

Principal Investigator/Program Director (Last, First, Middle):

School of Advanced Studies
PhD Course in “AGEING and NUTRITION”

Monday 12 May 2008 at 11.00 a.m

Aula Magna
Department of MCA Biology
Via Gentile III da Varano

Health Related Body Composition Assessment

prof. Paul M. Ribisl

Wake Forest University
Winston-Salem USA

Invited by prof. Giancarlo Falcioni

SUMMARY

In this presentation, he will make the point that the most popular measure of body composition in health and medical research today is the Body Mass Index (BMI) despite the fact that it is an imprecise and misleading measure. Next, the most popular measure of body composition in the Health and Fitness community is percent body fat, despite that fact that fat percent alone is imprecise and misleading as a measure of health. Therefore, he will propose that we need to adopt measures that have been proven to be related to health and disease, morbidity and mortality. The measure that he will propose is the Waist to Hip Ratio. It is a simple and economical measure, it is reproducible, and it has been validated by a wealth of research. Yet, despite this fact, it has not been widely adopted.

BIOGRAPHICAL SKETCH

Provide the following information for the key personnel and other significant contributors in the order listed on Form Page 2.
Follow this format for each person. **DO NOT EXCEED FOUR PAGES.**

NAME Paul Morgan Ribisl		POSITION TITLE Professor and Chair, Health and Exercise Science Wake Forest University Winston-Salem, NC 27109	
eRA COMMONS USER NAME			
EDUCATION/TRAINING <i>(Begin with baccalaureate or other initial professional education, such as nursing, and include postdoctoral training.)</i>			
INSTITUTION AND LOCATION	DEGREE <i>(if applicable)</i>	YEAR(s)	FIELD OF STUDY
University of Pittsburgh, Pittsburgh, PA	BS	1960	Physical Education
Kent State University, Kent, OH	MS	1962	Exercise Physiology
University of Illinois, Champaign, IL	PhD	1966	Exercise Physiology



A. Positions and Honors. List in chronological order previous positions, concluding with your present position. List any honors. Include present membership on any Federal Government public advisory committee.

Positions

1966-1967	Assistant Professor, University of Illinois, Urbana, Illinois
1967-73	Assistant/Associate Professor, Kent State University, Kent, Ohio
1973-80	Associate Professor, Wake Forest University, Winston-Salem, NC
1975-present	Director, Wake Forest Cardiac Rehabilitation Program
1978-present	Associate in Medicine, Bowman Gray School of Medicine
1980-present	Professor, Wake Forest University, Winston-Salem, NC
1991-2007	Chair, Health and Exercise Science, Wake Forest University

Honors and Awards

Kappa Phi Kappa, National Education Honorary Fraternity, 1959
Fellow, American College of Sports Medicine, 1970
Fellow, American Association of Cardiovascular & Pulmonary Rehabilitation, 1986
Honorary Fellow Award, North Carolina Association of Cardiovascular and Pulmonary Rehabilitation, 1990
Service Award, Southeast Chapter, American College of Sports Medicine, 1991
Mini-Fellowship in Gerontology, Stanford University, 1997.
Distinguished Wake Forest Professorship, 2002.

B. Selected peer-reviewed publications (past 10 years).

Ribisl PM, Lang W, Jaramillo SA, Jakicic JM, Stewart KJ, Bahnson J, Bright R, Curtis JF, Crow RS, Soberman JE; the Look AHEAD Research Group. Exercise Capacity and Cardiovascular/Metabolic Characteristics of Overweight and Obese Individuals with Type 2 Diabetes. The Look AHEAD Study. *Diabetes Care*. 2007 Oct;30(10):2679-84.

Herbert, WG, DL Herbert, KJ McInnis, **PM Ribisl**, BA Franklin, M Callahan, AW Hood. Cardiovascular Emergency Preparedness in Recreation Facilities at Major US Universities: College Fitness Center Emergency Readiness. *Preventive Cardiology*. 2007; 10(3):1-6

The Look AHEAD Research Group. The Look AHEAD Study: A description of the lifestyle intervention and the evidence supporting it. *Obesity* 2006;14:737-752.

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Havlik RJ, Phillips CL, Brock DB, Lohman K, Haskell W, Snell P, O'Toole M, **Ribisl P**, Vaitkevicius P, Spurgeon HA, Lakatta EG, Pullen P. Walking may be related to less vascular stiffness in the Activity Counseling Trial (ACT) *American Heart Journal*. 150(2): 270-275, 2005.

Ribisl PM. The influence of physical activity on the obesity epidemic. *Proceedings: The Heart and Global Health. International Meeting on Preventive Cardiology. Forli, Italy. 97-106, 2004.*

Ribisl PM. Toxic "Waist" Dump: Our Abdominal Visceral Fat. *ACSM's Health & Fitness Journal*. 8(4): 22-25,2004.



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Ribisl PM. Darwin Was Wrong: The Thrifty Genotype and Demise of the Fittest. *ACSM's Health & Fitness Journal*. 8(2):19-21, 2004.

Ribisl PM. Obesity: The influence of genetics, diet, and physical activity. *Heart and Physical Exercise: Prevention and Rehabilitation*. Bologna: CLUEB Publishers, 2003.

Ribisl PM. Making sense out of the conflicting guidelines on health and weight. *ACSM's Health & Fitness Journal*. 7(6):20-22, 2003.

Ribisl PM. Exercise – The New Penicillin: Inflammation and Chronic Disease. *ACSM's Health & Fitness Journal*. 7(4): 2003.

Ribisl PM. Running Away From Disability. *ACSM's Health & Fitness Journal*. 7(2):29-31 2003.

Ribisl PM. Darwin was right: Only the fittest survive. *ACSM's Health & Fitness Journal*. 6(6):30-32 2002).

Ribisl PM. A slim chance in a fat world: Beating the odds on weight control. *ACSM's Health & Fitness Journal*. 6(4):31-34, 2002.

Ribisl PM. The Inclusive Chronic Disease Model: Reaching Beyond Cardiopulmonary Patients. In J Jobin, F Maltais, P Poirier, P LeBlanc, C Simard (Eds). *Advancing the Frontiers of Cardiopulmonary Rehabilitation*. Champaign, IL: Human Kinetics, 2002.

Ribisl PM. Appropriate Intervention Strategies for Weight Loss and Prevention of Weight Gain: Commentary on the ACSM Position Stand. *The American Journal of Medicine & Sports*. 4(1):70-72, 2002.

Ribisl PM. Book Review: Bouchard, C (ed) Physical Activity and Obesity. Champaign, IL: Human Kinetics, Inc, 2000. *The American Journal of Medicine & Sports*. 4(1):83, 2002.

Ribisl PM. The Next Obesity-Related Epidemic: Adult Onset Diabetes in Children. *ACSM's Health & Fitness Journal*. 6(2):29-31, 2002.

The Writing Group for the Activity Counseling Trial Research Group. Effects of Physical Activity Counseling in Primary Care. The Activity Counseling Trial: A Randomized Controlled Trial. *Journal of the American Medical Association*. 286:677-687, 2001.

McInnis KJ, WG Herbert, D Herbert, J Herbert, **PM Ribisl**, BA Franklin. Low Compliance with National Standards for Cardiovascular Emergency Preparedness at Health Clubs *Chest*. 120:283-288, 2001.

Ribisl PM, KJ McInnis, KJ Melanson, JM Rippe. The Next Y2K Problem—Obesity: Genes, Gluttony, or Sloth? *American Journal of Medicine & Sports*. 3:171-177, 2001.

Ribisl, PM. Exercise: The Unfilled Prescription. *American Journal of Medicine & Sports*. 3(1):13-21, 2001.

Havlik RJ, D Brock, K Lohman, W Haskell, P Snell, M O'Toole, **PM Ribisl**, P Vaitkevicius, HA Spurgeon, EG Lakatta, P Pullen. High-density lipoprotein cholesterol and vascular stiffness at baseline in the activity counseling trial. *American Journal of Cardiology*. 1;87(1):104-107, 2001.

Vitolins, MZ, Rand, CS, Rapp, SR, **Ribisl, PM**, Sevick, MA. Measuring adherence to behavioral and medical interventions. *Controlled Clinical Trials* 21:188S-194S, 2000.

C. Research Support

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Ongoing Research Support

U01 DK57136 (Mark Espeland, PI)
09/01/99 - 07/31/13 1month support calendar 2007

NIDDK
\$1,057,400

Look AHEAD: Action for Health in Diabetes Data Coordinating Center. Look AHEAD is a multi center randomized trial designed to test whether weight loss interventions can reduce the progression of carotid atherosclerosis and other health outcomes in a cohort of 6000 obese type 2 diabetics.

Role: Co-Investigator
RO1 HL 084767 (Shirley Moore, PI)
07/10/2006 - 03/31/2010
NIH
\$1,750,000

System CHANGE. Improving Long-term Exercise in Older Cardiac Patients.
SystemCHANGE, a novel intervention that focuses on environmental change uses System Improvement strategies to increase exercise, will be compared to CHANGE+ (an intervention based on contemporary cognitive behavioral strategies)

Role: Consultant

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