

SYLVIA SANTOSA, Ph.D., R.D. (CDO)
Concordia University • Department of Exercise Science
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Biographical

Employment History

Associated professor	Concordia University – Department of Exercise Science June 2016 - present
Assistant Professor	Concordia University – Department of Exercise Science January 2011 – May 2016
Researcher	Hôpital du Sacré Cœur – FRSQ Research Centre, Chronic Disease Axis September 2015 – present
Research Assistant	McGill University – School of Dietetics and Human Nutrition 2002 – 2006
Teaching Assistant	McGill University – School of Dietetics and Human Nutrition Research Methods, Functional Foods, Human Nutrition 2002 – 2006
Teaching Associate	McGill University – School of Dietetics and Human Nutrition Research Methods, Human Nutrition 2002 – 2006
Clinical Coordinator	McGill University – School of Dietetics and Human Nutrition Mary Emily Clinical Nutrition Research Unit 2002 – 2003
Clinical Coordinator	University of Guelph – Department of Nutritional Sciences September 2001 – April 2002
Recruiter	Dietitians of Canada February 2001 – March 2001
Summer Research Student	University of Toronto – Department of Nutritional Sciences June 2000 – August 2000
Volunteer	Canadian Diabetes Association May 1999 – August 1999 Nutrition Guidelines for People with Diabetes

Affiliations

Associated professor	Concordia University – Department of Exercise Science June 2016 - present
Researcher	Hôpital du Sacré Cœur – FRSQ Research Centre, Chronic Disease Axis September 2015 – present
Researcher	Research network in cardiometabolic health, diabetes and obesity (CMDO) FRQS 2015 – present
Early Career Researcher	Canadian Vascular Network (CVN) 2015 – present

Associate Researcher	Hôpital du Sacré Cœur – FRSQ Research Centre, Chronic Disease Axis March 2014 – September 2015
Researcher	PERFORM Centre 2013 – present
Collaborator	Mayo Clinic – Endocrine Research Unit January 2011 – present

Academic Background

Postdoctoral Fellow
Endocrinology & Nutrition

Mayo Clinic – Endocrine Research Unit
April 2007-December 2010
Supervisor: Dr. Michael D. Jensen, M.D.

Research Focus: Effects of sex steroids on fat metabolism and regional fat distribution

R.D.

College of Dietitians of Ontario
Training: McGill University – McGill University Health Centers
March 2007

Ph.D.
Nutritional Science

McGill University – School of Dietetics and Human Nutrition
September 2002 – October 2006
Supervisor: Dr. Peter J. Jones, Ph.D.

Thesis title: The effects of weight loss on cholesterol metabolism in overweight and obese hyperlipidemic women

B.A.Sc., Honors
Nutrition & Dietetics

University of Guelph – Department of Applied Human Nutrition
September 1998 – April 2002
Supervisor: Dr. Bruce J. Holub, Ph.D.

Thesis title: Low dose fish oil and cardiovascular disease prevention

Honors and Awards

2014	Best Poster Prize, UAB Center for Exercise Medicine and Rehabilitation Annual Symposium
2010	Pat Simons Travel Award, The Obesity Society Top 15 of 125 abstracts submitted to the annual meeting.
2009-2010	Postdoctoral Fellowship, Natural Science and Engineering Research Council of Canada One of 250 national awards granted for postdoctoral research.
2008-2009	Junior Personnel Award, Heart and Stroke Foundation One of 30 national awards granted for postdoctoral research.
2008-2010	Postdoctoral Fellowship Supplement, Canadian Diabetes Association One of 20 national awards granted for postdoctoral research.
2007	Industrial Research and Development Fellowship, Natural Science and Engineering Research Council of Canada (declined) An award granted to individuals to be taken up in conjunction with industry.
2007	Visiting Fellowship, Natural Science and Engineering Research Council of Canada (declined) An award to allow individuals to work in government research.
2006	Obesity Research Boot Camp, Program Participant, Canadian Obesity Network, Duchesnay, Quebec

One of 25 participants selected nationwide to attend a specialized training program in obesity research.

2006 **Institute of Nutraceuticals and Functional Foods Travel Grant**

2005-2006 **Postgraduate Scholarship D, Natural Science and Engineering Research Council of Canada**
National scholarship awarded to top doctoral candidates in Canada.

2005 **FAES Agri-Food Travel Grant, McGill University**

2004 **Stroke, Cardiovascular, Obesity, Lipid, Atherosclerosis Research Training Program Participant, University of Alberta**

One of 15 participants selected nationwide to attend a specialized training program in lipid research

2003-2005 **Postgraduate A Scholarship, Natural Science and Engineering Research Council of Canada**
National scholarship awarded to top doctoral candidates in Canada.

Languages

English – Mother tongue

French – Conversational speaking, reading, writing

Bahasa (Indonesian) – Conversational speaking and reading

RESEARCH

¶ by my name indicates I am senior author. Italicized author names are trainees or highly qualified personnel that work with me. *indicates equally shared first authorship.

Journal Publications (*Peer-Reviewed*)

1. *Murphy J*, Moullec G, Santosa S. Factors associated with adipocyte size reduction after weight loss interventions for overweight and obesity: a systemic review and meta-regression. *Metabolism*. 2016: *revision requested*.
2. **Santosa S**, Bonnes S, Jensen MD. Acute female hypogonadism alters adipose tissue fatty acid storage factors and chylomicronemia. *Journal of Clinical Endocrinology and Metabolism*. 2016: *epub*.
3. *Yang SQ*, DeGuire JR, Agellon S, Lavery P, Mak I, Weiler HA, **Santosa S**. Conjugated linoleic acid mitigates testosterone-related changes in body composition in male guinea pigs. *Nutrition Research*. 2016;36:408-17.
4. *Dam V*, *Sikdar T*, **Santosa S**. From Neutrophils to Macrophages: Differences in Regional Adipose Tissue Depots. *Obesity Reviews*. 2016;17;1-17.
5. **Santosa S**, Jensen MD. The sexual dimorphism of lipid kinetics in humans. *Frontiers in Endocrinology*. 2015: 6:103 (6 pages).
6. Hames KC, Koutsari C, **Santosa S**, Bush NC, Jensen MD. Adipose tissue fatty acid storage factors: effects of depot, sex and fat cell size. *International Journal of Obesity*. 2015;39;884-7.
7. *Varady KA**, *Dam V**, *Horne M*, *Cruz R*, Klempel MC, Kroeger CM, **Santosa S**. Effects of weight loss via high fat vs low fat alternate day fasting diets on free fatty acid profiles. *Scientific Reports*. 2015;5;7561 (6 pages).
8. **Santosa S**, Swain J, Tchkonja T, Kirkland JL, Jensen MD. Inflammatory characteristics of adipose tissue collected by surgical excision vs. needle aspiration. *International Journal of Obesity*. 2015;39;874-6.
9. **Santosa S**, Jensen MD. Sex and sex steroids: impact on the kinetics of fatty acids underlying body shape. *Hormone Molecular Biology and Clinical Investigation*. 2014;20;15-23.
10. Du S, *Rajjo T*, **Santosa S**, Jensen MD. The thermic effect of food is reduced in older adults. *Hormone and Metabolic Research*. 2014;46;365-9.
11. **Santosa S**, Jensen MD. Adipocyte Fatty Acid Storage Factors Enhance Subcutaneous Fat Storage in Postmenopausal Women. *Diabetes*. 2013;62;775-82.
12. **Santosa S**, Jensen MD. Effect of Male Hypogonadism on Regional Adipose Tissue Fatty Acid Storage and Lipogenic Proteins. *Public Library of Science One*. 2012;7;e31473 (10 pages).
13. **Santosa S**, Khosla S, McCready L, Jensen MD. Effects of estrogen and testosterone on resting energy expenditure in older men. *Obesity*. 2010;18;2392-4.
14. Barrow CJ, Nolan C, McCleod M, **Santosa S**, Holub BJ. Bioequivalence of encapsulated and microencapsulated fish-oil supplementation. *Journal of Functional Foods*. 2009;1;38-43.
15. Kassis AN, **Santosa S**, Jones PJH. Potential health claims on dietary fiber: How robust is the evidence? *International Journal of Naturopathic Medicine*. 2009;4;28-32.
16. **Santosa S**, Hensrud DD, Votruba SB, Jensen MD. The influence of sex and obesity phenotype on meal fatty acid metabolism before and after weight loss. *American Journal of Clinical Nutrition*. 2008;88;1134-41.
17. **Santosa S**, Jensen MD. Why are we shaped differently and why does it matter?. *American Journal of Physiology, Endocrinology and Metabolism*. 2008: 295;E531-5.
18. **Santosa S**, Demonty I, Lichtenstein AH, Jones PJH. Moderate weight loss: A self-directed protocol for women. *Canadian Journal of Dietetic Practice and Research*. 2008: 69;23-27.
19. **Santosa S**, Demonty I, Lichtenstein AH, Ordovas JM, Jones PJH. Single nucleotide polymorphisms in ABCG5 and ABCG8 are associated with changes in cholesterol metabolism during weight loss. *Journal of Lipid Research*. 2007;48;2607-2613.

20. **Santosa S**, Demonty I, Lichtenstein AH, Cianflone K, Jones PJH. An investigation of hormone and lipid associations after weight loss in women. *Journal of the American College of Nutrition*. 2007;26;250-258.
21. **Santosa S**, Demonty I, Lichtenstein AH, Jones PJH. Cholesterol metabolism and body composition in women : the effects of moderate weight loss. *International Journal of Obesity*. 2007;31;933-941.
22. Varady KA, **Santosa S**, Demonty I, Jones PJH. Validation of hand-held bioelectrical impedance analysis with magnetic resonance imaging for the assessment of body composition in overweight women. *American Journal of Human Biology*. 2007;19;429-433.
23. **Santosa S**, Varady KA, AbumWeis S, Jones PJH. Physiological and therapeutic factors affecting cholesterol metabolism: does a reciprocal relationship between cholesterol absorption and synthesis really exist?. *Life Science*. 2007;80;505-514.
24. Varady KA, Charest A, **Santosa S**, Demonty I, Lamarche B, Jones PJ. Effect of weight loss resulting from a combined low-fat diet/exercise regimen on low-density lipoprotein particle size and distribution in obese women. *Metabolism*. 2006;55;1302-1307.
25. **Santosa S**, Farnworth E, Jones PJH. Probiotics and their potential health claims. *Nutrition Reviews*. 2006;64;265-274.
26. **Santosa S**, Jones PJH. Health benefits of consumption of fish oil omega-3 fatty acids. *International Journal of Naturopathic Medicine*. 2006.
27. **Santosa S**, Jones PJH. Oxidative stress in ocular disease: does lutein play a protective role?. *Canadian Medical Association Journal*. 2005;173;861-862.
28. **Santosa S**, Farnworth E, Jones PJH. Probiotics: Health benefits to the gut. *International Journal of Naturopathic Medicine*. 2004.
29. **Santosa S**, AbuMweis S, Jones PJH. Plant sterols: Evidence to support a health claim. *International Journal of Naturopathic Medicine*. 2004.

Non-refereed Publications

1. **Santosa S**. Are diet pills safe for younger kids? *CRAM Science*. 2008.
2. **Santosa S**, Jones PJH. Postsurgical nutrition management in obesity. *Gastroenterology Canada*. 2003;5;2.

Invited Talks

- 2016 “Economic Cost of Obesity in Canada” JMSB, Concordia University, Montreal, QC, Canada
- 2015 “Acute and Chronic Effects of Obesity on Cardiovascular Disease Risk Factors” Canadian Vascular Network Annual Meeting, Toronto, ON, Canada
- 2015 “Lipid Steps to Understanding Obesity” Exercise Science Department Seminar Series, Montreal, QC, Canada
- 2015 “Lipid Steps to Understanding Obesity” Sacre Coeur Seminar Series, Montreal, QC, Canada
- 2015 “Why Should We Care About Apples and Pears?” Sacre Coeur Hospital, Montreal, QC, Canada
- 2014 “Sex, Vet and Other Stuff” Vrije Universiteit Medical Centre, Amsterdam, Netherlands
- 2014 “Sex, Fat and Other Stuff” Sacre Coeur Hospital, Montreal, QC, Canada
- 2013 “Portion Distortion” Canadian Association of Cardiac Rehabilitation Meeting, Montreal, QC, Canada
- 2012 “Apples and Pears: Why are we shaped the way we are?”. Canadian Nutrition Society Annual Meeting, Vancouver, BC, Canada.
- 2012 “Sex and Fat: What we have learned in why we are shaped the way we are?” Sacre Coeur Hospital, Montreal, QC, Canada.

- 2012 “Use of stable and radioactive isotopes to examine the effects of sex steroids on fatty acid metabolism in humans”. Concordia University, Montreal, QC, Canada.
- 2011 “Weight loss: Shifts in lipid pathways”. McGill University, Montreal, QC, Canada.
- 2010 “Effects of chronic testosterone deficiency on fat metabolism”. Endocrine Grand Rounds. Mayo Clinic. Rochester, MN, USA.
- 2009 “Lipid steps towards understanding disease prevention”. Solae Company. Saint Louis, MO, USA.
- 2007 “Cholesterol absorption to synthesis: from physiology to genetics”. Invited speaker series. University of Manitoba. Winnipeg, MB, Canada.
- 2005 “The effect of moderate weight loss in overweight and obese hyperlipidemic women on cholesterol absorption, synthesis and turnover”. AFMNet Workshop. Montreal, QC, Canada.
- 2004 “Fat-based functional foods”. Functional Foods Workshop. Havana, Cuba.

Conference Abstracts Presented (*Peer-Reviewed*)

1. *Murphy J*, Moullec G, **Santosa S**. Factors associated with adipocyte size reduction after weight loss interventions for overweight and obesity: a systemic review and meta-regression. Canadian Nutrition Society. 2016. Ottawa, ON, Canada. [Poster presentation].
2. Kakinami L, Houle-Johnson S, Demissie Z, **Santosa S**, Fulton, J. E. Nutrition and physical activity behaviors based on weight intentions in a representative sample of US high school students. Epidemiology Congress of the Americas. 2016. Miami, Florida. [Poster presentation]
3. **Santosa S**, *Yang SQ*, Weiler HA, DeGuire J, and Agellon S. Effects of Hypogonadism and CLA on Regional Adipose Tissue and Fatty Acid Composition in Male Guinea Pigs. Experimental Biology Meeting. 2015. Boston, MA, USA. [Oral presentation]
4. *Varady KA**, *Dam V**, *Horne M*, *Cruz R*, Klempel MC, Kroeger CM, **Santosa S**. Effects of weight loss via high fat vs low fat alternate day fasting diets on free fatty acid profiles. The Obesity Society Meeting. 2014. Boston, MA, USA. [Poster presentation].
5. Bush N, **Santosa S**, Jensen MD. Effects of acute testosterone suppression on regional adipose tissue fatty acid storage and lipogenic enzyme activity. UAB Center for Exercise Medicine and Rehabilitation Annual Symposium. 2014. Birmingham, AL. [Poster presentation].
6. Jensen TB, Hartman JJ, **Santosa S**, Lanningham-Foster L, Jensen MD. Self-measured vs. professionally measured waist and hip circumference: Improving clinical screening for the metabolic syndrome. The Obesity Society Meeting. 2012. San Antonio, TX, USA. [Poster presentation].
7. *Reppert S*, **Santosa S**, Jensen MD. Increase in visceral adipose tissue with acute estrogen suppression in women. The Obesity Society Meeting. 2011. Orlando, FL, USA. [Poster presentation].
8. **Santosa S**, Jensen MD. Estrogen effects on direct free fatty acid storage pathways in women. American Diabetes Association Meeting. 2011. San Diego, CA, USA [Poster presentation].
9. **Santosa S**, Jensen MD. Estrogen effects meal fatty acid metabolism in women. Canadian Obesity Network Meeting. 2011. Montreal, QC, Canada. [Oral presentation].
10. **Santosa S**, Jensen MD. Testosterone effects on direct free fatty acid storage pathways in men. The Obesity Society Meeting. 2010. San Diego, CA, USA. [Poster presentation].
11. **Santosa S**, Jensen MD. Testosterone effects of meal fatty acid metabolism in men. American Diabetes Association Meeting. 2010. Orlando, FL, USA. [Poster presentation].
12. **Santosa S**, Khosla S, McCready L, Jensen MD. No individual or combined acute effects of estrogen and testosterone on respiratory exchange ratio or resting energy expenditure in older men. The Obesity Society Meeting. 2009. Washington, DC, USA. [Poster presentation].

13. **Santosa S**, Hensrud DD, Votruba S, Jensen MD. The influence of sex and obesity phenotype on meal fatty acid metabolism before and after weight loss. *Experimental Biology*. 2008. San Diego, CA, USA. [Oral presentation].
14. **Santosa S**, Demonty I, Lichtenstein AH, Jones PJ. Cholesterol metabolism and body composition in women: the effects of moderate weight loss. *The Obesity Society Meeting*. 2006. Boston, MA, USA. [Oral presentation].
15. **Santosa S**, Demonty I, Ordovas J, Lichtenstein AH, Jones PJ. Polymorphisms of ATP binding cassette G5 and G8 transporters: their effect on cholesterol metabolism after moderate weight loss in overweight and obese hyperlipidemic women. *Experimental Biology*. 2006. San Francisco, CA, USA. [Oral presentation].
16. Demonty I, **Santosa S**, Lichtenstein AH, Cianflone K, Jones PJH. Body composition, plasma adipocytokins and cardiovascular risk factors before and after weight loss in overweight and obese women. *International Society for Atherosclerosis*. 2006. Rome, Italy. [Poster presentation]
17. **Santosa S**, Demonty I, Lichtenstein AH, Jones PJH. The effect of moderate weight loss in overweight and obese hyperlipidemic women on cholesterol absorption, synthesis and turnover. *North American Society for the Study of Obesity Meeting*. 2005. Vancouver, BC, Canada. [Poster presentation]
18. **Santosa S**, Demonty I, Lichtenstein AH, Jones PJH. The effect of moderate weight loss in overweight and obese hyperlipidemic women on cholesterol absorption, synthesis and turnover. *L'Institut des nutraceutiques et des aliments fonctionnels Symposium*. 2005. Quebec, QC, Canada. [Poster presentation]
19. Varady KA, **Santosa S**, Demonty I, Charest A, Lamarche B, Jones PJ. Weight loss resulting from a combined low fat diet/exercise program does not favourably alter low-density lipoprotein particle size and distribution in obese women. *Canadian Federation for Biological Sciences Meeting*. 2005. Guelph, ON, Canada. [Poster presentation]
20. Demonty I, **Santosa S**, Cianflone K, Lichtenstein AH, Jones PJH. Plasma acylation stimulating protein, leptin, adiponectin and insulin before and after weight loss in overweight and obese women. *North American Association for the Study of Obesity Meeting*. 2004. Las Vegas, NV, USA. [Poster presentation]
21. **Santosa, S**, Demonty, I, Lichtenstein, AH, Jones, PJH. Weight loss leads to favourable changes in lipid profiles of overweight and obese hyperlipidemic women. *Canadian Society for Clinical Nutrition Meeting*. 2004. Toronto, ON, Canada. [Poster presentation]

Grants Awarded

2016-2017	<p>Before and after weight loss the effects of diabetes and obesity on regional adipose tissue characteristics Sylvia Santosa (Principal Investigator) Concordia University Research and graduate studies 7 000 \$</p>
2015-2018	<p>Acute and chronic effects of obesity on cardiovascular disease risk factors Sylvia Santosa (Principal Investigator) Heart and Stroke Foundation of Canada, Emerging Research Leaders Initiative \$50,000/year x 3 years = \$150,000</p>
2012-2018	<p>Acute and Chronic Effects of Obesity Sylvia Santosa (Principal Investigator) Natural Science and Engineering Research Council of Canada, Discovery Grant \$29,000/year x 5 years = \$145,000</p>
2012-2018	<p>Canada Research Chair, Tier 2 – Clinical Nutrition (CIHR) \$100,000/year x 5 years = \$500,000</p>
2012-2017	<p>Flow Cytometry Facility for Nutrition, Obesity and Metabolism Laboratory: Studying the effects of obesity on cellular composition and dynamics of adipose tissue. Sylvia Santosa (Principal Investigator) Canadian Foundation for Innovation, Leaders Opportunity Fund</p>

\$240,000

2012 **Physiological and biological consequences of obesity**
Sylvia Santosa (Principal Investigator)
Concordia University, PERFORM Seed Funding
\$10,000

2011 **Nutrition, Obesity and Metabolism Lab**
Sylvia Santosa (Principal Investigator)
Concordia University, Start-up funds
\$15,000

2011 **Nutrition, Obesity and Metabolism Lab**
Sylvia Santosa (Principal Investigator)
Concordia University, Equipment Grant
\$85,000

2009-present **Influence of Male Sex Hormones on Fat Metabolism.**
Michael D. Jensen, Sylvia Santosa (Co-Investigator).
Abbott Laboratories.
\$20 000 & Lupron drug supply.

TEACHING

Courses Taught

F 2014/W 2015 EXCI 445 Nutrition in Exercise and Sport

F 2013/W 2014 EXCI 445 Nutrition in Exercise and Sport

F 2011/W 2012 EXCI 445 Nutrition in Exercise and Sport

Guest Lecturer

Winter 2012 NUTR 436 Nutrition Assessment, McGill University

Fall 2011 FFAR 298C Encultured Eating, Concordia University

Fall 2011 EXCI 612 Laboratory Techniques, Concordia University

Student Supervision

2015-present	Leandra Spatari: Supervisor, Independent study, Concordia University Thesis: The effects of regional adiposity on fitness and lipid oxidation
2015-present	Kerri Delaney*: Supervisor, M.Sc. Candidate, Concordia University Thesis: Effects of diabetes and obesity on regional adipose tissue cellular characteristics *Funding: Faculty of Arts and Science Out of Province Tuition Remission
2015-present	Abdulrahman Dera*: Supervisor, M.Sc. Candidate, Concordia University Thesis: Effects of weight loss on cardiovascular fitness and disease risk factors in acute and chronic obesity *Funding: Saudi Arabia
2015-present	Samantha So: Supervisor, Volunteer, Concordia University
2015-present	Alexi Wloski: Supervisor, Volunteer, Concordia University
2015-present	Saba Saremi: Supervisor, Volunteer, Concordia University
Summer 2015	Sarah Briand*: Supervisor, Summer Student, Concordia University Project: Effects of diabetes and obesity on regional adipose tissue immune cell composition *Funding: Concordia University Summer Research Award
Summer 2015	Melanie Moran Diaz*: Supervisor, Summer Student, Concordia University Project: Acute and chronic effects of obesity on cardiovascular disease risk factors *Funding: Mitacs
2015-present	Vi Dam*: Supervisor, Ph.D. Candidate, Concordia University Thesis: Immune function and disease risk in acute and chronic obesity *Funding: Faculty of Arts and Science Scholarship
2014	Vicky Gutierrez: Supervisor, Volunteer, Concordia University
2014-present	Jessica Murphy*: Supervisor, Ph.D. Candidate, Concordia University Thesis: Effects of weight loss on immune function and disease risk factors in acute and chronic obesity *Funding: FRQS, Faculty of Arts and Science Scholarship, Ed Whitlock Award, Diabete Quebec
2013-present	Leila Ghiasi: Supervisor, M.Sc. Candidate, Concordia University Thesis: Preadipocyte cellular characteristics in acute and chronic obesity
2012-2015	Vi Dam: Supervisor, M.Sc. Candidate, Concordia University Thesis: Immune function and disease risk in acute and chronic obesity

Summer 2014	Bruno Brandao: Supervisor (Science Without Borders, Brazil) Project: Free fatty acid UPLC and mass spectrometry method development
2013-2014	Ryan Burgess: Supervisor, Undergraduate (Science College Project) Project: Regional fat distribution in child vs. adult onset obesity
2012-2013	Tarifin Sikder: Supervisor, Undergraduate (Lit Review & Honors Thesis) Literature review: The adipocyte microenvironment Thesis: The effects of early vs. late-life obesity on cellular characteristics of preadipocytes and adipocytes
2012-2013	Susan Yang: Co-supervisor, M.Sc. (Applied) Candidate, McGill University Thesis: The effects of hypogonadism and CLA on regional adipose tissue FA composition in guinea pigs
2011-2012	Matthew Horne: Supervisor, Undergraduate (Lit Review & Honors Thesis) Literature review: The effectiveness of targeting FA oxidation for weight control Thesis: Free fatty acid profiles in obese women who have lost weight with a high or low fat alternate day fasting diet
Winter 2012	Ali Virk: Supervisor, Undergraduate Student Project: The effects of chronic hypogonadism on body composition and activity levels
Fall 2011	Crystal Conrad: Supervisor, Dietetic Intern
August 2010	Sara Reppert: Co-supervisor, Resident Research, Mayo Clinic Project: Increase in visceral adipose tissue with acute estrogen suppression in women
January 2010-December 2010	Tamim Rajjo: Co-supervisor, Research Fellow, Mayo Clinic Project: Factors affecting the thermic effect of food

SERVICE

Editorial Activities

2014-present Scientific Reports, Editorial Board Member
Responsibilities: Assess whether manuscripts should be sent for peer review, manage the peer review of manuscripts, make final editorial decisions

Peer-Reviewer - Journals

American Journal of Clinical Nutrition – 3 articles
American Journal of Physiology Endocrinology and Metabolism – 2 articles
Applied Physiology, Nutrition and Metabolism – 3 articles
Arteriosclerosis, Thrombosis, and Vascular Biology – 1 article
Diabetes – 4 articles
European Journal of Applied Physiology – 3 articles
International Journal of Obesity – 3 articles
Gerontology – 1 article
Journal of Nutrition – 1 article
Journal of the International Society of Sports Nutrition – 1 article
Obesity – 4 articles
Obesity Reviews – 1 article
Metabolism – 1 articles
Nutrition Reviews – 1 article
Translational Research – 1 article

Peer-Reviewer - Grants

2016 Boston Area Diabetes Endocrinology Research Center Pilot and Feasibility Grant
External Reviewer

2016 Dairy Farmers of Canada Nutrition Research Funding program
External Reviewer

2015 Natural Science and Engineering Research Council of Canada
External Reviewer

2014 Canadian Institute of Health Research
External Reviewer

2014 Natural Science and Engineering Research Council of Canada
External Reviewer

Reviewer - Textbooks

2011 Discovering Nutrition 4th edition. Insel, Turner, Ross. Jones and Bartlett Publishing

Committee Membership

2015- present Department Awards Committee, Department of Exercise Science, Chair
2015- present Department Graduate Program Committee Executive, Department of Exercise Science, Member
2014- present Membership Committee, Canadian Nutrition Society, Member
2014- present Scientific Education and Communications Committee, PERFORM Centre, Member
2014- 2015 Department Awards Committee, Department of Exercise Science, Member
2014- 2015 Department Curriculum Committee, Department of Exercise Science, Member
2014- 2014 Department Graduate Program Committee, Department of Exercise Science, Member
2011- present Concordia Food Studies, Member
2012 Department of Exercise Science, PERFORM Working Group, Member

2011- 2012 Departmental Awards Committee, Department of Exercise Science, Member

Miscellaneous

Scientific Lead Nutrition Suite, PERFORM Centre
2015- present

Professional Memberships

2015- present American Society for Nutrition, Member
2014- present The Obesity Society, Fellow (FTOS)
2014- present Canadian Nutrition Society, Member
2011- present La Société des Sciences Vasculaires du Québec, Member
2008- present College of Dietitians of Ontario, Member
2006- present Canadian Obesity Network, Member

Thesis Examiner

2012 Joanna Pohl – External Examiner, PhD Defense – Neuroscience, McGill University
2012 Sunday Azagba – Internal External Examiner, PhD Defense – Economics, Concordia University
2012 Stephanie Tobin – Internal External Examiner, PhD Defense – Psychology, Concordia University

Community Education Talks

2015 “Foods for Fuel: Nutrition for Sport” Galaxy Volleyball, Toronto, ON, Canada
2015 “Nutrition – How to Get on the Right Track” Community Health Education Program, Montreal, QC, Canada
2012 “Gaining and losing weight: Get the new facts”. Community Health Education Program, MUHC, Montreal, QC, Canada.
2011 “Healthy food, healthy life: does our culture support healthy, affordable eating?”. University of the Streets Café. Concordia University. Montreal, QC, Canada.