



Présente / Presents
Geoff Ball

GEOFF D.C. BALL, PHD, RD

DIRECTOR, PEDIATRIC CENTRE FOR WEIGHT AND HEALTH

2C3.25 Walter C Mackenzie Health Sciences Centre

Department of Pediatrics and Child Health

University of Alberta, Edmonton, AB

T6G-2R7

Phone: 780.407.3784

Fax: 780.407.7136

Email: geoff.ball@ualberta.ca

ACADEMIC POSITIONS

08/2004 – present

Director

Pediatric Centre for Weight and Child Health

Department of Pediatrics and Child Health

Stollery Children's Hospital

University of Alberta, Edmonton, AB

08/2004 – present

Assistant Professor

Division of Gastroenterology and Nutrition

Department of Pediatrics and Child Health

Faculty of Medicine and Dentistry

University of Alberta, Edmonton, AB

02/2002 – 06/2004

Research Associate

Institute for Health Promotion and Disease Prevention Research

Department of Preventive Medicine

Keck School of Medicine

University of Southern California, Los Angeles, CA

Mentor: Michael I Goran, PhD

EDUCATION/TRAINING

09/1996 – 06/2002

Doctor of Philosophy (PhD)

Specialization: Nutrition and Metabolism

Thesis: Childhood Obesity - Health Risks and Treatment

Department of Agricultural, Food and Nutritional Science

University of Alberta, Edmonton, AB

Mentor: Linda J McCargar, PhD, RD

09/1995 – 05/1996

Dietetic Internship (RD)

Regional Dietetic Internship Program, Edmonton, AB

09/1992 – 04/1995

Bachelor of Science (BSc): Completed Spring 1995

Area of Specialization: Dietetics (Graduated with Honours)

University of British Columbia, Vancouver, BC

PREVIOUS POSITIONS

01-2001 – 06/2001	Consultant Calgary Health Region Health Promotion and Disease Prevention
01/2001 – 04/2001	Teaching Assistant Department of Agricultural, Food and Nutrition Science Agriculture, Forestry and Home Economics University of Alberta
01/2000 – 05/2000	Consultant Dietitians of Canada / American Dietetic Association Co-authored chapter on obesity for Nutrition Clinical Practice Guidelines
01/1999 – 04/1999	Instructor University of Alberta Department of Agricultural, Food and Nutrition Science Agriculture, Forestry and Home Economics
09/1998 – 12/1998	Consultant Health Canada Co-authored position paper on validity & reliability of self-reported height and weight in youth
01/1998 – 04/1998	Instructor Department of Agricultural, Food and Nutrition Science Agriculture, Forestry and Home Economics University of Alberta

SCHOLARSHIPS AND AWARDS

- Canadian Institutes of Health Research Post-Doctoral Fellowship: Apr 2004
- Dietitians of Canada Graduate Award - DC Memorial Fund: Apr 2000
- Mary Louise Imrie Graduate Student Award (University of Alberta): Oct 1999
- Danone Institute of Canada Studentship: July 1999 – June 2001
- Province of Alberta Graduate Fellowship: Apr 1999
- Elizabeth Russell MacEachran Scholarship (University of Alberta): Sept 1998
- Anthony Fellowship in Human Nutrition (University of Alberta): Sept 1997
- Nestle Food Service Gold Plate Award: Apr 1995

TEACHING EXPERIENCE

All of the following positions were held at the University of Alberta:

Teaching Assistant, NuFS 476 (Clinical Nutrition II): Jan - Apr 2000 & 2001

Sessional Instructor, NuFS 301 (Energy, Carbohydrates, Lipids & Proteins): Jan - Apr 1999
Sessional Instructor, NuFS 479 (Advanced Vitamins & Minerals): Jan - Apr 1998
Sessional Instructor, ANSC 400 (Independent Study): Apr - Oct 1997; Mar – July 2001
Teaching Assistant, NuFS 468 (Clinical Nutrition I): Jan - Apr 1997

GRANT SUPPORT

Alberta Heritage Foundation for Medical Research

Population Health Investigator and Establishment Grant: Principal Investigator
Title: “Improving health outcomes in overweight children with a family history of type 2 diabetes: one-on-one coaching *versus* group-based counseling”
Term: Pending 2005

Canadian Institutes of Health Research

Childhood Obesity Operating Grant: Principal Investigator
Title: “Effects of two dietary strategies on adiposity and risk factors for type 2 diabetes and cardiovascular disease in overweight children”
Term: Pending 2005

Canadian Diabetes Association

Grant-In-Aid Competition: Principal Investigator
Title: “Visceral adipose tissue volume, insulin resistance and adiponectin in overweight prepubertal children”
Term: Pending 2005

Canadian Institutes of Health Research

Childhood Obesity Operating Grant: Co-Investigator (PI: Dr. Sherrill Conroy)
Title: “Exploring ways of reducing childhood obesity: a prenatal and early infancy intervention project”
Term: Pending 2005

Canadian Institutes of Health Research

Childhood Obesity Operating Grant: Co-Investigator (PI: Dr. Richard Lewanczuk)
Title: “A school-based longitudinal study for assessing multi-factorial aspects of childhood obesity”
Term: Pending 2005

Institute of Human Development Child and Youth Health (CIHR)

RFA Healthy Pregnancy LOI: Co-Investigator (PI: Dr. Sandra Davidge)
Title: “Mechanisms of fetal/neonatal programming of adult vascular and metabolic dysfunction”
Term: Pending 2005

PREVIOUS GRANT SUPPORT

Thrasher Research Fund (Salt Lake City, UT) at \$364,465 USD
Co-Investigator (PI: Dr. Michael Goran)

Title: "Effects of resistance training on risk factors for type 2 diabetes in overweight Hispanic boys"

Term: 01-2003 to 12-2004

MSI Foundation (Edmonton, AB) at \$35,000 CDN

Co-Investigator (PI: Dr. Linda McCargar)

Title: "Fatness and fitness in obese children"

Term: 12-2000 to 11-2001

AD HOC REVIEWER - GRANTS

- Canadian Diabetes Association (2003)
- Canadian Foundation for Dietetic Research (2001)

AD HOC REVIEWER - MANUSCRIPTS

- British Journal of Nutrition
- Canadian Journal of Applied Physiology
- Canadian Journal of Dietetic Practice and Research
- International Journal of Obesity
- Journal of Applied Physiology
- Journal of Pediatrics
- Medicine & Science in Sports & Exercise
- Obesity Research
- Pediatric Exercise Science
- Pediatrics

PEER-REVIEWED PUBLICATIONS

2004

1. **Ball GDC**, Shaibi GQ, Cruz, ML, Watkins MP, Weigensberg MJ, Goran MI. Insulin sensitivity, cardiorespiratory fitness and physical activity in overweight Hispanic youth with a family history of type 2 diabetes. *Obesity Research* 12:77-85, 2004.
2. Doll M, **Ball GDC**, Willows ND. Ratings of figures used for body image assessment varies depending on the method of figure presentation. *International Journal of Eating Disorders* 35:109-14, 2004.
3. Kobaissi H, Weigensberg MJ, **Ball GDC**, Cruz ML, Shaibi GQ, Goran MI. Acanthosis nigricans as an independent predictor of insulin sensitivity in overweight Hispanic youth *Diabetes Care* 27:1412-1416, 2004.
4. Cruz ML, Weigensberg MJ, Huang TTK, **Ball G**, Shaibi GQ, Goran MI. The metabolic syndrome in overweight Hispanic youth and the role of insulin sensitivity. *Journal of Clinical Endocrinology and Metabolism* 89:108-113, 2004.
5. Goran MI, Bergman RN, Avila Q, Watkins MJ, **Ball GDC**, Shaibi GQ, Weigensberg MJ, Cruz ML. Impaired glucose tolerance and reduced β -cell function in overweight Latino children with a positive family history for type 2 diabetes. *Journal of Clinical Endocrinology and Metabolism* 89: 207-212, 2004.

2003

6. **Ball GDC**, Marshall JD, McCargar LJ. Fatness and fitness in obese children at low and high health risk. *Pediatric Exercise Science* 15:391-404, 2003.
7. Goran MI, **Ball GDC**, Cruz ML. Invited clinical review: obesity and risk of type 2 diabetes and cardiovascular disease in children and adolescents. *Journal of Clinical Endocrinology and Metabolism* 2003;88:1417-1427.
8. **Ball GDC** and McCargar LJ. Childhood obesity in Canada: a review of prevalence estimates and risk factors for cardiovascular diseases and type 2 diabetes. *Canadian Journal of Applied Physiology* 2003;28:117-140.

2001

9. **Ball GDC**, Marshall JD, Roberts M, McCargar LJ. Adiposity- and sex-related differences in physical activity, aerobic fitness, and self-esteem among 6-10 year-old children. *Avante - Journal of the Canadian Association of Health, Physical Education, Recreation & Dance* 2001;7:14-26.

2000

10. **Ball GDC** and Gingras JR. Chapter 20: *Obesity* (p. 365 – 386). *Diet Manual for the Dietitians of Canada/American Dietetic Association*. June 2000.

1999

11. **Ball GDC**, Gingras JR, Fimrite A, Villetard K, Kayman S, McCargar LJ. Weight relapsers, maintainers and controls: metabolic and behavioural differences. *Canadian Journal of Applied Physiology* 1999;24:548-558.
12. Bruera E, Neumann CM, Pituskin E, Calder K, **Ball G**, Hanson J. Thalidomide in patients with cachexia due to terminal cancer: preliminary report. *Annals of Oncology* 1999;10:857-859.

MANUSCRIPTS IN PRESS

1. **Ball GDC**, Marshall JD, McCargar LJ. A longitudinal study of physical activity, aerobic fitness, self-perception, and dietary intake in at risk of overweight and normal weight children *Canadian Journal of Dietetic Practice and Research* (in press; to be published Spring 2005).
2. **Ball GDC**, Willows ND. Problems in defining pediatric obesity in Canada (letter). *CMAJ* (In response to: Canning PM et al. Prevalence of overweight and obesity in a provincial population of Canadian preschool children. *CMAJ* 2004;171: 240-242).

INVITED PAPERS

1. **Ball GDC**. Definition, measurement and surveillance of normal growth, development, and obesity. Calgary Regional Health Authority -- *The Development of a Community Framework for the Prevention of Obesity*. March 2001.
2. Marshall DJ and **Ball GDC**. Reliability and validity of self-reported height and weight data in children and adolescents. *Health Canada Technical Report*. December 1998.

MANUSCRIPTS SUBMITTED FOR PEER-REVIEW:

1. **Ball GDC**, Huang TT-K, Shaibi GQ, Weigensberg MJ, Cruz ML, Goran MI. Predicting visceral and subcutaneous abdominal adipose tissue in overweight Hispanic children *International Journal of Obesity* (under review).
2. **Ball GDC**, Weigensberg MJ, Cruz ML, Shaibi GQ, Goran MI. Insulin resistance and β -cell function across Tanner stages in overweight Hispanic children with a family history of type 2 diabetes. *International Journal of Obesity* (under review).

3. **Ball GDC**, Huang T-TK, Cruz ML, Gower BA, Goran MI. A longitudinal study of pubertal insulin resistance and β -cell function in Caucasian and African-American youth. *Journal of Pediatrics* (under review).
4. Weigensberg MJ, **Ball GDC**, Cruz ML, Shaibi GQ, Goran MI. Influence of dietary fat on insulin sensitivity in Caucasian and African-American children *American Journal of Clinical Nutrition* (under review).
5. Crespo N, **Ball GDC**, Cruz ML, Shaibi GQ, Weigensberg MJ, Goran MI. Effect of acculturation on cardiorespiratory fitness and physical activity in overweight Latino children *Medicine and Science in Sports and Exercise* (under review).
6. Shaibi GQ, Cruz ML, **Ball GDC**, Weigensberg MJ, Kobaissi HA, Salem GJ, Goran MI. Cardiovascular fitness and the metabolic syndrome in overweight Hispanic youth. *Medicine and Science in Sports and Exercise* (under review).

CONFERENCE PROCEEDINGS

Ball G, McCargar LJ, Marshall D, Marriage B (1997). Treatment strategies for childhood obesity. In: Richardson A (ed) *Canadian Childhood in 1997*. Kanata Learning Company Ltd: Edmonton, AB (Ch. 5:196-201).

BOOK REVIEW

Physical Activity and Obesity. Claude Bouchard (ed). Human Kinetics, 2000. Appeared in *Medicine & Science in Sports & Exercise*, Aug 2001;33(3):505.

ABSTRACTS

1. **Ball GDC**, Huang TT-K, Cruz ML, Gower BA, Shaibi GQ, Weigensberg MJ, Goran MI. Longitudinal changes in insulin sensitivity, insulin secretion and β -cell function during puberty in Caucasian and African-American youth. *Obesity Research* 2004;12:A118. Presented at the North American Association for the Study of Obesity (NAASO) Annual Meeting, Las Vegas, NV -- Nov 2004.
2. Shaibi GQ, **Ball GDC**, Salem GG, Cruz ML, Weigensberg MJ, Kobaissi HA, Crespo N, Goran MI. Resistance training significantly improves insulin sensitivity in overweight Hispanic adolescent males. *Obesity Research* 2004;12:A65. Presented at NAASO Annual Meeting, Las Vegas, NV -- Nov 2004.
3. Kobaissi HA, **Ball GDC**, Weigensberg MJ, Cruz ML, Shaibi GQ, Goran MI. Acanthosis nigricans as a predictor of insulin sensitivity in overweight Hispanic children at risk for type 2 diabetes. *Obesity Research* 2004;12:A119. Presented at the NAASO Annual Meeting, Las Vegas, NV -- Nov 2004.
4. Crespo N, **Ball GDC**, Cruz ML, Shaibi GQ, Weigensberg MJ, Goran MI. The influence of acculturation on aerobic fitness, physical activity and risk factors for type 2 diabetes in overweight Hispanic children. *Obesity Research* 2004;12:A80. Presented at NAASO, Las Vegas, NV -- Nov 2004.
5. Weigensberg MJ, **Ball GDC**, Cruz ML, Shaibi GQ, Goran MI. Overweight Latino children meeting new diagnostic criteria for impaired fasting glucose (IFG) have decreased β -cell function. *Obesity Research* 2004;12:A120. Presented at the NAASO Annual Meeting, Las Vegas, NV -- Nov 2004.
6. Ryabets A, **Ball GDC**, Cruz ML, Shaibi GQ, Goran MI, Weigensberg MJ. Response to therapy in children with different phenotypic presentations of new-onset type 2 diabetes (T2D). *Obesity Research* 2004;12:A52. Presented at the NAASO Annual Meeting, Las Vegas, NV -- Nov 2004.

7. Cruz ML, Weigensberg MJ, Shaibi GQ, **Ball GDC**, Goran MI. Deterioration in insulin sensitivity after one year follow-up in overweight Latino children. *Obesity Research* 2004;12:A116. Presented at the NAASO Annual Meeting, Las Vegas, NV -- Nov 2004.
8. **Ball GDC**, Cruz ML, Weigensberg MJ, Shaibi GQ, Goran MI. Correlates of abdominal fat in Hispanic youth *Obesity Research* 2003;11:A62. Presented at the NAASO Annual Meeting, Ft Lauderdale, FL -- Oct 2003.
9. Shaibi GQ, Cruz ML, **Ball GDC**, Weigensberg MJ, Goran MI. The effect of aerobic fitness on risk factors for the metabolic syndrome in Hispanic youth *Obesity Research* 2003;11:A38. Presented at the NAASO Annual Meeting, Ft Lauderdale, FL -- Oct 2003.
10. Weigensberg MJ, **Ball GDC**, Cruz ML, Shaibi GQ, Goran MI. Dietary fat negatively influences insulin sensitivity in Caucasian and African-American children *Obesity Research* 2003;11:A31. Presented at NAASO, Ft Lauderdale, FL -- Oct 2003.
11. Kobaissi H, Weigensberg MJ, **Ball GDC**, Cruz ML, Shaibi GQ, Goran MI. Acanthosis nigricans as an independent clinical indicator of insulin resistance in Hispanic children at risk for type 2 diabetes *Obesity Research* 2003;11:A50. Presented at NAASO, Ft Lauderdale, FL -- Oct 2003.
12. **Ball GDC** and Goran MI. Physical activity, aerobic fitness, and insulin sensitivity in Latino youth *Diabetes* 52;1:A234, 2003. Presented at the annual meeting of the American Diabetes Association, New Orleans, LA -- Jun 2003.
13. **Ball GDC**, Marshall JD, Shaibi GQ, McCargar LJ. Physical activity and psychosocial outcomes in obese children *Medicine and Science in Sports and Exercise*. 35:S161, 2003. Presented at the annual meeting of the American College of Sports Medicine, San Francisco, CA -- May 2003.
14. Shaibi GQ, **Ball GDC**, Goran MI. Differences in aerobic fitness among Caucasian, African-American, and Hispanic youth. Presented at the annual meeting of the Southwest American College of Sports Medicine, Las Vegas, NV -- Nov 2002 (Student award finalist).
15. **Ball GDC**, McCargar LJ, Marshall JD. Risk of cardiovascular diseases (CVD) and type 2 diabetes in obese children. Presented at the annual meeting of the Canadian Federation of Biological Societies, Montreal, QC -- Jun 2002.
16. **Ball GDC**, Marshall JD, McCargar LJ. Psychosocial measures of overweight children vary with pubertal status *Obes Res* 9;1:130S, 2001. Presented at NAASO, Quebec City, QC -- Oct 2001.
17. McCargar LJ and **Ball GDC**. Causes and associated health risks of childhood obesity. 8th World Congress on Clinical Nutrition. Phitsanulok, Thailand – Dec 2000.
18. **Ball GDC**, Marshall JD, McCargar LJ. A comparison of two weight management programs for treating childhood obesity *Obes Res* 8;1:45S, 2000. Presented at NAASO, Long Beach, CA -- Oct 2000.
19. **Ball GDC**, Marshall JD, McCargar LJ. Self-perception differences between obese and non-obese children over one-year *Obes Res* 7;1:48S, 1999. Presented at NAASO, Charleston, SC -- Nov 1999.
20. **Ball GDC**, Marshall JD, McCargar LJ. A longitudinal evaluation of fitness, activity and physical perceptions in obese and non-obese children. Canadian Federation of Biological Societies Annual Meeting, Winnipeg, MB -- Jun 1999.
21. **Ball GDC**, McCargar LJ. A health assessment of lean and obese children in Edmonton. Canadian Federation of Biological Societies Annual Meeting, Edmonton, AB -- Jun 1998.
22. McCargar LJ, **Ball GDC**, Gingras JR. Physiological and behavioural differences between weight regainers, maintainers and controls. Canadian Federation of Biological Societies Annual Meeting, Edmonton, AB -- Jun 1998.
23. **Ball GDC**, McCargar LJ, Marshall JD, Marriage B. Treatment strategies for childhood obesity. Children in Canada Conference, Edmonton, AB -- Oct 1997.

COMMUNITY PUBLICATIONS

1. **Ball GDC**. Pediatric obesity 101: what do all the terms and numbers mean? Available on-line at: www.weightlossforchildren.com Spring, 2003
2. **Ball GDC**. Risk factors for cardiovascular disease and type 2 diabetes in obese youth: does a healthy lifestyle offer protection? WellSpring. Fall, 2002. Available online at: www.centre4activeliving.ca
3. **Ball GDC**, Marshall JD, McCargar LJ. Physical and psychosocial health research with obese children. ONE: Organization for Nutrition Education Bulletin. Winter, 2001.
4. **Ball GDC** and Gingras JR. Hungry for answers. The Fitness Informer. Summer, 2001.
5. **Ball GDC** and Spidel M. Childhood obesity: a growing concern. Dairy Nutrition Council of Alberta Newsletter. Fall, 2001.
6. **Ball GDC** and Gingras JR. Understanding childhood obesity: what are they hungry for? Edmonton Parent. 2(2):14, 1999.
7. **Ball GDC**. Obesity: time for a new approach to an old problem? WellSpring. Summer, 1999.

GUEST LECTURER

Delivered >30 guest seminars on topics pertaining to obesity, weight management, body composition, and clinical nutrition at the University of Alberta, Northern Alberta Institute of Technology and the University of Southern California.

INVITED PRESENTATIONS

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| Nov 2004 | Promoting a 'fitogenic' environment for overweight children
Perspectives in Exercise Testing and Prescription Conference, Kananaskis, AB |
| Nov 2004 | Promoting healthy lifestyle behaviours in overweight youth
Western Universities Pediatric Conference for Pediatricians Conference, Vancouver, BC |
| Oct 2004 | Pediatric obesity and the metabolic syndrome: two peas in a pod
Western Canada Nutrition Day, Edmonton, AB |
| Oct 2003 | Obesity and type 2 diabetes in youth: health risks and treatment options
Grand Rounds Department of Pediatrics, University of Alberta, Edmonton, AB |
| Apr 2003 | Childhood obesity: health risks and treatment options
Department of Human Nutritional Sciences, University of Manitoba, Winnipeg, MB |
| Jun 2001 | Comparison two weight management strategies for treating childhood obesity
4 th Annual Nutrition and Food Service Research Day, Edmonton, AB |
| Apr 1999 | Metabolic fitness: maximizing the health of obese children
Behind the Mask 1999, Edmonton Eating Disorder Organization, Edmonton, AB |
| Jan 1999 | Weighing in: physical and emotional issues in childhood obesity
Pediatric Grand Rounds, University of Alberta Hospital, Edmonton, AB |
| Oct 1997 | Family-based treatment of obese children: Canadian & U.S. models
Nutrition Update 97 - Childhood Obesity: Diet, Activity and Trust, Winnipeg, MB |
| Oct 1997 | Treatment strategies for childhood obesity
Canadian Childhood Conference, Edmonton, AB |
| Apr 1997 | Family-based treatment of overweight children
Pediatric Rounds, Grey Nuns Hospital and Misericordia Hospital, Edmonton, AB |
| May 1996 | Alberta Registered Dietitians Association on the Internet
Edmonton Regional Dietetics Fair, University of Alberta Hospital, Edmonton, AB |

SCHOLARLY ACTIVITIES AND AFFILIATIONS

Member:

- College of Dietitians of Alberta (Sept 1996 – present)
- North American Society for Pediatric Exercise Medicine (Feb 1998 – present)
- North American Association for the Study of Obesity (NAASO) (Nov 1999 – present)
 - NAASO Fellow (Aug 2004 – present)
 - NAASO Graduate Student / Post-Doc Committee (Nov 2000 – Aug 2004)
- Canadian Society for Nutritional Sciences (Apr 1998 – Jan 2002)
- Dietitians of Canada (Jan 1997 – Jan 2002)
- Human Ethics Review Committee, Faculty of Agriculture, Forestry and Home Economics, University of Alberta (Jan 1999 – Sept 2001)
- Graduate Student Committee, Department of Agricultural, Food & Nutritional Science University of Alberta (Oct 1997 – Oct 1999)

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