

**PittHealthy  
Lifestyle**  
INSTITUTE



[www.lifestyleinstitute.pitt.edu](http://www.lifestyleinstitute.pitt.edu)

## PROGRAM AND AGENDA

# 2<sup>nd</sup> Annual Healthy Lifestyle Institute Summit University of Pittsburgh Friday, December 6, 2019

“Transforming Lifestyle Research to Health and Well-Being”

Promoting Healthy Lifestyles with our Partners



University of Pittsburgh  
*School of Education*

**UPMC** | **HILLMAN  
CANCER CENTER**



UNIVERSITY OF PITTSBURGH  
CENTER FOR  
Behavioral Health +  
Smart Technology



**moSHI**  
Mobile Sensing + Health Institute

# Healthy Lifestyle Institute Summit

## Program and Agenda

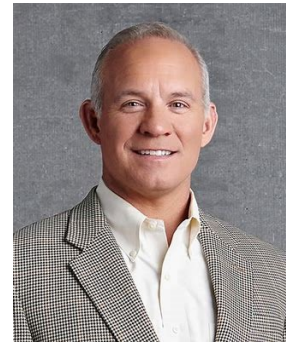


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- 9:00 AM                    **Welcome and Introduction to the Healthy Lifestyle Institute**  
John M. Jakicic, PhD  
Director, Healthy Lifestyle Institute
- 9:15 – 10:45 AM        **Lifestyle Research at Pitt: Cutting Across Conditions and Populations**
- Reducing Sedentary Behavior in Patients with Cancer***  
                                  Carissa Low, PhD
- Heart Failure and Cardiovascular Disease: The Intersection  
between Biology and Lifestyle***  
                                  Daniel Forman, MD
- Inter-relationship of Muscle and Bone Health in Aging”***  
                                  Elsa Strotmeyer, PhD
- 10:45 – 11:30 AM      **Current Perspectives: Lightning Talks (15 min. each)**
- Real-time Monitoring of Lifestyle Behaviors Among Healthcare  
Providers Engaged in Shift Work: A Pilot, Feasibility Study***  
                                  **Principal Investigator:** Christopher C. Imes, PhD  
                                  **Department:** Nursing, Acute and Tertiary Care  
                                  **School:** Nursing
- Maternal-Infant Transmission of Obesity Risk: Relations Among Weight,  
Weight-Related Behavior and the Gut Microbiota in Pregnant Women  
and Their Infants***  
                                  **Principal Investigator:** Rachel P. Kolko, PhD  
                                  **Department:** Psychiatry  
                                  **School:** Medicine
- A Multifaceted Mobile Market to Promote Healthy Lifestyles in  
Unhealthy Food Environments***  
                                  **Principal Investigator:** Todd M. Bear, PhD  
                                  **Department:** Behavioral and Community Health Sciences  
                                  **School:** Graduate School of Public Health

11:30 AM – 12:30 PM Lunch and Keynote Address

***Academia to Industry: Changing Behaviors in the Real World... and I Thought I Knew What I Was Doing***

Timothy Church, MD, MPH, PhD  
Chief Medical Officer, ACAP Health Consulting  
Professor, Pennington Biomedical Research Center



12:30-1:20 PM

**2019 Pilot and Feasibility Project Awardees (10 min. each)**

Testing the Feasibility and Acceptability of the Physical Activity Portion of a Promotora-Led, Home-Based Lifestyle Intervention in Latino Children of Immigrants

**Principal Investigator:** Sharon E. Ross, PhD

**Department:** Department of Health and Physical Activity, **School:** Education

Sociodemographic Predictors and Cardiovascular Correlates of Age-Related Cognitive Impairment in Mid-Life and Elderly Community Dwelling Kenyans

**Principal Investigator:** Jacob Kariuki, PhD

**Department:** Health and Community Systems  
**School:** Nursing

*Infrasound Noise, Sleep, and Health Behavior*

**Principal Investigator:** Osea Giuntella, PhD

**Department:** Economics  
**School:** Kenneth P. Dietrich School of Arts and Sciences

Describing Biomechanics and Clinical Presentation of Movement in Adults with Different Levels of Physical Activity Engagement

**Principal Investigator:** April Chambers,

**Department:** Health and Physical Activity  
**School:** Education

WHEEL-LEARN: The Development of an Intranet Based Healthy Lifestyle Behavior Intervention for People with Physical, Cognitive and Sensory Disabilities

**Principal Investigator:** Theresa Crytzer, PhD

**Department:** Human Energy Research Laboratory  
**School:** Health and Rehabilitative Sciences

1:20-1:30

Healthy Lifestyle Institute “Schools On the Move” Awardees, Summary, and Closing Comments

This Summit was Supported by the following  
Partners at the University of Pittsburgh

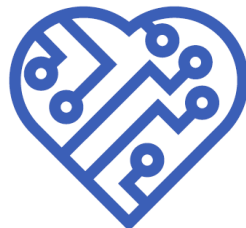


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