journal website
22. Colapinto C, Khan M, Rossiter M, Kirk SFL, Veugelers PJ. (2014). Obesity, lifestyle and socioeconomic determinants of vitamin D intake: a population-based study of Canadian children. *Canadian Journal of Public Health*, 105(6), e418-424.
Co-principal investigator of the research project and joint senior author
23. Kirk SFL, Kuhle S, McIsaac JL, Williams O, Rossiter M, Ohinmaa A, Veugelers PJ. (2014). Food security status among Grade 5 students in Nova Scotia, Canada and its association with health outcomes. *Public Health Nutrition*, 18, 2943-2951. Retrieved from <http://journals.cambridge.org/action/displayAbstract?fromPage=online&aid=9994606>
24. Kirk SFL, Price S, Penney TL, Rehman L, Lyons R, Piccinini-Vallis H, Vallis TM, Aston M. (2014). Blame, shame and lack of support: A multi-level study of obesity management. *Qualitative Health Research*, 24(6), 790-800. Retrieved from <http://qhr.sagepub.com/content/24/6/790>
25. Spencer R, Kirk SFL, Hancock-Friesen C. (2014). Peer mentoring is associated with positive change in physical activity and aerobic fitness of grades 4, 5, and 6 students in the Heart Healthy Kids (H2K) program. *Health Promotion Practice*, 15(6), 803-811. Retrieved from <http://hpp.sagepub.com/content/15/6/803.abstract>
26. Penney TL, Almiron-Roig E, Shearer C, McIsaac JL, Kirk SFL. (2014). Modifying the food environment for childhood obesity prevention: challenges and opportunities. *Proceedings of the Nutrition Society*, 73(2),
27. Kirk SFL, Penney TL. (2013). The Role of Health Systems in Obesity Management and Prevention: Problems and Paradigm Shifts. *Current Obesity Reports*, 2(4), 315-319.
28. Spencer B, Kirk SFL, Hancock Friesen C. (2013). The Experience of Peer Mentoring in Grades 4, 5, and 6 Students from the Heart Healthy Kids Program. *Health Promotion International*.
29. Chircop A, Shearer C, Pitter R, Sim M, Rehman L, Flannery M, Kirk S. (2013). Privileging physical activity over healthy eating: 'Time' to Choose?. *Health Promotion International*.
30. McIsaac JL, Read K, Veugelers PJ, Kirk SF. (2013). Culture matters: a case of school health promotion in Canada. *Health Promotion International*, Epub ahead of print.
31. Fung C, McIsaac JL, Kuhle S, Kirk SF, Veugelers PJ. (2013). The impact of a population-level school food and nutrition policy on dietary intake and body weights of Canadian children. *Preventive Medicine*, 57(6), 934-940. Retrieved from <http://www.sciencedirect.com/science/article/pii/S0091743513002685>
32. Kirk SF, Kuhle S, Ohinmaa A, Veugelers PJ. (2013). Health behaviours and health-care utilization in Canadian schoolchildren. *Public Health Nutrition*, 16(2)(2), 358-64.
33. Sim SM, Kirk SF. (2013). Insights from the evaluation of a provincial healthy eating strategy in Nova Scotia, Canada. *Public Health Nutrition*, 16(10), 1870-1878.
34. Penney TL, Rainham DG, Dummer TJ, Kirk SF. (2013). A spatial analysis of community level overweight and obesity. *Journal of Human Nutrition and Dietetics*, 27(2), 65-74.

35. Langille JLL, Sim SM, Penney TL, Kirk SFL, Veugelers PJ. (2012). School health promotion policy in Nova Scotia: A case study. *Physical Health and Education Journal*, 4(2). Retrieved from <http://ojs.acadiau.ca/index.php/phenex/issue/view/132/showToc>
36. Rainham DG, Bates CJ, Blanchard CM, Dummer TJ, Kirk SF, Shearer CL. (2012). Spatial classification of youth physical activity patterns. *American Journal of Preventive Medicine*, 42(5).
37. Aston M, Price S, Kirk SF, Penney T. (2012). More than meets the eye. Feminist poststructuralism as a lens towards understanding obesity. *Journal of Advanced Nursing*, 68(5).
38. Boylan SM, Greenwood DC, Alwan N, Cooke MS, Dolby VA, Hay AW, Kirk SF, Konje JC, Potdar N, Shires S, Simpson NA, Taub N, Thomas JD, Walker JJ, White KL, Wild CP, Cade JE. (2012). Does Nausea and Vomiting of Pregnancy Play a Role in the Association Found Between Maternal Caffeine Intake and Fetal Growth Restriction?. *Maternal and Child Health Journal*, 17(4), 601-608.
39. Kuhle S, Kirk SF, Ohinmaa A, Urschitz MS, Veugelers PJ. (2012). The association between childhood overweight and obesity and otitis media. *Pediatric obesity*, 7(2).
40. Kirk SF, Sim SM, Hemmens E, Price SL. (2012). Lessons learned from the implementation of a provincial breastfeeding policy in nova scotia, Canada and the implications for childhood obesity prevention. *International journal of environmental research and public health*, 9(4). Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/22690194>
41. McMartin SE, Kuhle S, Colman I, Kirk SF, Veugelers PJ. (2012). Diet quality and mental health in subsequent years among Canadian youth. *Public Health Nutrition*, 15(12), 2253-2258.
42. Kirk SF, Tytus R, Tsuyuki RT, Sharma AM. (2012). Weight management experiences of overweight and obese Canadian adults: findings from a national survey. *Chronic Diseases and Injuries in Canada*, 32(2). Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/22414302>
43. Kirk SF, Kuhle S, Ohinmaa A, Colman I, Veugelers PJ. (2012). Health care utilization from prevalent medical conditions in normal-weight, overweight, and obese children. *The Journal of Pediatrics*, 160(2), 216-221.
44. Kirk SF, Penney TL, McHugh TL, Sharma AM. (2012). Effective weight management practice: a review of the lifestyle intervention evidence. *International Journal of Obesity*, 36(2), 178-185.
45. Shearer C, Blanchard C, Kirk S, Lyons R, Dummer T, Pitter R, Rainham D, Rehman L, Shields C, Sim M. (2012). Physical activity and nutrition among youth in rural, suburban and urban neighbourhood types. *Canadian Journal of Public Health*, 103(9 Suppl 3).
46. Dummer TJ, Kirk SF, Penney TL, Dodds L, Parker L. (2012). Targeting policy for obesity prevention: identifying the critical age for weight gain in women. *Journal of Obesity*, 2012. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/22518300>
47. Jurgens TM, Whelan AM, Killian L, Doucette S, Kirk S, Foy E. (2012). Green tea for weight loss and weight maintenance in overweight or obese adults. *The Cochrane database of systematic reviews*, 12.
48. Kuhle S, Kirk S, Ohinmaa A, Yasui Y, Allen AC, Veugelers PJ. (2011). Use and cost of health services among overweight and obese Canadian children. *International journal of Pediatric Obesity*, 6(2), 142-148.
49. Marjerrison S, Cummings EA, Glanville NT, Kirk SF, Ledwell M. (2011). Prevalance and associations of food insecurity in children with diabetes mellitus. *The Journal of Pediatrics*, 158(4), 607-611.
50. Kirk S. (2011). Letter to the editor. *Paediatrics & Child Health*, 16(4).
51. Alvaro C, Jackson LA, Kirk S, McHugh TL, Hughes J, Chircop A, Lyons RF. (2011). Moving Canadian governmental policies beyond a focus on individual lifestyle: some insights from complexity and critical theories. *Health Promotion International*, 26(1), 91-99.

52. Kuhle S, Kirk SF, Ohinmaa A, Veugelers PJ. (2011). Comparison of ICD code-based diagnosis of obesity with measured obesity in children and the implications for health care cost estimates. *BMC Medical Research Methodology*, 11, 173. Retrieved from <http://www.ncbi.nlm.nih.gov/pubmed/22189019>
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86. Harvey EL, Glenny A, Kirk SF, Summerbell CD. (2001). Improving health professionals' management and the organisation of care for overweight and obese people. *Cochrane database of systematic reviews (Online)*, (2).
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Books

1. Kirk SFL. (2003). *Getting the most out of the web: a guide for nutritionists and dietitians*. Leeds, United Kingdom: Nuffield Institute.

Book Chapters

1. Sim SM, Aston M, Kirk SFL. (2016). When Mothering doesn't "measure up"?. *Mothers and Food: Negotiating Foodways from Maternal Perspectives*. Demeter Press.
2. Cade JE, Burley V, Kirk S. (2001). Phytoestrogens and health. In JK Ransley, JK Donnelly, NW Read (Eds.), *Food and Nutritional supplements: their role in health and disease*. Springer-Verlag.
3. Hill AJ, Kirk SFL. (1998). Bulimia Nervosa. In B Caballero, L Allen and A Prentice (Eds.), *Encyclopedia of Human Nutrition* (2nd ed.). London: Academic Press.

Newspaper Articles

1. Sara Kirk and Mike Arthur. (2015). Cycling costs society less than driving. *Chronicle Herald*. Retrieved from <http://thechronicleherald.ca/opinion/1315923-cycling-costs-society-less-than-driving>
2. Sara Kirk. (2015). Re: The need for frank discussions about weight - the need to focus on health not weight. *British Medical Journal*. Retrieved from <http://www.bmj.com.ezproxy.library.dal.ca/content/351/bmj.h5003/rr-4>
3. McIsaac JLD, Kirk SFL. (2015). Nova Scotia school lunches get failing mark in some areas. *CBC News online, radio and television*.
4. Dr. Sara Kirk, professor of health promotion, and Canada research chair, school of health and human performance, Dalhousie University; Dr. Jessie- Lee McIsaac, postdoctoral fellow, school of health and human Performance, Dalhousie University; Dr. Rachel Engler-Stringer, associate professor, community health and epidemiology, University of Saskatchewan; Dr. Rhona Hanning, professor, school of public health and health systems, faculty of applied health sciences, University of Waterloo; Dr. Kim Raine, professor, school of public health, University of Alberta and co-lead, Alberta Policy Coalition for Chronic Disease Prevention; Dr. Mary McKenna, professor, faculty of kinesiology, University of New Brunswick; Dr. Carol Henry, assistant dean and associate professor of nutrition, University of Saskatchewan; Kayla Atkey, policy analyst, Alberta Policy Coalition for Chronic Disease Prevention. (2015). National school food program an urgent necessity. *Chronicle Herald*. Retrieved from <http://thechronicleherald.ca/opinion/1308652-national-school-food-program-an-urgent-necessity>

5. Sara Kirk, Jessie-Lee McIsaac, Becky Spencer. (2013). Need to find more TIME for health?. *Chronicle Herald*. Retrieved from <http://thechronicleherald.ca/community/1222827-need-to-find-more-time-for-health>
Lead author
6. Kirk SFL, McIsaac JLD, Penney TL. (2013). Cake walks undermine healthy nutrition mission. *The Chronicle Herald*.
7. Kirk SFL, McIsaac JLD, Shearer C. (2011). Corporate sponsorship: a debate worth having. *Chronicle Herald*.

Magazine Entries

1. Kirk SFL. (2016). Moving with the Times: Helping Students Become More Marketable. *Focus on University Learning and Teaching*, 24(1), 10-11. Retrieved from <http://goo.gl/vzZbEm>
2. Lawrence L, Kirk SFL. (2014). Obesity: Balancing the Scales. *Doctors Nova Scotia Magazine*, 14(6). Retrieved from <http://www.doctorsns.com/en/home/benefits-and-services/doctorsNS-magazine/currentissue/obesity-balan>
Supervised the student who wrote the article from the original published paper as a policy assignment in his masters degree
3. Kirk SFL, McIsaac JLD, Kuhle S. (2012). Childhood obesity a weight on NS health-care system. *Doctors Nova Scotia magazine*, 12(3), 26.
4. Kirk SFL. (2008). Researchers and Doctors must work together to manage obesity. *Doctors Nova Scotia magazine*, 7(1), 11.
Kirk S (2008) *Doctors Nova Scotia Magazine*, April 2008, 7, 1, p11
5. Weighing in on the obesity epidemic: Researchers explore root causes and long-term impacts of Nova Scotia's heavyweight problem. *Izaak Magazine*, Winter 2013.
6. A Growing Concern. *Living Healthy*, Fall 2010.

Reports

1. (2016). *Destination Dal: A Report on Enhancing Graduate Recruitment for Inspiration and Impact*. Chaired committee that reviewed graduate student supervision. Led the writing of the report of the committee for presentation to the Provost
2. Heath S, McIsaac JLD, Turner T, Kirk SFL. (2015). *Early Years Centres: First Year Report*.
3. Kelly E, McIsaac JLD, Rossiter M, Kirk SFL. (2015). *Movement and physical activity promotion in regulated child care centres: An assessment of existing environments and practices within Nova Scotia*.
4. McIsaac JLD, MacLeod K, Ata N, Jarvis S, Kirk SFL. (2015). *Current-State Baseline of School Food Environments in Nova Scotia: Evaluation Report*.
5. McIsaac JLD, Spencer R, MacLeod K, Kirk SFL. (2015). *Supporting Integration of Health Promoting Schools*.
6. McIsaac JLD, Kuhle S, Kirk SFL. (2015). *Assessment of School Health and Well-being for the Tri-County Regional School Board*.
7. Jarvis S, McIsaac JLD, Kirk SFL. (2015). *A Guide to Objectively Measuring Physical Activity in Afterschool Programs*.
8. Kirk SFL, Jarvis S, McIsaac JLD. (2014). *Healthy Eating in Recreation and Sports Settings: Baseline Food Environment Audits and Stakeholder Interviews*.
9. McIsaac JLD, Shearer C, Kirk SFL. (2014). *Quality Daily Physical Education: A Needs Assessment*.
10. Sim SM and Kirk SFL. (2011). *Evaluation Of The Healthy Eating Nova Scotia Strategy*. Retrieved from <http://www.gov.ns.ca/hpp/cdip/healthy-eating.asp>

11. Kirk SFL, Hemmens E, Price S, Sim SM. (2011). *Implementation of the Nova Scotia Provincial Breastfeeding Policy: Evaluation report.*
12. Langille JL, Kirk SFL. (2010). *Nova Scotia Health Promoting Schools: Findings from a Policy Inventory and Key Informant Interviews.*
13. Young W and the Healthy Weights Team. (2010). *Healthy Weights: Halton Takes Action. A report to the community.*
14. Kirk SFL, Langille JL, Penney TL. (2009). *The relationship between screen time, physical activity, dietary intake and healthy weights in children and youth: Literature review and recommendations for intervention.*
15. Kirk S, Penney TL, McHugh TL, Sharma AS. (2009). *The implementation and evaluation of Canadian and international obesity clinical practice guidelines and best and promising practices for the attainment and maintenance of healthy weights.*
16. Kirk S, Bornstein S, Navarro P, Swanson E. (2009). *Effective Non-clinical Interventions to Prevent and Treat Childhood Overweight and Obesity in Newfoundland & Labrador.* Retrieved from www.nlcahr.mun.ca/research/chrsp/EIC_Childhood_Obesity_Full_Report.pdf

Working Papers

1. Eva Almiron-Roig, Sherley Beasley, June Stevens, Maria Bryant, Sara Kirk. (2014). *Systematic review on measures of the school food environment* (p. 1). Abstract in the PROSPERO International prospective register of systematic reviews, 2014:CRD42014006887 (Ed.). Retrieved from http://www.crd.york.ac.uk/PROSPERO/display_record.asp?ID=CRD4201400688

Online Resources

1. McIsaac JLM, Spencer B, Kirk SFL. (2016). *food for thought: sharing youth experiences with food in nova scotia.* Retrieved from <https://nourishns.ca/program-resources/links-research/food-for-thought>
Knowledge sharing opportunities can help connect stakeholders that work across research, policy, and practice. This youth-led knowledge-sharing project was intended to offer youth across the province the opportunity to share their food experiences. The project builds on our understanding of the school food environment and was funded by the Nova Scotia Health Research Foundation (NSHRF). Researchers from the Applied Research Collaborations for Health (ARCH at Dalhousie University) met with youth (junior and senior high school students) over a period of two days in three communities across the province (one urban, two rural). On the first day, the researchers joined the groups of youth for a focus group and brainstorming about their experiences with food and how they would like to share their experiences. On the second day, the youth led the development of knowledge sharing creations, which included skits, photos, video clips, and canvas paintings, some of which are visible below
2. Sara Kirk, Jessie-Lee McIsaac. (2015). *School Food and Lessons Learned.* Yoni Freedhoff (Weighty Matters blog) (Ed.). Retrieved from <http://www.weightymatters.ca/2015/09/guest-post-school-food-and-lessons.html>
3. Sara Kirk. (2015). *Online Course on Weight Bias With Dr. Sara Kirk.* Arya Sharma (Dr Sharma's Obesity Notes blog) (Ed.). Retrieved from <http://www.drsharma.ca/online-course-on-weight-bias-with-dr-sara-kirk>
4. (2015). *A Guide to Objectively Measuring Physical Activity in After School Programs.* Retrieved from <http://activeafterschool.ca/nova-scotia>

5. Sara Kirk. (2015). *A MOOC on Weight Bias with Dr. Sara Kirk? Yes Please!*. Yoni Freedhoff (Weighty Matters blog) (Ed.). Retrieved from <http://www.weightymatters.ca/2015/03/guest-post-mooc-on-weight-bias-with-dr.html>
6. Kirk SFL. (2015). *Behind the Scenes: Addressing Weight Bias in Obesity*. Retrieved from <https://goo.gl/mfdv3j>
Massive Open Online Course (MOOC). Ran over 5 weeks, with 1500 participants registered.
7. Kirk SFL, Price S, Aston M, Vallis M. (2013). *Balancing the Scales: Promoting Healthy Weight Management without Blame or Shame*. Retrieved from https://www.youtube.com/watch?v=LVX4_s5IP3g
8. Kirk SFL. (2012). *Food security blog post*. Retrieved from <http://www.foodsecurity.ac.uk/blog/index.php/2012/11/food-insecurity-and-nutrition>

Clinical Care Guidelines

1. Numerous. (2012). The 5As of obesity management. Retrieved from <http://www.obesitynetwork.ca/5As>
Member of the Canadian Obesity Network Primary Care Working Group that developed a set of practical tools to guide primary care practitioners in obesity counseling and management
2. (2011). Dissemination working group for Paediatric weight management guidelines.
This group produced a slide set designed to facilitate the dissemination of the paediatric component of the clinical practice guidelines for obesity management and prevention
3. National Institute of Health and Clinical Excellence (NICE) and various stakeholder from different sectors (see NICE website for details). (2006). *Obesity: the prevention, identification, assessment and management of overweight and obesity in adults and children*. Retrieved from <http://guidance.nice.org.uk/CG43>
Member of the working group that produced guidance for obesity prevention; reviewed literature, developed recommendations, drafted report

Conference Publications

1. N Ziauddeen, SFL Kirk, T Penney, S Nicholson, P Page and E Almiron-Roig. (2016). Are we where we eat? Eating at food outlets, leisure settings and “on the go” is associated with less healthy food choices than home. In *UK Congress on Obesity*.
2. McIsaac JLD, Sigfridson L, Cunningham J, Kuhle S, Kirk SFL. (2015). Building knowledge on health promoting schools through research partnerships. In *PHE Canada National Forum on Healthy School Communities*.
3. McIsaac JLD, Spencer R, MacLeod K, Kirk SFL. (2015). Food for thought: Youth engagement in food insecurity and school nutrition. In *Changing the Menu: National School Food Conference*.
4. Turner J, Melanson S, Heath S, McIsaac JLM, Kirk SFL. (2015). Nova Scotia Early Years Centre Model. In *Mental Health in the Early Years Conference: Social Emotion Wellness from the Start*.
5. McIsaac JLD, Kuhle S, Penney T, Kirk SFL. (2015). The association between diet, physical activity and student achievement. In *International Society for Behavioral Nutrition and Physical Activity Conference*.
6. McIsaac JLD, Sigfridson C, Ohinmaa A, Veugelers PJ, Kirk SFL, Kuhle S. (2015). What are the costs of implementing a health promoting schools program?. In *Public Health 2015 (Canadian Public Health Association conference)*.

7. Rossiter M, Dixon M, Mann L, Swinamer T, Hernandez K, Romaine N, & Kirk S. (2014). Advancing healthy development in child care settings: impact of nutrition standards. In *Early Years Conference: Shaping Childhood - Factors that Matter*.
8. Rossiter M, Colapinto CK, Khan MK, Williams P, McIsaac JLD, Kirk SFL, Veugelers PJ. (2014). Breastfeeding and formula feeding in relation to obesity among grade 5 children in Nova Scotia. In *Dietitians of Canada National Conference*.
9. Rossiter M, Dixon M, Mann L, Swinamer T, Romaine, N & Kirk S. (2014). Impact of the food and nutrition standards for child care settings on preschool children's eating behaviours in Nova Scotia (Oral Presentation). In *Chronic Disease Prevention Alliance of Canada conference*.
10. McIsaac JLD, Penney TP, MacLeod KS, Shearer C, Kuhle S, Kirk SFL. (2014). Measuring “form” and “function” in complex school-based population health interventions. In *Canadian Obesity Network, Student and New professional Meeting*.
11. McIsaac JLD, Kirk S. (2014). Advancing school health strategies with results from the Children’s Lifestyle And School performance Study. In *KT Canada Knowledge Translation Summer Institute*.
12. Sheri Price, S. Meaghan Sim, Sara FL Kirk, Megan Aston. (2014). Arts-Based Research Dissemination: Innovation in Interprofessional Health Education. In *7th International Conference on Interprofessional Practice and Education: Altogether Better Health* (p. P3) United States: University of Pittsburgh.
13. Fung C, McIsaac JLD, Chu YL, Kuhle S, Kirk SFL, Veugelers PJ. (2013). The influence of a population-level school food and nutrition policy on dietary intake and body weights of Canadian children. In *International Society for Behavioral Nutrition and Physical Activity pre-conference workshop*.
14. McIsaac JLD, Read R, Williams P, Veugelers P, Kirk SFL. (2013). How are Nova Scotia schools addressing food insecurity?. In *Canadian Public Health Association Conference*.
15. McIsaac JLD, Penney TP, Kuhle S, Kirk SFL, Veugelers PJ. (2012). Measuring health promotion in schools: Insights from the 2011 Children’s Lifestyle And School-performance Study. In *Canadian Public Health Association Conference*.
16. Kirk SFL, Langille (McIsaac) JLD, Veugelers PJ, Kuhle S, Poirier M, Siba E. (2012). The impact of healthy school practices on students’ behaviours. In *Physical and Health Education Canada National Conference, Council of University Professors and Researchers Research Forum*.
17. Langille (McIsaac) JLD, Veugelers PJ, Kirk SFL, Carmichael S, Purcell M. (2012). Developing a tool to measure implementation of Health Promoting Schools. In *National Obesity Summit*.
18. Kontak J, McIsaac JLD, Penney T, Kuhle K, Kirk SFL. (2015). A picture is worth a thousand words: Examining school-based health environments through photographs. In *Public Health 2015 (Canadian Public Health Association Conference)*.
19. McIsaac JLD, Kuhle S, Kirk SFL, Veugelers PJ. (2013). Implementation of health promoting schools: A Canadian provincial experiment. In *International Society for Behavioral Nutrition and Physical Activity*.
20. Rossiter M, Hernandez K, Mann L, Romaine N, Kelly E, Thompson S, Swinamer T & Kirk S. (2013). Parental experiences, nutrition standards, and influencing factors for feeding preschool children. In *Qualitative Health Research Conference. (Accepted)*
21. McIsaac JLD, Penney T, MacLeod K, Ata N, Kuhle S, Kirk SFL. (2015). Bridging connections and building relationships: The role of knowledge translation and exchange in comprehensive school health research. In *International Society for Behavioral Nutrition and Physical Activity*.
22. McIsaac JLD, Kuhle S, Veugelers PJ, Kirk SFL. (2013). Contextual implementation of health promoting schools: A provincial experiment. In *International Society for Behavioral Nutrition and Physical Activity Conference*.

23. McIsaac JLD, MacLeod K, Ata N, Jarvis S, Spencer R, Kirk SFL. (2015). Marking a decade of policy implementation: The successes and continuing challenges of the school food and nutrition policy in Nova Scotia. In *8th Annual Conference on the Science of Dissemination and Implementation*.

presentations

1. Kirk, S. F. (2016). *Policy and Advocacy in Community Education*. Guest lecture, Masters in Applied Nutrition Community Education course, Halifax, Canada.
2. Kirk, S. F. (2016). *Moving Beyond BMI: Does a focus on childhood obesity help or harm our children?*. Canadian Association of Pediatric Health Centres Annual Conference, Halifax, Canada.
3. Kirk, S. F. (2016). *Reducing Weight Bias in Practice and Research*. 6th Conference on Recent Advances in the Prevention & Management of Childhood and Adolescent Obesity, Ottawa, Canada.
4. Kirk, S. F. (2016). *The Art and Science of Putting People First to Reduce Weight Bias*. UK Congress on Obesity, Nottingham, United Kingdom.
5. Kirk, S. F., Angela Alberga, Christina Fleetwood, Ximena Ramos Salas, Judy Anne Swift. (2016). *Re-writing the Script on Weight Stigma*. European Obesity Summit, Gothenburg, Sweden.
This symposium was designed to present evidence regarding the negative health consequences of weight stigma and outline practical strategies on how to best address weight stigma through research, practice, and policy. Four researchers, including myself, presented on the research evidence on weight stigma. A European Association for the Study of Obesity (EASO) Patient Council representative also presented on her lived experience with weight stigma.
6. Kirk, S. F., Jessie-Lee McIsaac. (2016). *Bridging connections and building relationships: The role of knowledge translation and exchange in comprehensive school health research*. Sparking Population Health Solutions, Ottawa, Canada.
Poster presentation.
7. Kirk, S. F., Angela Alberga, Erin Cameron, Mary Forhan, Ximena Ramos Salas, Shelly Russell-Mayhew. (2016). *We need to talk about weight bias*. Sparking Population Health Solutions, Ottawa, Canada.
8. Kirk, S. F., Story, K., Freeman, J., Card, A. (2015). *A Picture of Health? What does a Health Promoting School Look Like?*. PHE Canada National Forum on Healthy School Communities, Gatineau, Canada.
Member of panel for plenary on research in health promoting schools
9. Kirk, S. F. (2015). *Behind the Scenes: Addressing weight bias and stigma in obesity management through drama*. Increasing Competency in weight management: Interprofessional workshop, Sydney, Canada.
10. Kirk, S. F. (2015). *Behind the Scenes: Addressing Weight Bias and Stigma through drama*. 4th Canadian Obesity Summit, Toronto, Canada.
11. Kirk, S. F. (2015). *"The wicked problem of Obesity"*. Larry Maloney Lecture Series, Halifax, Canada.
12. Kirk, S. F. (2015). *Behind the Scenes: Addressing Weight Bias and Stigma through drama*. 2015 Obesity Summit, London, United Kingdom.
13. Kirk, S. F. (2015). *The Healthy Living Challenge*. Building Healthy Children, Canada.
14. Kirk, S. F. (2015). *What's going on with childhood obesity and what should we do about it?*. Cape Breton District Health Authority "Building Healthy Children" conference, Sydney, Canada.
15. Kirk, S. F. (2015). *The Healthy Living Challenge*. Building Healthy Children, Canada.

16. Kirk, S. F. (2015). *The 'wicked' problem of obesity: myths, misconceptions and management options*. Canadian Paediatric Endocrinology Group annual conference, Canada.
17. Kirk, S. F. (2015). *The wicked problem of obesity: what's going on and what should we do about it?*. Community Health and Epidemiology Seminar Series 2015, Halifax, Canada.
18. Kirk, S. F. (2014). *Working together to support student health and learning*. Presentation to the Nova Scotia School Boards Association Education committee, Halifax, Canada.
19. Kirk, S. F. (2014). *Food security status among grade 5 students in Nova Scotia and its association with health outcomes*. Children and Youth in Challenging Context Institute Seminar Series, Halifax, Canada.
20. Kirk, S. F. (2014). *Making Graduate Students Marketable*. Graduate Supervision Seminar, Halifax, Canada.
21. Kirk, S. F. (2014). *Behind the Scenes: Promoting healthy weights without blame or shame*. Guest lecture at Mount Saint Vincent University, Halifax, Canada.
22. Kirk, S. F. (2014). *Myths, Misconceptions and Mass—Understanding the Wicked Problem that is Obesity in Canada*. Conference Board of Canada 2014 Health Summit, Toronto, Canada.
23. Kirk, S. F., Jamison Steeve, Catherine Brown, Harvey Skinner. (2014). *Power Panel: The Future of Canada's Health Care System—Sustainability and Radical Change*. Conference Board of Canada Health Summit 2014, Toronto, Canada.
One member of a 4 member panel discussing the changes needed to address aging and chronic disease in the Canadian health care system
24. Kirk, S. F. (2014). *Policy and Advocacy in Community Education*. Guest lecture in Community Education course at Mount Saint Vincent University, Halifax, Canada.
Gave a guest lecture to graduate students
25. Kirk, S. F. (2014). *Behind the Scenes: Promoting healthy weights without blame or shame*. Doctors Nova Scotia Policy committee, Dartmouth, Canada.
Presented research findings to an audience of physicians as part of project KT
26. Kirk, S. F. (2014). *The Wicked Problem of Obesity: Current progress and future directions for prevention (and management)*. Reproductive Care Program of Nova Scotia: Annual Conference 2014, Halifax, Canada.
27. Kirk, S. F., Camille Hancock Friesen. (2014). *Heart Healthy Kids*. Presentation to the Nova Scotia Liberal Caucus, Halifax, Canada.
28. Kirk, S. F., N/A. (2014). *The Healthy Living Challenge*. Canadian Nutrition Society annual conference, St. Johns, Canada.
29. Kirk, S. F., Jessie-Lee McIsaac, Paul Veugelers, Kerry van de Ploeg. (2014). *Nova Scotia Schools: Leading the Way for a Healthier Tomorrow*. Webinar and video launch, Halifax, Canada.
30. Kirk, S. F., Elizabeth Cummings and Mary McKenna. (2014). *What's going on with Childhood Obesity, and what should we do about it?*. Aboriginal Diabetes Initiative annual meeting, Halifax, Canada.
31. Kirk, S. F., Jessie-Lee McIsaac and Mike Arthur. (2014). *Add it Up: Healthy Eating + Physical Activity = A+*. Nova Scotia School Board Association Annual General Meeting, Sydney, Canada.
32. Kirk, S. F. (2014). *What's going on with childhood obesity?*. Junior League of Halifax Think Tank, Halifax, Canada.
33. Kirk, S. F. (2014). *Sedentary behaviours and obesity: A look at the bigger picture*. Canadian Obesity Network Student and New Professional (CON-SNP) Dalhousie Chapter panel on Sedentary Behaviour and Obesity, Halifax, Canada.
34. Kirk, S. F. (2014). *Behind the Scenes: promoting healthy weight management without blame or shame*. Masters in Physiotherapy student workshop, Halifax, Canada.

35. Kirk, S. F. (2014). *Why we need to promote healthy eating in recreational and sports settings*. Department of Health and Wellness, Physical Activity, Sport and Recreation briefing, Halifax, Canada.
36. Kirk, S. F. (2013). *Balancing the Scales: promoting healthy weight management without blame or shame*. Saint Mary's University Lunch and Learn session, Halifax, Canada.
Presenter and Principal Investigator of the original research
37. Kirk, S. F. (2013). *Balancing the Scales: promoting healthy weight management without blame or shame*. St Francis Xavier University Lunch and Learn session, Antigonish, Canada.
Presenter and Principal Investigator of original research
38. Kirk, S. F., Mr William Lahey Dr Janice Keefe. (2013). *The burden of Chronic Disease in Canada*. Halifax West Liberal Association Public Forum on health care, Halifax, Canada.
Provided an overview of chronic disease and its impact on the health system. Participated in a panel of three presenters. Also facilitated a round table discussion on the same topic
39. Kirk, S. F. (2013). *Obesity management and prevention*. Cape Breton Cancer Symposium, Sydney, Canada.
Presented an overview of how obesity is linked with cancer and what health professionals can do to support people to manage their weight
40. Kirk, S. F. (2013). *Modifying the food environment for childhood obesity prevention: Challenges and Opportunities*. Irish Nutrition Society annual meeting, Dublin, Ireland.
41. Kirk, S. F. (2013). *Thinking Aloud: The Healthy Living Challenge*. Cambridge Wordfest, Cambridge, United Kingdom.
42. Kirk, S. F. (2013). *Developing and using new measurement tools for diet and activity in community-based interventions*. Association for the Study of Obesity annual meeting, London, United Kingdom.
43. Kirk, S. F. (2012). *The healthy living challenge*. Western Valley Wellness Forum, Woodstock, Canada.
44. Kirk, S. F. (2012). *Obesity and stigma*. Dalhousie Medical School seminar series, Halifax, Canada.
45. Kirk, S. F. (2011). *Why reluctance to address obesity head-on is contributing to an epidemic: insights from a multi-level analysis*. Prince Edward Island Provincial health conference concurrent sessions, Charlottetown, Canada.
46. Kirk, S. F. (2011). *The Healthy Living Challenge*. Prince Edward Island Provincial health conference, Charlottetown, Canada.
47. Kirk, S. F. (2011). *The Healthy Living Challenge*. Nova Scotia Provincial Community Health Board annual conference, Wolfville, Canada.
48. Kirk, S. F. (2011). *Promoting health in an obesogenic environment: challenges and opportunities*. Canadian Nutrition Society annual conference, Guelph, Canada.
49. Kirk, S. F. (2011). *Nova Scotia Provincial Community Health Board annual conference*. Nova Scotia Government Forum on Childhood Obesity, Halifax, Canada.
50. Kirk, S. F. (2010). *Food for thought: how what we eat affects our health*. Food Policy Council launch event, Halifax, Canada.
51. Kirk, S. F. (2010). *Promoting health in an obesogenic environment*. Canadian Obesity Network – Student and New Professional (Mount Saint Vincent University chapter) meeting, Halifax, Canada.
52. Kirk, S. F. (2010). *Setting the Stage: the need for supportive environments*. Nova Scotia Department of Health Promotion and Protection workshop on Healthy Eating in Recreation Settings, Halifax, Canada.
53. Kirk, S. F. (2010). *Lifestyle factors in cancer prevention: The need for policy options*. Dalhousie Medical Research Foundation annual Piccione lecture, Halifax, Canada.

54. Kirk, S. F. (2010). *Promoting maternal and child health in an obesogenic environment*. IWK Health Centre Department of Family Medicine Retreat, Halifax, Canada.
55. Kirk, S. F. (2010). *Promoting Health in an Obesogenic Environment: What the evidence says*. IWK Health Centre "Caring for Obese women" education series, Halifax, Canada.
56. Kirk, S. F. (2010). *Screen time, physical activity, dietary intake and healthy weights in children and youth: Literature review and recommendations for intervention*. Halifax Regional Municipality Physical Activity Strategy meeting, Dartmouth, Canada.
57. Kirk, S. F. (2010). *Promoting the health of families in our obesogenic environment*. Junior League of Halifax meeting, Halifax, Canada.
58. Kirk, S. F. (2009). *Promoting health in an obesogenic environment: implications for cancer risk*. Cancer Research Training Program Annual Symposium, Halifax, Canada.
59. Kirk, S. F. (2009). *Understanding the challenges of obesity management from a research perspective*. Canadian Obesity Network Student and New Professions (CON-SNP) Dalhousie Chapter fall meeting, Halifax, Canada.
60. Kirk, S. F. (2009). *Obesity management: current evidence and practice*. Public Health Agency of Canada Science Seminar, Ottawa, Canada.
61. Kirk, S. F. (2009). *Obesity Management: Whose responsibility is it anyway?*. Canadian Obesity Network 1st National Summit, Kananaskis, Canada.
62. Kirk, S. F. (2009). *Reviewing the evidence: hospitals and the fast food industry*. Canadian Association of Paediatric Hospitals Healthy Active Living Hospital Workshop, Edmonton, Canada.
63. Kirk, S. F. (2009). *We're doing pretty good actually*. Cancer Care Nova Scotia Provincial Symposium on Integrated Action: Imagine the Impact, Halifax, Canada.
64. Kirk, S. F., Dr Patty Williams. (2009). *Promoting health among families facing difficult circumstances: the challenges of food insecurity and obesity*. Public Health Agency of Canada Atlantic CAPC/CPNP Think Tank on Obesity, Mental Health and Injury Prevention, Halifax, Canada.
65. Kirk, S. F. (2009). *Our Changing World: Promoting Health in an Obesogenic Environment*. Memorial University of Newfoundland, Community Health and Humanities "People's Health Matters" Seminar Series, St. Johns, Canada.
66. Kirk, S. F. (2008). *Striving to maintain an even keel: the challenge of promoting maternal and infant health in an obesogenic environment*. Nova Scotia Reproductive Care Program annual conference, Halifax, Canada.
67. Kirk, S. F. (2008). *Promoting Health in an Obesogenic Environment: Does PT Matter?*. "Physiotherapy Matters" seminar series, Dalhousie University, Halifax, Canada.
68. Kirk, S. F. (2008). *Our Changing World: Promoting Health in an Obesogenic Environment*. Dietitians of Canada regional conference, Moncton, Canada.
69. Kirk, S. F. (2008). *Obesity Research: Progress Towards Innovative Prevention and Treatment Strategies*. Research Encounters, Halifax, Canada.
70. Kirk, S. F. (2008). *Maternal weight and the obesogenic environment of Nova Scotia*. Canadian Public Health Association annual conference, Halifax, Canada.
71. Kirk, S. F., Cockbain, A.; Beasley, J. (2006). *perceptions of body weight and size in Tonga*. World Congress of Public Health Nutrition, Barcelona, Spain.
72. Kirk, S. F., Emma Harvey. (1997). *Overview on Effective Professional Practice*. Association for the Study of Obesity/British Dietetic Association Joint meeting, London, United Kingdom.

INTERVIEWS AND MEDIA RELATIONS

Broadcast Interviews

1. Kirk, Sara. (2015). *Nova Scotia school lunches get failing mark in some areas*. CBC News. CBC. Retrieved from <http://www.cbc.ca/news/canada/nova-scotia/nova-scotia-school-lunches-get-failing-mark-in-some-areas>
2. Kirk, Sara. Stephanie Blanchett. (2014). *Childhood Obesity*. TV news (french). CBC.
3. Kirk, Sara. (2012). *Eating breakfast*. Anglia region News. ITV (UK).
4. Kirk, Sara. (2011). *CLASS II study*. Global News. Global News Network.
5. Kirk, Sara. (2009). *The role of the obesogenic environment*. Information Morning. CBC.
6. Kirk, Sara. (2008). *The obesogenic environment*. Lifechangers. Association of Atlantic Universities. Retrieved from <http://www.atlanticuniversities.ca/life-changers/season-two>
7. Kirk, Sara. (2008). *Weight bias and stigma*. CTV News. CTV.
8. Kirk, Sara. David Burke. (2016). *Fitness Apps*. Information Morning. CBC. Retrieved from <http://goo.gl/78UWdi>
Discussed the role of fitness apps in supporting people to adopt health behaviours
9. Kirk, Sara. Alex Haider. (2015). *Healthy living over the holidays*. Morning News. Global News Halifax. Retrieved from <http://globalnews.ca/halifax/program/morning-news-halifax>
10. Kirk, Sara. Colleen Jones. (2015). *Obesity in Nova Scotia*. CBC News special feature. CBC.
11. Kirk, Sara. (2014). *Childhood obesity and stress*. World Report. CBC.
12. Kirk, Sara. Don Connolly. (2014). *Childhood Obesity*. Information Morning. CBC.
Interviewed on radio show
13. Kirk, Sara. Norma-Lee Macleod. (2011). *Childhood Obesity*. Maritime Noon. CBC.
14. Kirk, Sara. (2011). *Promoting physical activity in children*. IWK Health Centre Public Service Announcement (infomercial). CTV.
15. Kirk, Sara. Don Connolly. (2008). *The Obesogenic Environment*. Information Morning. CBC.
16. Kirk, Sara. Rick Howe. (2008). *The Obesogenic Environment*. News 95.7 Afternoon Show. Rogers Network.

Text Interviews

1. Kirk, Sara. (2015). *Obesity Management*. CBC News. Retrieved from <http://www.cbc.ca/news/canada/nova-scotia/sydney-health-care-weight-conference-1.3254776>
2. Kirk, Sara. Rosalind Stefanac. (2014). *Parental misperceptions of weight status in their children*. Canadian Health Network.
Interviewed about a new article published in a US journal. The journalist wanted to have a Canadian perspective on the issue of parental misperception of weight status. Interview was on 02-09-2014
3. Kirk, Sara. Chad Lucas. (2014). *Energy Drinks*. Sport Quarterly (a section in the Community Herald).
Discussed the benefits and risks of taking sports drinks. Interview conducted on 02-09-2014
4. Kirk, Sara. (2014). *Healthy Eating in Recreational and Sport Settings*. Chronicle Herald.
5. Kirk, Sara. Melanie Jollymore. (2013). *Weighing In: Obesity Rates are reaching epidemic proportions: IWK Researchers explore root causes and impacts*. Izaak magazine, IWK Health Centre Foundation. Retrieved from <https://iwkfoundation.org/izaak>

Interviewed for feature on childhood obesity (page 8)

6. Kirk, Sara. Megan Venner. (2012). *Childhood obesity*. Saltscapes, living healthy supplement.

ARTISTIC CONTRIBUTIONS

Radio and TV Programs

1. Kirk SFL. Doc Talk: Childhood Obesity Part 1. Doc Talk. Canada: Eastlink TV.
2. Kirk SFL. Doc Talk: Childhood Obesity Part 2. Doc Talk. Canada: Eastlink TV.

Theatre Performances and Productions

1. Kirk SFL, Price S, Aston M, Rehman L, Vallis M, Lyons R. (Jun. 11, 2012). *Balancing the Scales: Promoting healthy weight management without blame or shame*. Halifax: Terry Murray Arnold.

Video Recordings

1. Terry Murray Arnold (Director). Terry Murray Arnold (Producer). Michelle Patrick Sara Kirk Jessie-Lee McIsaac Terry Murray Arnold (Contributors). (Jun. 02, 2014). *Nova Scotia Schools Leading the Way for a Healthier Tomorrow*. Retrieved from <https://www.youtube.com/watch?v=oS0TfG31gaQ&feature=youtu.be>
2. Kirk SFL, Lyons R, Vallis M (Contributors). (Oct. 14, 2008). *The Life Changers: Obesity*. Association of Atlantic Universities.