

Body Composition and Health

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The Body Composition and Health Laboratory conducts epidemiological and clinical studies on obesity, body composition, lifestyle and health. This approach allows researchers to examine potential predictors of health and weight management in adults and children at the population level, and then to test whether these characteristics or behaviours also predict weight loss in clinical weight-loss patients.

Current Research Areas

Weight Management in Morbidly Obese Patients

Although there are several weight management clinics available, only some are physician-supervised and most are fee for service. It's unclear how much weight people lose through these programs or whether their weight management is sustained over the long term. Researchers have suggested that weight management in youth is a more sustainable approach than in adults, but more research on physician-supervised weight loss in adults and children is needed.

Project RADICAL: Race/ethnicity and the perception of diabetes and cardiovascular disease risk factors in the context of Canada's lifestyle and obesity guidelines

This project examines how individuals understand the Canadian dietary, physical activity and body weight guidelines. Parts of the guidelines may be subject to misinterpretation across different sub-groups, or individuals' understanding may have changed over time due to secular societal changes. For example, do people correctly estimate food serving sizes, exercise intensity or what is a healthy body weight? This study is funded by the Heart and Stroke Foundation.

