

Connie VanVrancken Tompkins, PhD

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Education

- 2009-2010 Postdoctoral Researcher, Endocrinology
Tulane University School of Medicine, New Orleans, LA
- 2004-2008 Doctor of Philosophy in Exercise Physiology and Curriculum & Instruction
The University of New Orleans, New Orleans, LA
- 1999-2000 Master of Arts in Exercise Physiology
The University of New Orleans
- 1994-1999 Bachelor of Science in Exercise Physiology
The University of New Orleans

Work Experience

Associate Professor of Exercise Science with tenure, August 2016-present
University of Vermont (UVM), Burlington, VT
Primary Appointment: College of Nursing and Health Sciences, Department of Rehabilitation and Movement Science
Secondary Appointment: Graduate College
Program Director, Master of Physical Activity and Wellness Science, August 2017-present
Director of Physical Activity and Wellness Laboratory, August 2018-present
Interim Program Director, Exercise Science undergraduate program, January 2018-August 2018
Assistant Professor of Exercise Science, August 2010-July 2016

Courses: EXSC 244 Nutrition for Health & Fitness, EXSC 264 Certified Exercise Physiologist, EXSC 268 Exercise Program Design, EXSC 360 Physical Activity, Weight Management, and Energy Balance, EXSC 368 Physical Activity Program Design and Management

Curriculum Development:

Master of Science of Physical Activity and Wellness Science. Brock DW (Principal Author), Kokinda N (Co-Author), and Tompkins CV (Co-Author). Approved by Board of Trustees, Fall 2017; Inaugural Cohort, Fall 2019. College of Nursing and Health Sciences.

Undergraduate certificate in Physical Activity Promotion in Children and Youth. Tompkins CL (Co-Author), Hoza B (Co-Author), Meyer L (Co-Author), and Shoulberg E (Co-Author). Approved by Board of Trustees, Spring 2017; Inaugural Cohort, Fall 2018. Interdisciplinary certificate through College of Nursing and Health Sciences, College of Arts and Sciences, and College of Education and Social Services.

Postdoctoral Researcher

Department of Endocrinology, Tulane University Health Sciences Center, School of Medicine, New Orleans, LA

January 2009-July 2010

- Coordinated five clinical phase 2 and phase 3 research trials as well as a NIH grant (PI: Vivian Fonseca, MD) in individuals with Type I and Type II diabetes, obesity and diabetic neuropathy. Responsibilities included patient recruitment, performing clinical measures including sensory and vibration perception threshold testing, electrocardiograms, and maintaining regulatory documents
- Assisted with- and collaborated on a study investigating endocannabinoids and ethnic variations in obesity

Research Associate III

School of Public Health, Louisiana State University Health Sciences Center, New Orleans, LA

October 2004-October 2008

- Coordinated two National Institutes of Health (NIH) grants (PI: Melinda Sothorn, PhD), “Insulin Sensitivity in Prepubertal African American and Caucasian Prepubertal Youth” and “Mechanisms for the Metabolic Syndrome in African American and Caucasian Prepubertal Youth”. Duties included patient recruitment, submission/management of regulatory documents, data processing and supervision of NIH study subjects’ clinical measures including metabolic and magnetic resonance spectroscopy testing, body composition, and insulin sensitivity testing
- Assisted with the development of the Frequently Sampled Intravenous Glucose Tolerance Test (FSIGTT) for prepubertal children
- Wrote and published abstracts and manuscripts, responsible for organization of data and assisted with analysis
- Supervised and trained student workers and interns
- Assisted with editing and scientific writing for the Handbook of Pediatric Obesity: Clinical Management, Ed. Sothorn, M., von Almen, TK, Gordon, S., 2006, Taylor and Francis, Boca Raton, FL

Clinical Research Associate I and II

ICON Clinical Research, North Wales, PA

June 2002-August 2004

- Monitored inpatient and outpatient clinical trials
- Reviewed, submitted and maintained regulatory documents for investigators
- Conducted regular site-monitoring visits, pre-study site visits, initiation visits, and study closeout visits, performed drug accountability

Research Graduate Assistant

Department of Exercise Science, University of South Carolina, Columbia, SC

August 2001-May 2002

- Organized and managed data, published abstracts
- Supervised and trained staff for data collection for Trial of Activity for Adolescent Girls (TAAG) (PI: Russell Pate, PhD)

Research Associate I and II

Department of Pediatrics, Louisiana State University Health Sciences Center, New Orleans, LA
June 1998 - August 2001

- Coordinated and assisted with multiple clinical trial studies in the pediatric obesity section including diabetic studies, nutritional supplement studies for Nestle® Co., and other metabolic testing studies
- Coordinated weekly clinics and all activities for the Trim Kids Weight Management program in the pediatric obesity research section
- Evaluated study subjects including metabolic testing and body composition using dual energy x-ray absorptiometry (DEXA) and skinfold measurements
- Supervised and trained other student workers and interns

Research Graduate Assistant

Department of Human Performance and Health Promotion, University of New Orleans, New Orleans, LA

September 1999 – December 2000

- Monitored and assisted with various research studies in the Exercise Physiology Laboratory, organized and managed data, published abstracts

Scholarship

Grants

Hoza B, **Tompkins CL**, Shoulberg E. Role: Co-Investigator. Promoting Physical Activity to Improve Outcomes for Vermont's At-Risk Children. A grant proposal submitted to the Vermont Children's Health Improvement Program (VCHIP). Period: 07/01/22 to 06/30/23. Total costs: \$803,746. Status: funded.

Hoza B, **Tompkins CL**, Shoulberg E. Role: Co-Investigator. Promoting Physical Activity to Improve Outcomes for Vermont's At-Risk Children. A grant proposal submitted to the Vermont Children's Health Improvement Program (VCHIP). Period: 07/01/21 to 06/30/22. Total costs: \$780,538. Status: funded.

Hoza B, **Tompkins CL**, Shoulberg E. Role: Co-Investigator. Piloting a Virtual Physical Activity Program for Preschoolers Living throughout Vermont. A grant proposal submitted to The A.D. Henderson Foundation. Period: 07/01/21 to 06/30/22. Total costs: \$24,602. Status: funded.

Hoza B, **Tompkins CL**, Shoulberg E. Role: Co-Investigator. Promoting Physical Activity to Improve Outcomes for Vermont's At-Risk Children. A grant proposal submitted to the Vermont Children's Health Improvement Program (VCHIP). Period: 07/01/20 to 06/30/21. Total costs: \$515,435. Status: funded.

Shoulberg E, **Tompkins CL**, Hoza B, Meyer LE. Role: Co-Investigator. A Model for Academic-Community Partnerships: Investigating Factors that Promote School Readiness for Economically Disadvantaged Preschoolers in Vermont. A grant proposal submitted to the Spencer Foundation. Period: 12/01/20 to 11/30/23. Total costs: \$399,395. Status: not funded.

Hoza B, **Tompkins CL**, Meyer LE, Shoulberg E. Role: Co-Investigator. Promoting Physical Activity to Improve Outcomes for Vermont's At-Risk Children. A grant proposal submitted to the Vermont Children's Health Improvement Program (VCHIP). Period: 07/01/19 to 06/30/20. Total costs: \$515,435. Status: funded.

Hoza B, **Tompkins CL**, Meyer LE, Shoulberg E. Role: Co-Investigator. A Functional Near-Infrared Spectroscopy (fNIRS) Investigation of the Effect of Physical Activity on Early Childhood Cognitive and Behavioral Functioning. A grant proposal submitted to Charles H. Hood Foundation. Period: 1/01/19 to 12/31/20. Total Costs: \$450,000. Status: not funded.

Hoza B, **Tompkins CL**, Meyer LE, Shoulberg E. Role: Co-Investigator. Promoting Physical Activity to Improve Outcomes for Vermont's At-Risk Children. A grant proposal submitted to the Vermont Children's Health Improvement Program (VCHIP). Period: 07/01/18 to 06/30/19. Total Costs: \$558,113. Status: funded.

Hoza B, **Tompkins CL**, Meyer LE, Shoulberg E. Role: Co-Investigator. Promoting Physical Activity to Improve Outcomes for Vermont's At-Risk Children. A grant proposal submitted to the Vermont Children's Health Improvement Program (VCHIP). Period: 07/01/17 to 06/30/18. Total Costs: \$550,728. Status: funded.

Hoza B, **Tompkins CL**, Meyer LE, Shoulberg E. Role: Co-Investigator. Promoting Physical Activity to Improve Outcomes for Vermont's At-Risk Children. A grant proposal submitted to the Vermont Children's Health Improvement Program (VCHIP). Period: 07/01/16 to 06/30/17. Total Costs: \$549,396. Status: funded.

Brock DW, **Tompkins CL**, Dumas JA, Laurent J, & Bunn J. Role: Co- Investigator. Validation of a Novel Fatigability Index. A grant proposal submitted for RFA-16-013 (R21) to the National Institute of Aging (1R21xxxx). Period: 07/01/16 to 06/30/2018. Total Costs: \$424,023. Not funded, score: 35th percentile, payline at 30th percentile.

Althoff R, Verhulst FE, van der Ende J, Hudziak JJ, Rettew DC, Robinson T, Ehli E. **Tompkins CL**. Role: Co-Investigator. Intergenerational Transmission of Self-Regulation and Weight Problems. A grant proposal submitted for PA-13-302 (R01) to the National Institute of Diabetes and Digestive and Kidney Diseases. Period: 7/01/16 to 6/30/21. Total Costs: \$2,900,427. Not funded.

Brock DW, **Tompkins CL**, Dumas JA, Laurent J, & Bunn J. Role: Co- Investigator. Validation of a Novel Fatigability Index. A grant proposal submitted for PA-12-227 (R01) to the National Institute of Aging (1R01AG047969-01). Period: 09/01/14 to 10/01/2018. Total Costs: \$1,519,750. Status: A0 submitted 9/26/13, scored: 49th percentile; A1 submitted 3/10/14, scored: 37th percentile. Not funded, 2014/15 payline for NIA ESI's 18th percentile.

Tompkins CL. Role: Principal Investigator. Partnering with pediatricians: a pilot, randomized controlled trial to reduce obesity in adolescents in rural communities. A grant proposal submitted 11/1/2014 to Charles H. Hood Foundation Child Health Research Award. Period: 1/15/2015 to

12/31/2016. Total Costs: \$145,476. Status: not funded.

Tompkins CL. Role: Principal Investigator. Macronutrient intake of obese adolescents prior to and during participation in a weight management program. A letter of intent submitted 7/8/2013 for the Egg Nutrition Center Research Grant via The Obesity Society. Period: 1/6/2014 to 1/6/2016. Total Costs: \$40,000. Status: not invited to full proposal stage.

Tompkins CL. Role: Principal Investigator. Effect of Adolescents' Perception of Body Weight on Participation in Physical Activity. A grant proposal submitted for the New Connections: Junior Investigators program of the Robert Wood Johnson Foundation (RWJF). Period: 4/1/2013 to 3/31/2015. Total Cost: \$97,053. Status: Brief proposal submitted 8/29/12; Invited to submit full proposal (51 invited to submit full proposals, 300+ applied), submitted full proposal 11/28/12, not funded.

Tompkins CL, Brock DW, Flanagan T. Role Principal Investigator. Adolescent Daily Individualized Nutrition Electronic Recommendation system (Adolescent DINERs). A concept paper submitted 8/9/2012 for the Healthy Eating Research Round 7 program of the Robert Wood Johnson Foundation (RWJF). Period: Total Cost: \$100,000. Status: Not selected to submit full proposal.

Sigmon S, **Tompkins CL**, Epstein L, Higgins S. Role: Co-Investigator. Novel Mobile Technology Intervention to Promote Physical Activity in Young People. A grant proposal submitted 1/25/12 to the National Institutes of Health, Psychosocial Development, Risk and Prevention Study Section HD074984-01 (R21). Period: 9/1/2012 to 8/31/2014. Total Costs: \$275,000. Status: not funded.

Prelock P, Hoza B, **Tompkins CL**, Potvin MC, Shoulberg E, Woodside-Jiron H, Ryan S, Leibowitz G. Role: Co-Investigator. Parent Training and Exercise: Implications for Stress Reduction and Positive Adjustment for Families of Children with ADHD or ASD. A grant proposal submitted to the College of Nursing and Health Sciences Research Incentive Grant Program at the University of Vermont. Period: 8/1/2012 to 5/31/2013 Total costs: \$31,744.39. Status: funded.

Prelock P, Hoza B, **Tompkins CL**, Potvin MC, Shoulberg E, Woodside-Jiron H, Ryan S, Leibowitz G. Role: Co-Investigator. Parent Training and Exercise: Implications for Stress Reduction and Positive Adjustment for Families of Children with ADHD or ASD. A grant proposal submitted to the Center on Disability & Community Inclusion at the University of Vermont. Period: 8/1/2012 to 5/31/2013. Total costs: \$14,991.33. Status: funded.

Prelock P, Hoza B, **Tompkins CL**, Potvin MC, Shoulberg E, Woodside-Jiron H, Ryan S, Leibowitz G. Role: Co-Investigator. Parent training & exercise: Implications for stress reduction and positive adjustment for families of children with ADHD or ASD. A grant proposal submitted to the Neuroscience Behavior and Health pilot funding program at the University of Vermont. Period: 8/1/2012 to 5/31/2013. Total costs: \$6,978. Status: funded.

Sigmon S, **Tompkins CL**, Epstein L, Higgins S. Role: Co-Investigator. Innovative integration of behavioral economics and mobile technology to promote physical activity in young people. A

grant proposal submitted to the Robert Wood Johnson Foundation, Applying Behavioral Economics to Persistent Health Challenges. Period: 4/1/2012 to 9/30/2013. Total costs: \$200,000. Status: not funded.

Tompkins CL, Brock DW. Role: Principal Investigator. Perception of physical exertion in healthy weight and obese adolescents. A grant proposal submitted to the College of Nursing and Health Sciences Research Incentive Grant Program at the University of Vermont. Period: 09/15/2011 to 8/15/2012. Total costs: \$15,000. Status: funded.

Tompkins CL, Brock DW. Role: Principal Investigator. Efficacy of a web-based, multi-disciplinary, pediatric weight management program. A grant proposal submitted to the College of Nursing and Health Sciences Research Incentive Grant Program at the University of Vermont. Period: 10/1/ 2010 to 6/30/ 2011. Total costs: \$15,000. Status: not funded.

Tompkins CL. LSU System President's Hurricane Relief Fund Doctoral Student Support. Period: 1/1/2006 to 5/31/2006. Total costs: \$500. Status: funded.

Mentoring Grants

Cameron J, **Tompkins CL**. Role: Mentor. Spot reduction exercise program compared with aerobic exercises on body composition. A grant proposal submitted to the Summer Undergraduate Research Fellowship (SURF) program. Period: 07/2019 to 05/2020. Total costs: \$3,500. Status: funded.

Wuorinen E, **Tompkins CL**. Role: Mentor. The effects of varied exercise on hunger and gut hormones. A grant proposal submitted to the Vermont Genetics Network. Period: 06/01/2013 to 05/01/2014. Total costs: \$70,000. Status: not funded.

McLeod V, **Tompkins CL**. Role: Mentor. Physical activity and inhibitory control in healthy weight and obese adolescents: A Pilot Study. A grant proposal submitted to the Undergraduate Research Competitive Awards (URECA) program. Period: 06/2013 to 05/2014. Total costs: \$3,000. Status: funded.

McLeod V, **Tompkins CL**. Role: Mentor. Dietary habits and inhibitory control in healthy weight and obese adolescents. A grant proposal submitted to the Summer Research Grant program at the University of Vermont. Period: 06/2013 to 08/2013. Total costs: \$1,775. Status: funded.

Tanych J, **Tompkins CL**. Role: Mentor. Perception and attitudes towards physical activity in healthy weight and obese adolescents. A grant proposal submitted to the Ronald McNair Scholarship program. Period: 06/2012 to 05/2013. Total costs: \$1,500. Status: funded.

Desai P, **Tompkins CL**. Role: Mentor. Health-related quality of life in overweight and obese adolescents prior to and following participation in a 12-week, multi-disciplinary, pediatric weight management program. A grant proposal submitted to the Undergraduate Research Competitive Awards (URECA) program. Period: 02/2011 to 05/2012. Total costs: \$3,000. Status: funded.

Peer-Reviewed Publications:

28. Laurent J, Martin AR, **Tompkins CL**. Persistent and Unsuccessful Attempts to Cut Down on Ultra-Processed Foods and the Associated Challenges for Dietary Adherence. *Current Addiction Reports*, 2022, 9: 275-281. <https://doi.org/10.1007/s40429-022-00418-7>
27. Peterson NE, Zera JN, **Tompkins CL**, Rothermel MA, Davidson C, Mandla S, Jeffreys-Heil R, Shirazi Z, Stuhr RM, Winters CS. Exercise is Medicine on Campus: A Scoping Review of Evidence 2009 to 2021 and Call to Action, *Current Sports Medicine Reports*, 2022, 21(8).
26. Bai Y, **Tompkins C**, Gell N, Dione D, Zhang T, Byun W. Comprehensive comparison of Apple Watch and Fitbit monitors in a free-living setting. *PLoS One*, 2021, 16(5).
25. **Tompkins CL**, Shoulberg EK, Meyer LE, Martin CP, Dennis M, Krasner A, Cook H, Hoza B. Variations in Preschoolers' Physical Activity across the School Year. *Translational Journal of the American College of Sports Medicine*, 2021, 6(3).
24. Hoza B, Shoulberg EK, **Tompkins CL**, Meyer LE, Martin C, Krasner A, Dennis M, Cook H. Meeting a Physical Activity Guideline in Preschool and School Readiness: A Program Evaluation. *Child Psychiatry & Human Development*, 2021, 52(4):719-727.
23. Laurent J, **Tompkins CL**, Cioffredi LA, Wollenburg E, Fontaine E. Are We Underestimating Overweight and Obesity Prevalence in Children? *Public Health Nursing*, 2020, 37:655-662.
22. Hoza B, Shoulberg EK, **Tompkins CL**, Martin C, Krasner A, Dennis M, Meyer LE, Cook H. Moderate-to-vigorous physical activity and processing speed: Predicting adaptive change in ADHD levels and related impairments in preschoolers. *Journal of Child Psychology and Psychiatry*, 2020, 61:1380-1387.
21. Meyer LE, Hoza B, Martin C, Shoulberg EK, **Tompkins CL**, Dennis M, Krasner A. CATs to Kiddie CATs: Transforming an elementary physical activity curriculum for preschoolers. *American Journal of Health Education*, 2020, 51:4: 203-214.
20. **Tompkins CL**, Shoulberg EK, Meyer LE, Martin CP, Dennis M, Krasner BS, Hoza B. Distinct Methods for Assessing Compliance with a Physical Activity Guideline for Children in Preschools. *Journal of Physical Activity & Health*, 2019, Oct 16(10): 902-907.
19. **Tompkins CL**, Laurent JL, Brock DW. Food Addiction: A Barrier for Effective Weight Management for Obese Adolescents. *Childhood Obesity*, 2017, Dec 13(6) 432-469. Commentary Response: **Tompkins CL**, Laurent JL, Brock DW. Food Addiction: Not All Individuals Attempting to Lose Weight Are Addicts nor Are All Athletes Either. *Childhood Obesity*, 2018, Jun 14(4):237.
18. Anti E, Laurent JS, **Tompkins CL**. The healthcare provider's experience with fathers of overweight and obese children: a qualitative analysis. *Journal of Pediatric Health Care*, 2016, Mar-Apr;30(2):99-107.

17. Brock DW, Kokinda N, **Tompkins CL**. Primary care referral for exercise evaluation and prescription in obese populations: an empirical case for exercise physiologists. *Advances in Obesity, Weight Control, and Management*, 2015, 2(1).
16. **Tompkins CL**, Flanagan T, Lavoie J, Brock DW. Heart rate and perceived exertion in healthy weight and obese children during a self-selected, physical activity program. *Journal of Physical Activity and Health*, 2015, Jul; 12(7):976-81.
15. **Tompkins CL**, Seablom M, Brock DW. Parental perception of child's body weight: a systematic review. *Journal of Child and Family Studies*, 2015, 24(5):1384-1391.
14. Kien CL, Bunn JY, **Tompkins CL**, Dumas JA, Crain KI, Ebenstein DB, Koves TR, Muoio DM. Substituting dietary monounsaturated fat for saturated fat is associated with increased daily physical activity and resting energy expenditure and with changes in mood. *American Journal of Clinical Nutrition*, 2013, 97:689-697.
13. **Tompkins CL**, Hopkins J, Goddard L, Brock DW. The effect of an unstructured, moderate to vigorous, before-school physical activity program in elementary school children on academics, behavior, and health. *BMC Public Health*, 2012, 12(300).
12. Desai PS, Brock DW, Wilder H, **Tompkins CL**. Child vs parent perception of HRQOL in healthy weight and obese children. *Proceedings of the National Conference on Undergraduate Research*, 2012, 584-588.
11. Brock DW, **Tompkins CL**, Gower BA, Hunter GR. The influence of resting energy expenditure on blood pressure in formerly overweight women. *Metabolism*, 2012, Feb;61(2):237-41.
10. **Tompkins CL**, Moran K, Preedom S, Brock DW. Physical activity-induced improvements in markers of insulin resistance in overweight and obese children and adolescents. *Current Diabetes Reviews*, 2011, 7(3): 164-170.
9. Brock DW, **Tompkins CL**, Maynard A. Treating obesity, physical inactivity, and chronic disease. *NATA*, 2011; 6: 22-23.
8. **Tompkins C**, Cefalu W, Ravussin E, Goran M, Soros A, Volaufova J, Vargas A, Sothorn MS. Frequently sampled intravenous glucose tolerance testing prior to puberty: challenging, yet feasible. *International Journal of Pediatric Obesity*, 2010, 5(1):51-55.
7. Larson-Meyer DE, Newcomer BR, **VanVrancken-Tompkins CL**, Sothorn MS. Feasibility of assessing liver lipid by proton magnetic resonance spectroscopy in healthy normal and overweight prepubertal children. *Diabetes Technology and Therapeutics*, 2010, 12(3): 207-212.

6. Loftin M, Sothorn M, Tuuri G, **Tompkins C**, Koss C, Bonis M. Gender comparison of physiologic and perceptual responses in recreational marathon runners. *International Journal of Sports Physiology and Performance*, 2009, 4(3):307-316.
5. **Tompkins C**, Soros A, Sothorn M, Vargas A. Effects of physical activity on diabetes management and lowering risk for type 2 diabetes, *American Journal of Health Education*, 2009, 40(5):286-290.
4. Loftin M, Sothorn M, Koss C, Tuuri G, Kontos A, **VanVrancken-Tompkins C**, Bonis M. Energy expenditure and influence of physiologic factors during marathon running. *The Journal of Strength and Conditioning Research*, 2007, 21(4): 1188-1191.
3. **VanVrancken-Tompkins CL**, Sothorn MS. Preventing obesity in children birth to five years. In: Tremblay, RE, Barr RG, Peters RD, eds. *Encyclopedia on Early Childhood Development*. Montreal, Quebec: Centre of Excellence for Early Childhood Development; 2006:1-7.
2. **VanVrancken C**, Bopp C, Reis J, DuBose K, Kirtland K, Ainsworth B. The prevalence of leisure-time physical activity among diabetics in South Carolina, *Southern Medical Journal*, 2004, 97(2): 141-144.
1. Loftin M, Sothorn M, **VanVrancken C**, O'Hanlon A, Udall J. Effect of obesity status on heart rate peak in female youth, *Clinical Pediatrics*, 2003, 42:505-510.

Clinical Guidelines (peer-reviewed)

1. Lahiri T, Hempstead SE, Brady C, Cannon CL, Clark K, Condren ME, Guill MF, Guillerman RP, Leone CG, Maguiness K, Monchil L, Powers SW, Rosenfeld M, Schwarzenberg SJ, **Tompkins CL**, Zemanick ET, Davis SD. Clinical practice guidelines for preschoolers with cystic fibrosis, *Pediatrics*, 2016, 137(4).

Book Chapters

4. **VanVrancken-Tompkins, C.**, Sothorn, M., Bar-Or, O. Strengths and Weaknesses in the Response of the Obese Child to Exercise in *Handbook of Pediatric Obesity: Clinical Management*, Ed. Sothorn, M., von Almen, TK, Gordon, S., 2006, Taylor and Francis, Boca Raton, FL.
3. Sothorn, M., **VanVrancken-Tompkins, C.**, Carlisle, L. Pediatric Obesity Dietary Approaches: A Survey of the Options in *Handbook of Pediatric Obesity: Clinical Management*, Ed. Sothorn, M., von Almen, TK, Gordon, S., 2006, Taylor and Francis, Boca Raton, FL.
2. Schumacher, H., **VanVrancken-Tompkins, C.**, Sothorn, M. Nutrition Education in *Handbook of Pediatric Obesity: Clinical Management*, Ed. Sothorn, M., von Almen, TK, Gordon, S., 2006, Taylor and Francis, Boca Raton, FL.

1. Sothorn, M., **VanVrancken-Tompkins, C.** Brooks, C., Th  lin, C. Increasing Physical Activity in Overweight Youth in Clinical Settings in *Handbook of Pediatric Obesity: Clinical Management*, Ed. Sothorn, M., von Almen, TK, Gordon, S., 2006, Taylor and Francis, Boca Raton, FL.

Invited Publications

1. UVM voices offer advice on staying active in isolation. Invited contributor for article in The Vermont Cynic. April 24, 2020. <https://vtcynic.com/features/uvm-voices-offer-advice-on-staying-active-in-isolation/>
2. Clinical Considerations: TRIKAFTATM. Cynthia Brady, Lisa Lubsch, Ted Naureckas, Clement Ren, Kristin Riekert, Meghana Sathe, Anne Swisher, and Connie Tompkins on behalf of the CF Foundation Guidelines Steering Committee, October 2019.
3. Being Active as a Teen. Expert contributor to the Exercise is Medicine[®] Rx for Health series, 2019.
4. Being Active with Your Young Child. Expert contributor to the Exercise is Medicine[®] Rx for Health series, 2019.

Peer-Reviewed Published Abstracts & Presentations

60. **Tompkins CL**, Shoulberg E, Krasner A, Dennis M, Martin CP, Hoza B. Impact of *Kiddie CATs on the Move* on Preschoolers' Physical Activity Engagement. *Medicine and Science in Sports and Exercise*, 54(5S):172. Oral presentation at the annual meeting of the American College of Sports Medicine, May 2022, San Diego, CA.
59. Peterson NE, **Tompkins CL**, Rothermel MA, Mandla S, Davidson C, Winters CS. Exercise Is Medicine On Campus (EIM-OC): Impact Since Inception. Poster presentation at the annual meeting of the American College of Sports Medicine, May 2021, virtual meeting.
58. Meyer LE, Dennis M, Krasner A, Shoulberg EK, Hoza B, **Tompkins CL**, Martin CP, Cook H. Designing a contextually tailored and family-centered home component for a preschool physical activity program. Poster presented at Administration for Children and Families' 2020 National Research Conference on Early Childhood (NRCEC), Arlington, VA.
57. Shoulberg EK, Hoza B, **Tompkins CL**, Dennis M, Krasner A, Cook H, Martin CP, Meyer LE. Does physical activity guideline compliance moderate the association between preschool ADHD symptoms and executive functioning deficits? Poster presented at Administration for Children and Families' 2020 National Research Conference on Early Childhood (NRCEC), Arlington, VA.
56. Heil RJ, Peterson NE, **Tompkins CL**, Rothermel M, Mandla S, Shirazi Z, Stuhr R, Winters C. Exercise is Medicine on Campus (EIM-OC): State of the Literature. *Medicine and Science in Sports and Exercise*, 52(5S):249. Poster presentation at the annual meeting of the American College of Sports Medicine, May 2020, San Francisco, CA.

55. **Tompkins CL**, Shoulberg EK, Meyer LE, Martin CP, Dennis M, Krasner A, Cook H, Hoza B. Comparison of Anthropometric Methods and Physical Activity in Preschoolers. *Medicine and Science in Sports and Exercise*, 52(5S):451. Poster presentation at the annual meeting of the American College of Sports Medicine, May 2020, San Francisco, CA.
54. **Tompkins CL**, Shoulberg E, Meyer LE, Martin C, Krasner A, Dennis M, Hoza B. Variations in Preschoolers' Physical Activity Across the School Year. *Medicine and Science in Sports and Exercise*, 51(6S):172. Oral presentation at the annual meeting of the American College of Sports Medicine, May 2019, Orlando, FL.
53. Martin C, Shoulberg EK, Dennis M, Krasner A, **Tompkins CL**, Meyer L, Burt K, Hoza B. Trajectories of ADHD symptoms across the school year: Implications for preschoolers' school readiness. Poster presented at the biennial meeting of the Society for Research in Child Development, March 2019, Baltimore, MD.
52. Hoza B, Shoulberg EK, Martin CP, Dennis M, Krasner A, **Tompkins CL**, Meyer LE, Cook H. Can structured in-school aerobic physical activity reduce ADHD symptom levels in at-risk preschoolers? Poster presented at International Society for Research in Child and Adolescent Psychopathology Biennial Meeting, June 2019, Los Angeles, CA.
51. Krasner A, Shoulberg EK, Hoza B, Martin CP, **Tompkins CL**, Meyer LE, Dennis M, Cook H. The unique effects of ADHD symptoms and processing speed on preschoolers' school readiness. Poster presented at International Society for Research in Child and Adolescent Psychopathology Biennial Meeting, June 2019 Los Angeles, CA.
50. Martin CP, Shoulberg EK, Krasner A, Dennis M, Meyer LE, **Tompkins CL**, Cook H, Hoza B. ADHD and impairment in the preschool context: Implications for early intervention. Poster presented at International Society for Research in Child and Adolescent Psychopathology Biennial Meeting, June 2019, Los Angeles, CA
49. **Tompkins CL**, Meyer LE, Shoulberg E, Martin C, Dennis M, Krasner A, Hoza B. Effect of the *Kiddie CATs on the Move* Intervention on Preschoolers' Physical Activity. *Medicine and Science in Sports and Exercise*, 50(5S):762. Oral presentation at the annual meeting of the American College of Sports Medicine, May 2018, Minneapolis, MN.
48. Martin CP, Shoulberg EK, Krasner A, Dennis M, Meyer L, **Tompkins CL**, Hoza B. The moderating role of ADHD symptoms on the association between physical activity behavior and early language ability among a community sample of at-risk preschoolers. Poster presented at Administration for Children and Families' National Research Conference on Early Childhood, June 2018, Arlington, VA.
47. Hoza B, Shoulberg EK, Martin C, Dennis M, Krasner A, **Tompkins CL**, Meyer LE. Examination of the associations among physical activity, processing speed and behavioral adjustment in a predominantly Head Start sample. Poster presented at Administration for Children and Families' National Research Conference on Early Childhood, June 2018, Arlington, VA.

46. Meyer LE, **Tompkins CL**, Shoulberg EK, Martin C, Dennis M, Krasner A, Hoza B. Investigating the physical activity behaviors of children with disabilities. Poster presented at the Conference for Research Innovations in Early Intervention, March 2018, San Diego, CA.
45. Meyer LE, **Tompkins CL**, Shoulberg EK, Martin C, Dennis M, Krasner A, Hoza B. *Kiddie CATs on the Move*: Findings from pilot year study. Poster presented at the Society of Health and Physical Educators of Vermont America Eastern District Conference, January 2018, Burlington, VT.
44. Hoza B, Meyer L, Shoulberg EK, **Tompkins C**, Martin C, Dennis M, Krasner A. Promoting physical activity in preschoolers: Introducing *Kiddie CATs on the Move*. Presented at the annual conference of the Society of Health and Physical Educators (SHAPE) of Vermont, October 2017, Killington, VT.
43. **Tompkins CL**, Meyer LE, Shoulberg EK, Pirog A, Martin C, Hoza B. Evaluation of a Teacher-Led Physical Activity Intervention in Preschool Children. *Medicine and Science in Sports and Exercise*, 49(5S):876. Poster presentation at the annual meeting of the American College of Sports Medicine, May 2017, Denver, CO.
42. Meyer LE, Martin C, Pirog A, Hoza B, Shoulberg EK, **Tompkins CL**. Facilitating Feedback to Increase Physical Activity Engagement for all Children. Poster presentation at The Division for Early Childhood Annual International Conference, October 2016, Louisville, KY.
41. **Tompkins CL**, Brock DW. Relationship among anticipated affect to exercise, physical activity, and fitness in obese adolescents. *Medicine and Science in Sports and Exercise*, 48(5S1): 306. Thematic poster presentation at the annual meeting of the American College of Sports Medicine, May 2016, Boston, MA.
40. **Tompkins CL**, Laurent JS, Brock DW. Fitness as a protective variable against food addiction in obese adolescents. *Medicine and Science in Sports and Exercise*, 47(5S):559-561. Oral presentation at the annual meeting of the American College of Sports Medicine, May 2015, San Diego, CA.
39. **Tompkins CL**, Dumas JA, Brock DW. Decision making in adolescents: explaining the disconnect between physical activity intention and actual participation. Poster presentation at the annual meeting of the American College of Preventive Medicine, Feb 2014, New Orleans, LA.
38. Brock DW, Kokinda N, **Tompkins CL**. Primary care referral for exercise evaluation and prescription. Poster presentation at the annual meeting of the American College of Preventive Medicine, Feb 2014, New Orleans, LA.
37. **Tompkins CL**, Nickerson A, Brock DW. Anticipation of exercise discomfort, health-related quality of life and fitness in obese youth. *Obesity*, 16 Suppl 1. Poster presentation at the national meeting of The Obesity Society, Nov 2013, Atlanta, GA.

36. Laurent JS, Nickerson A, Brock DW, **Tompkins CL**. Preliminary support for the identification of food addiction in obese youth. *Obesity*, 16 Suppl 1. Poster presentation at the national meeting of The Obesity Society, Nov 2013, Atlanta, GA.
35. Kien CL, Bunn JY, **Tompkins CL**, Dumas JA, Crain KI, Ebenstein DB, Koves TR, Muoio DM. Substituting dietary monounsaturated fat for saturated fat is associated with increased daily physical activity and resting energy expenditure and with changes in mood. *The Journal of the Federation of American Societies for Experimental Biology*, 27:1068.1. Poster presentation at the Experimental Biology annual meeting, Apr 2013, Boston, MA.
34. **Tompkins CL**, Flanagan T, Benay J, Brock DW. Similar physiological and perceived variables observed in obese and healthy weight children during unstructured, sustained vigorous physical activity. *Obesity*, Suppl 146. Poster presentation at the national meeting of The Obesity Society, Sep 2012, San Antonio, TX.
33. **Tompkins CL**, McPhee M, Gustin E, Payne A, Quirk J, Child E, and Brock DW. An assessment of current physical activity and nutrition-related practices in Vermont's elementary schools. *Obesity*, 25 Suppl 1:S49. Poster presentation at the national meeting of The Obesity Society, Oct 2011, Orlando, FL.
32. Brock DW, **Tompkins CL**, Chandler-Laney P, Fisher G, Gower BA, and Hunter GR. Over-perception of physical activity difficulty persists across exercise modalities and time points during a weight loss intervention. *Obesity*, 25 Suppl 1:S25. Poster presentation at the national meeting of The Obesity Society, Oct 2011, Orlando, FL.
31. Brock DW, **Tompkins CL**, Hunter GR. The Influence of Resting Energy Expenditure on Blood Pressure in Formerly Overweight Women, *Obesity*, 18 Suppl 2:S34. Poster presentation at the national meeting of The Obesity Society, Oct 2011, Orlando, FL.
30. **Tompkins C**, Loftin M, Volaufova J, Chalew S, Bennett B, Vargas A, Gordon S, Larson-Meyer, E, Sothorn M. Low Physical Activity Promotes Insulin Resistance through Impaired Fat Oxidation in Prepubertal Children, *Obesity*, 16 Suppl 1:S25. Poster presentation at the national meeting of The Obesity Society, Oct 2008, Phoenix, AZ.
29. Bennett B, **Tompkins C**, Volaufova J, Chalew S, Vargas A, Gordon S, Sothorn, M. Prevalence of Advanced Maturation and Prescription Medication Use in Prepubertal Children, *Obesity*, 16 Suppl 1:S23. Poster presentation at the national meeting of The Obesity Society, Oct 2008, Phoenix, AZ.
28. Bennett B, **VanVrancken-Tompkins C**, Allerton T, Loftin J, Sothorn M. The Influence of Fat Mass and Physical Activity on Insulin Resistance in Prepubertal Youth, *Medicine and Science in Sports and Exercise*, 40(5):S227. Poster presentation at the annual meeting of the American College of Sports Medicine, May 2008, Indianapolis, IN.

27. Allerton T, Bennett B, **VanVrancken-Tompkins C**, Loftin J, Sothorn M. Physical Activity has Positive Effect on Bone Mineral Density in Prepubertal Youth, *Medicine and Science in Sports and Exercise*, 40(5):S463. Poster presentation at the annual meeting of the American College of Sports Medicine, May 2008, Indianapolis, IN.
26. **VanVrancken-Tompkins C**, Volafova J, Bennett B, Ravussin E, Goran M, Chalew S, Soros A, Cefalu W, Gordon S, Loftin M, Levitan L, Sothorn M. The Influence of Race, Breastfeeding, Birth Weight and Mother's Pregnancy Weight on Potential Markers for the Metabolic Syndrome in Prepubertal Youth, *Obesity*, 15(Suppl):A206. Poster presentation at the national meeting of The Obesity Society, Oct 2007, New Orleans, LA.
25. Bennett B, **VanVrancken-Tompkins C**, Volafova J, Chalew S, Cefalu W, Gordon S, Levitan L, Larson-Meyer E, Newcomer B, Loftin M, Sothorn M. The Influence of Race and Physical Activity on Lipid Profiles and Blood Pressure in Prepubertal Youth, *Obesity*, 15(Suppl):A131. Poster presentation at the national meeting of The Obesity Society, Oct 2007, New Orleans, LA.
24. **VanVrancken-Tompkins, C.**, Bennett, B., Loftin, M., Sothorn, M. Maximal oxygen uptake in overweight and severely overweight children and adolescents, *Medicine and Science in Sports and Exercise*, 39(5):S40. Oral presentation at the annual meeting of the American College of Sports Medicine, May 2007, New Orleans, LA.
23. Sothorn M, **VanVrancken-Tompkins C**, Chalew S, Cefalu W, Larson-Meyer E, Newcomer B, Volafova J. Racial differences in the relationship of birth weight to the metabolic syndrome in prepubertal youth, *Medicine and Science in Sports and Exercise*, 39(5):S59. Oral presentation at the annual meeting of the American College of Sports Medicine, May 2007, New Orleans, LA.
22. **VanVrancken-Tompkins C**, Loftin J, Volafova J, Lambert T, Clark-Lebeouf M, Sothorn M. Gender and Racial Differences in VO₂max Measures in Overweight Children and Adolescents, *Obesity*, 14(Suppl):1-317, A222. Poster presentation at the national meeting of The Obesity Society, Oct 2006, Boston, MA.
21. Sothorn M, Chalew S, Larson-Meyer E, Newcomer B, Goran M, Cefalu W, **VanVrancken-Tompkins C**, Volafova J, Ravussin E. Markers for the metabolic syndrome in normal and overweight, 7-9 y old youth, *Obesity*. Poster presentation at the national meeting of The Obesity Society, Oct 2006, Boston, MA.
20. Larson-Meyer E, Newcomer B, Ravussin E, Chalew S, Cefalu W, **VanVrancken-Tompkins C**, Sothorn M. Intramyocellular and intrahepatic lipids in normal and overweight, 7-9 year old girls, *Obesity Reviews*, 7(Suppl.2): 118-352, A204. Poster presentation at the international meeting for the International Association for the Study of Obesity, Sep 2006, Sydney, Australia.
19. **VanVrancken-Tompkins C**, Carlisle L, Loftin M, Brooks C, Thelin C, Sothorn M. Birth Weight, Gender, and Race as Predictors of Body Mass Index in Overweight Youth. *Obesity Research*, A125. Poster presentation at the national meeting of The Obesity Society, Oct

2005, Vancouver, Canada.

17. Sothorn M, Loftin M, **VanVrancken-Tompkins C**, Singley C, Udall J. The impact of a high protein versus balanced low calorie meal replacement diet on body composition and aerobic fitness in overweight adolescents and adults. *Obesity Research*, 12:A68. Poster presentation at the national meeting of the North American Association for the Study of Obesity, Nov 2004, Las Vegas, NV.
18. Loftin M, Sothorn M, Koss C, Kontos A, Tuuri G, **VanVrancken C**. Gender comparisons of physiologic and perceptual response to a 1-hour run at marathon pace. *Medicine and Science in Sports and Exercise*, 35:S288. Poster presentation at the annual meeting of the American College of Sports Medicine, May 2002, St. Louis, MO.
16. **VanVrancken C**, Loftin M, Sothorn M. Relationship of %HR_{max} and %VO_{2max} in normal weight, overweight, and obese youth. *Medicine and Science in Sports and Exercise*, 34, S161. American College of Sports Medicine. Oral presentation at the annual meeting of the American College of Sports Medicine, May 2002, St. Louis, MO.
15. Olivier L, Pinsonat G, Loftin M, **VanVrancken C**, Carlisle K, Gordon S, Udall J, Sothorn M. The effect of significant weight loss on body composition by DEXA in obese youth. *Obesity Reviews*. Poster presentation at the international meeting for the International Association for the Study of Obesity, Aug 2002, San Paulo, Brazil.
14. **VanVrancken C**, Loftin M, O'Hanlon A, Granata G, Udall J, Sothorn M. The effect of obesity status on VO_{2max} in youth and adults. *Medicine and Science in Sports and Exercise*, 33, S335. Oral presentation at the annual meeting of the American College of Sports Medicine, June 2001, Baltimore, MD.
13. **VanVrancken C**, Loftin M, Schumacher H, Singley C, Carlisle L, Udall J, Sothorn M. Racial differences in body mass index and body composition by dual energy x-ray absorptiometry (DEXA) in obese children. *Obesity Research*, 9:3,159s. Poster presentation at the national meeting for North American Association for the Study of Obesity, Oct 2001, Quebec, Canada.
12. Sothorn M, **VanVrancken C**, Loftin M, Volaufova J, Reed J, Singley C, Udall J. Adult/child differences in the physiologic response to submaximal weight-bearing exercise in individuals with increasing levels of obesity. *Obesity Research*, 9:3, 156s. Poster presentation at the national meeting for North American Association for the Study of Obesity, Oct 2001, Quebec, Canada.
11. Sothorn M, **VanVrancken C**, Schumacher H, Carlisle L, Gordon S, Reed J, Singley C, Udall J. A controlled comparison of high protein, low carbohydrate diets with different daily calorie levels in severely obese children. *Obesity Research*, 9:3,204s. Poster presentation at the national meeting for North American Association for the Study of Obesity, Oct 2001, Quebec, Canada.

10. Loftin M, Sothern M, Koss C, **VanVrancken C**. Energy expenditure and influence of physiologic factors during marathon running. *Medicine and Science in Sports and Exercise*, 33:S23. Oral presentation at the annual meeting of the American College of Sports Medicine, June 2001, Baltimore, MD.
9. Loftin M, Sothern M, **VanVrancken C**, Udall J. Low heart rate peak in obese female youth. *Obesity Research*, 9:3, 170s. Poster presentation at the national meeting of the North American Association for the Study of Obesity, Oct 2001, Quebec, Canada.
8. Reed J, **VanVrancken C**, Loftin M, Singley C, Udall J, Sothern M. Self-reported increases in physical activity in obese youth after a 10 week specialized moderate intensity exercise program. *Obesity Research*, 9:3, 101s. Poster presentation at the national meeting of the North American Association for the Study of Obesity, Oct 2001, Quebec, Canada.
7. **VanVrancken C**, Loftin M, Singley C, Udall J, Sothern M. The impact of childhood obesity on the association of %HR_{max} and %VO_{2max}. *Medicine and Science in Sports and Exercise*, 32:5, 1716. Oral presentation at the annual meeting of the American College of Sports Medicine, May 2000, Indianapolis, IN.
6. Singley C, Loftin M, **VanVrancken C**, Udall J, Sothern M. VO_{2max} and Karvonen method comparison in increasing levels of childhood obesity. *Medicine and Science in Sports and Exercise*, 32:5, 1717. Oral presentation at the annual meeting of the American College of Sports Medicine, May 2000, Indianapolis, IN.
5. Sothern M, **VanVrancken C**, Torres M, Loftin M, Udall J. Parent/Child Differences in Body Mass Index After a 10-Week Family Weight Management Program. *Obesity Research*, Poster presentation at the national meeting of the North American Association for the Study of Obesity, Oct 2000, Long Beach, CA.
4. Torres M, **VanVrancken C**, Tuuri G, Udall J, Sothern M. Influence of obesity on bone mineral content, bone area, lean and fat mass in U.S. Caucasian adolescents. *Journal of Pediatric Gastroenterology, Hepatology and Nutrition*, 10:2, S34. Poster presentation at the national meeting of the World Congress of Pediatric Gastroenterology, Hepatology and Nutrition, Aug 2000, Boston, MA. (Poster of Distinction)
3. **VanVrancken C**, Loftin M, Surcouf J, Blecker U, Udall J, Sothern M. A comparison of skinfold analysis and dual energy x-ray absorptiometry in obese children and adolescents. *Obesity Research*, Poster presentation at the national meeting of the North American Association for the Study of Obesity, Nov 1999, Charleston, SC.
2. Sothern M, Loftin M, **VanVrancken C**, Surcouf J, Suskind R, Udall J. Bone mineral content, lean and fat body mass after significant weight loss in obese children and adolescents. *Pediatric Research*, 45:4, Part II, 771A. Poster presentation at the national meeting for The American Pediatric Society, May 1999, San Francisco, CA.

1. Sothorn M, Loftin M, **VanVrancken C**, Surcouf J, Huesel L, Suskind R, Udall J. Bone mineral content by DEXA in obese female youth. *The Journal of the Federation of American Societies for Experimental Biology*, 13(4 Part 1): A595, 12. Poster presentation at the Experimental Biology annual meeting, May 1999.

Non-refereed Presentations

23. Potter B, **Tompkins CL**. Predictors of sedentary time in adolescents. Abstract presented at the 2017 UVM Student Research Conference and 2017 UVM CNHS Zeigler Research Forum.
22. Cermenaro J, Hoza B, Meyer LE, Shoulberg EK, Martin C, Pirog A, **Tompkins CL**. Compliance with the Physical Activity Guideline for Preschool-Age Children. Abstract presented at the 2017 UVM Student Research Conference and 2017 UVM CNHS Zeigler Research Forum.
21. Peterson SK, Baczewski CA, Brock DW, **Tompkins CL**. Adherence to Post-Discharge Home Exercise Programs in Patients Treated for Low Back Pain. Abstract presented at the 2015 UVM Student Research Conference and 2015 UVM CNHS Zeigler Research Forum.
20. McLeod VR, Brock DW, **Tompkins CL**. Executive function: The relationship among body mass index, physical activity, and dietary habits in adolescents. Abstract presented at the 2014 UVM Student Research Conference and 2014 UVM CNHS Zeigler Research Forum.
19. Lavoie II, J, Brock, DW, Jacobs, J, Abrams, S, **Tompkins, CL**. Influence of Parental Encouragement and Participation in Physical Activity on Children's Physical Activity and Weight. Abstract presented at the 2013 UVM Student Research Conference and 2013 UVM CNHS Zeigler Research Forum.
18. Tanych J, Brock DW, Lavoie J, **Tompkins CL**. Perception and attitudes towards physical activity in healthy weight and obese adolescents. Abstract presented at the 2013 UVM Student Research Conference and 2013 UVM CNHS Zeigler Research Forum.
17. Frick K, Brock DW, **Tompkins CL**. The Effect of Fitness on Health-Related Quality of Life in Obese Adolescents. Abstract presented at the 2013 UVM CNHS Zeigler Research Forum.
16. Tanych J, Brock DB, Lavoie J, **Tompkins CL**. Perception and attitudes towards physical activity in healthy weight and obese adolescents. July 2012, Abstract presented at the University of Buffalo McNair Conference, Buffalo NY.
15. Peterson SK, Abrams S, Sibold JS, **Tompkins CL**. Identifying Elements to Promote Self-Efficacy and Retention in a Group Fitness Class. Abstract presented at the 2013 UVM Student Research and 2013 UVM CNHS Zeigler Research Forum.
14. Torrey H, Callas P, **Tompkins CL**, Nickerson A. An Evaluation of a Family-Based Nutrition Intervention. Abstract presented at the 2013 UVM Student Research Conference.

13. Donahue J, Brock DW, Page J, Coggins S, Ford M, Flanagan T, Lavoie J, **Tompkins CL**. Consumption of Fruit and Fruit Juice in Healthy Weight and Obese Children. Abstract presented at the 2013 UVM Student Research Conference and 2013 UVM CNHS Zeigler Research Forum.
12. Ford M, Brock DW, Coggins S, Flanagan T, Lavoie J, Donahue J, Page J, **Tompkins CL**. Comparing Moderate to Vigorous Physical Activity between Healthy Weight, Overweight and Obese 3rd-5th graders. Abstract presented at the 2013 UVM Student Research Conference and 2013 UVM CNHS Zeigler Research Forum.
11. Flanagan T, Brock DW, Desai P, Lavoie J, Donahue J, Page J, **Tompkins CL**. Parent vs Child Perception of HRQOL in Healthy Weight and Overweight Children. Abstract presented at the 2013 UVM CNHS Zeigler Research Forum.
10. Bellavance DL, Brock DW, Flanagan T, Parker M, Loquine E, Benay J, **Tompkins CL**. Obese, Pre-pubertal Children Display Significant Health Risk Factors According to Adult Metabolic Disease Risk Standards. Presented at the 2012 UVM Student Research Conference and 2012 UVM CNHS Zeigler Research Forum.
9. Desai PS, Brock DW, Wilder H, **Tompkins CL**. Child vs Parent Perception of HRQOL in Healthy Weight and Obese Children. Presented at the 2012 UVM Student Research Conference and 2012 UVM CNHS Zeigler Research Forum.
8. Seablom M, Brock, DW, **Tompkins CL**. Parental Perception of Child's Body Weight. Presented at the 2012 UVM CNHS Zeigler Research Forum.
7. Leugers KM, Brock DW, Goddard L, Laquerre M, **Tompkins CL**. Incorporation of a skills-based PA curriculum in a high school health class. Presented at the 2012 UVM Student Research Conference and 2012 UVM CNHS Zeigler Research Forum.
6. Wilder H, Brock W, Desai P, Bellavance D, Lavoie J, Parks J, **Tompkins CL**. Obese 3rd-5th graders Report Significantly Lower Levels of Physical Activity Compared to Their Healthy Weight Peers. Presented at the 2012 UVM Student Research Conference and 2012 UVM CNHS Zeigler Research Forum.
5. Tanych J, Brock DB, Lavoie J, **Tompkins CL**. Perception and attitudes towards physical activity in healthy weight and obese adolescents. July 2012, The University of Buffalo McNair Conference, Buffalo NY and UVM McNair Symposium, August 2012.
4. **Tompkins CL**, Nickerson A, Preedom S, Moran K, Parker M, Brock DW. Body composition in overweight and obese adolescents prior to participation in a pediatric weight management program. Presented at the 2011 UVM CNHS Zeigler Research Forum.
3. Brock DW, **Tompkins CL**, Gower BA, and Hunter GR. Influence of resting energy expenditure on blood pressure in independent of body mass and sympathetic tone in formerly overweight women. Abstract presented at the 2011 UVM CNHS Zeigler Research Forum.

2. McPhee M, Gustin E, Payne A, Quirk J, Child E, **Tompkins C**, and Brock DW. Prevention of Childhood Obesity: current physical activity and nutrition related practices in Vermont's elementary schools. Abstract presented at the 2010 CNHS Zeigler Forum, University of Vermont.
1. Nickerson A, Brock DW, Chelm JS, MacMurtry GA, Hopkins J, **Tompkins CL**. The association between television viewing and body composition in overweight and obese adolescents. Presented at the 2011 UVM CNHS Zeigler Research Forum.

Selected Invited Presentations

- Exercise Science Curriculum and Opportunities, Northwestern Technical College, November 15, 2019.
- Diets and Macronutrients in Athletes. Presentation for Orthopedic Residents, October 28, 2018.
- Kiddie CATs on the Move: a Teacher-Led Physical Activity Intervention in Preschool Children. Current Topics in Science Speaker Series at Northern Vermont University-Johnson, October 3, 2018.
- UVM Medical Center Just One Small Thing Campaign “Everything Counts”, June 9, 2017
- UVM College of Nursing and Health Sciences Community Briefing “Combating Obesity in the 21st Century: Examining Why Public Health ‘Best Buys’ Remain a Tough Sell”, December 9, 2016.
- Vermont Cystic Fibrosis Center Advisory Board presentation at the annual VT CF education night, April 11, 2016.
- Vermont Center on Behavior and Health Exercise Working Group. Tuesday, April 26, 2016.
- American Heart Association VT Statehouse Legislative Reception. Importance of Increased Physical Activity for Reducing Obesity. Montpelier, VT. April 9, 2014.
- Prevention & Treatment of Pediatric Obesity: A Multi-Disciplinary Approach. Pediatric Resident Rounds, Fletcher Allen Health Care. September 6, 2013.
- Physical Activity: Chronic Disease Prevention. Medicine Grand Rounds, University of Vermont, Burlington, VT. November 4, 2012.
- Obesity Prevention & Healthy Lifestyles. The 4th Annual Focus on Health Careers Conference, Champlain Valley Area Health Education Center, October 27, 2012.
- Television Viewing and Body Composition in Overweight and Obese Adolescents. College of Nursing and Health Sciences Zeigler Research Forum, University of Vermont, Burlington, VT, May 5, 2011.
- The Greater Burlington Multicultural Resource Center 2011 Diversity Conference, Childhood Obesity: A Family Affair, March 2011, Burlington, VT
- Treatment of Pediatric Obesity: A Multi-Disciplinary Approach. Seminar from Cell to Society, Burlington, VT, March 17, 2011.
- Treatment of Pediatric Obesity. University of Vermont's Community Rounds, Burlington, VT, Nov. 9, 2010.
- Incorporating Physical Activity into a Pediatric Weight Management Program. Department of Nutrition Sciences, University of Vermont, Burlington, VT, Sept. 29, 2010.

- Louisiana State University Health Sciences Center/Children's Hospital Pediatric Grand Rounds, Obesity and Diabetes: Adherence and Physical Activity, Prevention and Management as a Model for Chronic Disorders, January 2010, New Orleans, LA
- Children's Health Summit: Fighting Back Against Childhood Obesity, November 2007, Morristown, NJ
- American Heart Association, Go Red for Women Day, February 2005, New Orleans, LA
- Southeastern Louisiana University, Childhood Obesity: An Interdisciplinary Approach of Care, November, 2005, Baton Rouge, LA

Grant Reviewer

Vermont Biomedical Research Network

Barry & Linda Franklin Exercise is Medicine On Campus Micro-Grant Program

Exercise is Medicine subcommittee of the VT Governor's Council for Physical Activity & Sports Community Wellness Grants

REACH Grant Program at the University of Vermont

Vietnam Education Foundation U.S. Faculty Scholar Program

Vermont Department of Health Community Grants Program

Mentorship

Hannah Scott, B.S. Clinical Psychology Master's program- Thesis committee member, 08/2021-current

Anita Martin, M.S. Interprofessional Health Sciences doctoral program- Research Mentor, 08/2020-current

Joshua Cameron, B.S. Exercise Science- Faculty Mentor for Summer Undergraduate Research Fellowship, 07/2019-05/2020

Isabella Sierra, B.S. Exercise Science- Honors' College Thesis Chair, 01/2019-05/2020

Sarah Lubic, B.S. Exercise Science- Honors' College Thesis committee, 09/2018-05/2019

Dakota Dione, B.S. Exercise Science- Honors' College Thesis committee, 09/2018-05/2019

Shaelynn Hickey, B.S. Psychological Sciences- Honors' College Thesis Chair, 01/2018-05/2018

Beth Potter, B.S. Exercise Science- Honors' College Thesis Chair, 01/2016-05/2017

Jennifer Cermenaro, B.S. EXMS- Research Mentor, 01/2016-05/2017

Meredith Walker, M.S. Nursing- Thesis Committee Chair, 01/2015-05/2016

Carly Gunderson, B.S. EXMS- 01/2015-05/2015

Casey Baczewski, D.P.T.,- Research Mentor, 08/2014-05/2016

Jessica Freemas, B.S. EXMS- Research Mentor, 09/2014-12/2014

Kelsey Pearson, B.S. EXMS, NFS- Research Mentor, 09/2014-12/2014

Eliza Anti, M.S. Nursing- Thesis Committee Chair, 01/2014-12/2014

Timothy LaVigne, M.S. Psychology- 2nd year project committee, 09/2013-05/2014

Vienna McLeod, B.S. EXMS- URECA Grant Mentor and Summer Research Mentor, 03/2013-05/2014

Natalie Main, B.S. EXMS- Research Mentor, 09/2013-12/2013

Jillian Tanych, B.S. EXMS- Faculty Mentor for McNair Scholarship, 03/2012- 05/2013

Sarah Kate Peterson, D.P.T.- Faculty Mentor- Honors' College Thesis, 01/2012- 05/2013 and Research Mentor, 08/2014-05/2016

John Lavoie, B.S. EXMS- Faculty Mentor- Honors' College Thesis, 01/2012-12/2013
 Sarah Coggins, B.S. EXMS- Research Mentor, 08/2012-05/2013
 Jessica Donahue, B.S. EXMS- Research Mentor, 08/2012-05/2013
 Kelley Frick, D.P.T. - Research Mentor, 08/2012-05/2013
 Marley Ford, B.S. EXMS- Research Mentor, 07/2012-05/2013
 Heather Torrey, M.S. Dietetics- Committee Member, 05/2012-05/2013
 Dylan Bellavance, B.S. EXMS- Research Mentor, 01/2012- 05/2012
 Tim Flanagan, Post-Bac- Research Mentor, 08/2011-05/2013
 Jacob Hopkins, B.S. Biology- Research Mentor, 05/2011-07/2012
 Emily Loquine, B.S. EXMS- Research Mentor, 01/2012-05/2012
 Lauren Goddard, M. Ed.- Committee Member, 08/2011-05/2012
 Kate Leugers, M. Ed.- Research Mentor, 08/2011-05/2012
 Marissa Seablom, D.P.T.- Research Mentor, 08/2011-05/2012
 Hannah Wilder, B.S. EXMS- Research Mentor, 08/2011-05/2012
 Kelsey Gero, M.S. Dietetics- Committee Member, 05/2011-05/2012
 Payal Desai, B.S. EXMS- URECA Grant Mentor/Advisor, 02/2011-05/2012
 Kelsey Moran, B.S. EXMS- Research Mentor, 01/2011-05/2011
 Stephanie Freedom, B.S. EXMS- Research Mentor, 01/2011-05/2011

Service

University

2015-Present Exercise is Medicine on Campus leadership board
 2011-Present University Honors College Council & Honors College Council Curriculum Committee

College

2021-Present BHSC tenure track faculty search committee member
 2020-2021 CNHS Teaching workload task force member
 2017-2018 RMS Chair Search Committee member
 2016-Present CNHS Faculty Standards Committee member
 2014-2015 Review, Promotion, Tenure Guidelines Ad Hoc Committee
 2014-2015 Tenure-track Nursing Faculty Search Committee
 2010-2014 College of Nursing and Health Sciences Diversity Task Force

Department

2018-2019 EXSC Clinical Faculty Search Committee member
 2016-Present EXSC Club Advisor
 2015-2016 Tenure-track EXMS Faculty Search Committee co-chair
 2010-Present Exercise Science Curriculum Committee member

Professional

2018-Present ACSM Credentialed Evidence Analyst
 2017-Present Exercise is Medicine® USSP Pediatrics National Advisory Group
 2017-Present Exercise is Medicine® USSP on Campus National Advisory Group
 2017-Present RISE VT Scientific Advisory Board
 2016-Present American Heart Association Vermont Advocacy Committee

2014-Present American College of Sports Medicine-member
2013- Present Vermont Governor's Council on Physical Fitness & Sports-member
2012-2016 American Heart Association, Vermont Board of Directors- Board Member, Chair of the Community Action Committee, and member of the Leadership Development Committee
2005-2014 The Obesity Society- member
2005-2014 The Obesity Society Pediatric Obesity Section- member, abstract reviewer for the Pediatric Obesity Section

Community

2014- 2020 Guidelines Steering Committee for the National Cystic Fibrosis Foundation- member
2014- Present VT Cystic Fibrosis Center Family Advisory Board- member
2013- Present Colchester Wellness Group- member

Awards and Recognition

Kroepsch-Maurice Excellence in Teaching Award nominee, University of Vermont, 2017 and 2021
Vane Wilson Award, in recognition of excellent work and service in the field of human performance and health promotion, University of New Orleans, 2001
Louisiana State University, Department of Pediatrics, Pfizer Pharmaceutical Student Research Award, 1999
University of New Orleans, Student Leadership Award, 1995-96

Professional Affiliations & Certification

American College of Sports Medicine, member, 2000-2008, 2015-present
American College of Sports Medicine, Certified Exercise Physiologist, 2011-present
The Obesity Society, member, 2005-2014
The Obesity Society Pediatric Obesity Section, member, 2005-2014

Peer-reviewer for the following journals:

Translational Journal of the American College of Sports Medicine
Obesity
Childhood Obesity
Journal of Clinical Physiology
BioMed Central Pediatrics
Mental Health & Physical Activity
PLOS ONE
Brain Imaging & Behavior
Journal of Children & Media
American Journal of Preventive Medicine
Journal of Physical Activity & Health
SAGE Open
The Physician & Sports Medicine

BioMed Central Public Health
Journal of Obesity and Weight Loss Therapy
Proceedings of the National Conference on Undergraduate Research
Medicine & Science in Sports and Exercise
BioMed Central Research Notes
Acta Paediatrica
International Journal of Public Health