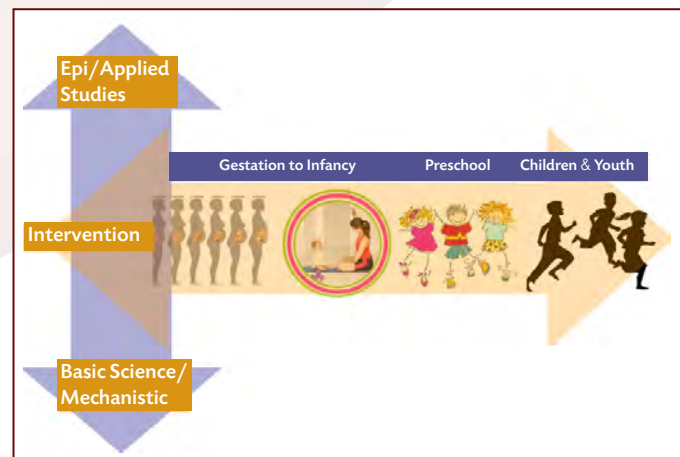


Power of Prevention in the Early Years

Dr. Adamo's research program, *Power of Prevention in the Early Years*, focuses on early lifestyle intervention and upstream prevention of childhood obesity. Specifically, her research team explores the applicability of healthy active living intervention strategies during key phases of growth, development and determination of long term health. A major focus of her research program is on pregnancy, a critical period for the development of obesity, and evidence is mounting regarding the importance of the intrauterine environment on the cycle of obesity. Another core component of this research program relates to the preschool years. She and her colleagues are addressing this life stage when opportunities for physical activity and motor development may, over the lifespan, influence the maintenance of a healthy body weight and reduce cardiovascular disease risk. Dr. Adamo's unorthodox background has uniquely positioned her to undertake lifestyle intervention trials that look at traditional physiological, anthropometric and metabolic outcomes but also incorporate biochemical or cellular aspects where appropriate.



Kristi Adamo PhD

Dr. Adamo is a Scientist and founding member of the Healthy Active Living and Obesity Research Group at the Children's Hospital of Eastern Ontario Research Institute and is an Associate Professor in Pediatrics and in the Faculty of Health Sciences at the University of Ottawa.

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