

Curriculum Vitae

John C. Spence, PhD

PERSONAL INFORMATION

NAME: John C. Spence

ADDRESS: Faculty of Physical Education & Recreation
3-113 Van Vliet Complex
University of Alberta
Edmonton, AB
T6G 2H9

TELEPHONE: (780) 492-1379 office

E-MAIL: jc.spence@ualberta.ca

CITIZENSHIP: Canadian

CURRENT OCCUPATION: Professor & Vice Dean
(since 2004) Faculty of Physical Education & Recreation
University of Alberta
Edmonton, AB

OTHER TITLES:

Senior Research Associate
Alberta Centre for Active Living
University of Alberta

Adjunct Researcher
Canadian Fitness and Lifestyle Research Institute
Ottawa, ON

Research Affiliate
Glenrose Rehabilitation Hospital
Edmonton, AB

LANGUAGE SKILLS: English = spoken-written

DATED: March 4, 2017

EDUCATION

- 1998 **PhD** Science, School of Graduate Studies, Concordia University, Montreal, QC.
Thesis: *Anabolic-androgenic steroids: A series of meta-analyses*
- 1991 **MA** Physical Education with specialization in Psychology of Sport, Department of Physical Education, McGill University, Montreal, QC.

Thesis: *Mood changes associated with anabolic-androgenic steroid use in male bodybuilders.*
- 1987 **BA** Psychology, Department of Psychology, McGill University, Montreal, QC.

PREVIOUS APPOINTMENTS

- 2016-present Vice Dean, Faculty of Physical Education and Recreation, **University of Alberta.**
- 2015-2016 Interim Vice Dean, Faculty of Physical Education and Recreation, **University of Alberta.**
- 2011-present Professor, Faculty of Physical Education and Recreation, **University of Alberta.**
- 2010-2015 Associate Dean (Research), Faculty of Physical Education and Recreation, **University of Alberta.**
- 2004-2011 Associate Professor, Faculty of Physical Education and Recreation, **University of Alberta.**
- 2001-2004 Assistant Professor, Faculty of Physical Education and Recreation, **University of Alberta.**
- 1998-2001 Senior Research Associate, Alberta Centre for Well-Being, Faculty of Physical Education and Recreation, **University of Alberta.**
- 1997-1998 Research Coordinator, Alberta Centre for Well-Being, Faculty of Physical Education and Recreation, **University of Alberta.**
- 1996-1997 Research Associate, Alberta Centre for Well-Being, Faculty of Physical Education and Recreation, **University of Alberta.**

FELLOWSHIPS & AWARDS

2013	Queen Elizabeth II Diamond Jubilee Medal
2011-2012	McCalla Professorship, University of Alberta
2009	Faculty Core Values Award, Faculty of Physical Education and Recreation, University of Alberta
2006	Award of Merit for Outstanding Research, Faculty of Physical Education and Recreation, University of Alberta
1998	Visiting Scholar (Central Queensland University, Rockhampton, Australia)
1993-1995	J. W. McConnell Memorial Fellowship (Concordia University)
1993	Young Scientist Award (Canadian Society for Psychomotor Learning and Sport Psychology)

TEACHING

Teaching and Supervision Summary

Supervision (since 2003)

Trainees	Supervisor	Supervisory Committee	Examining Committee	Total
Postdoctoral fellows	3			3
Doctoral	8	15	9	32
Master's	10	21	4	35
Master's (Course-based)	1			1
Total	22	36	13	71

Graduate Courses Taught (since 1996)

	Class Size	Times Taught
Scientific Inquiry and Quantitative Research Methodology	2-12	3
Measurement of Physical Activity and Sedentary Behaviour	4	2
Physical Activity and Health	2	2
Independent Study in Older Adults and Physical Activity	1	1
Introduction to Health Promotion Research	10-15	1
Psychological Foundations of Cardiovascular Rehabilitation	5-10	1
Social Cognitive Approaches to Health Promotion	5-20	17
Total		27

Undergraduate Courses Taught (since 1995)

	Class Size	Times Taught
Behavioural Medicine	40-60	3
Individual Dimensions of Health Promotion	50-60	2
Introduction to Recreation Scholarship	15-67	8
Psychomotor Behaviour	80-100	1
Total		14

Details of Student Supervision

Supervision

Postdoctoral Fellows

- 2015-present Lee, E. Y. (PhD). Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2010-2013 Cutumisu, N. (PhD). Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2010-2011 Pabayo, R. (PhD). Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

Doctoral Students

- 2011-present Stearns, J. (PhD). *An examination of peers, friendships, and movement behaviors in childhood and adolescence*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2009-2013 Glenn, N. (PhD). *In the queue for bariatric surgery: A phenomenology of waiting*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB. (co-supervision with Dr. Kim Raine)
- 2008-2015 Lee, E. Y. (PhD). *An examination of the association between pubertal maturation and decrease in physical activity among Korean adolescent girls*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2008-2009 Clark, M. (PhD). Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB. [Changed supervisors because of a shift in research interests]
- 2005-2012 Witcher, C. (PhD). *An investigation of rural older adult physical activity participation in Nova Scotia toward developing strategies to promote physical activity participation*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2004-2010 Taylor, L. M. (PhD). *An examination of potential influences on the success of prediabetes program provision: Qualitative and quantitative analyses*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB. (co-supervision with Dr. Kim Raine)
- 2003-2011 Lee, J.- G. (PhD). *Understanding the correlates of overweight and obesity among*

Korean-born and Canadian-born Korean Children: A cross-cultural comparison. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

2003-2010 Cutumisu, N. (PhD). *Movement-attractors and generic neighbourhood environment traits (MAGNET): The influence of urban form on physical activity.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

Master's Students

2016- Wohlers, B. (MA). **TBD**. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

2009-2011 Stearns, J. (MA). *Influence of urban form on pedometer-determined steps of children: A longitudinal study.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

2008-2009 Dutove, J. (MA). Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB. [Changed supervisors because of an interest in sport sociology]

2007-2009 Carson, V. (MA). *Exploring seasonal variation in children's physical activity.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

2006-2011 Wilson, L. (MSc). *Exercise adherence in heart failure: Applying the Theory of Planned Behaviour.* Centre for Health Promotion Studies, School of Public Health, **University of Alberta**, Edmonton, AB.

2006-2008 Clark, M. (MA). *In their shoes: Understanding the physical activity experiences of pre-adolescent girls.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

2005-2007 Moylan, B. (MA). *Identifying treatment challenges and preferences of overweight children and their families: A qualitative analysis.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

2004-2006 Burgess, J. (MA). *The effect of a corrective entreaty in a physical activity setting: Minimizing the intention-behaviour discrepancy.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

2003-2006 Lyons, J. (MA). *Evaluation of the Home Support Exercise Program: An Alberta example.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

2003-2005 Witcher, C. (MA). *Exploring the nature of physical activity participation of older adults in rural Newfoundland*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

Thesis Committee

Doctoral Students

- 2016-present Myrne, M. (PhD). **TBD**. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2015-present Ofosu, N. N. (PhD). *Maintenance of healthy eating and active living behaviors among adolescents following health promotion in childhood*. School of Public Health, **University of Alberta**, Edmonton, AB.
- 2015-present Jasper, L. (PhD). *Comparison of tools to measure energy expenditure in older adults following total knee arthroplasty*. Faculty of Rehabilitation Medicine, **University of Alberta**, Edmonton, AB.
- 2013-2016 Kushal, N. (PhD). *Establishing an exercise habit in new exercisers: A randomized controlled trial*. School of Exercise Science, Physical and Health Education, **University of Victoria**, Victoria, BC.
- 2008-2011 Tamminen, K. (PhD). *Understanding coping among adolescent athletes*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2004-2006 Karvinen, K. (PhD). *Exercise outcomes, prevalence, and determinants in a population-based sample of bladder cancer survivors*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2004-2008 Maea Hohepa (PhD). *Perceptions of physical activity, healthy eating, and obesity among Maori adolescents*. Division of Sport and Recreation, Faculty of Health, Auckland **University of Technology**, Auckland, NZ.
- 2003-2006 Fraser, S. (PhD). *Exploring social factors affecting health among cardiac rehabilitation patients*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2003 Gotwals, J. K. (PhD). *The Sport Perfectionism Scale: A validation study*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2003-2008 Murray, T. C. (PhD). *The nature of the relationship between multiple control beliefs*

and physical activity: Considering the role of socioeconomic status. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

- 2003 Williams, D. J. (PhD). *Release from the “Us vs. Them” prison: Granting freedom by giving voice to multiple identities in physical activity and offender rehabilitation.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2001-2003 Garcia Bengoechea, E. (PhD). *Significant others’ influences on young athletes’ motivation: A developmental systems perspective.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2000-2002 Jones, L. (PhD). *Examining the role of the oncologist in promoting physical exercise in persons diagnosed with cancer.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2000-2001 McGannon, K. R. (PhD). *Toward a theory of self and identity for investigating and understanding exercise adherence.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2000-2001 Rhodes, R. (PhD). *Relationships between exercise, neuroticism, extraversion, conscientiousness, and an extended model of the theory of planned behavior: A dissertation proposal.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

Master’s Students

- 2014-2016 Kreps, R. (MA). *The attainment and refinement of elite-level curling expertise: Commonalities and differences among Olympic and world champions.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2015-2016 Potter, M. (MA). *Longitudinal and cross-sectional associations between physical activity, screen time, and fitness in a sample of young children from Edmonton, Canada.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2014-2015 Mathieu, E. D. (MA). *Examining the associations between relatedness and motivational regulations within different exercise contexts: A self-determination theory perspective.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2015-present Hudson, B. W. (MA). **TBD**. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2015-present Campbell, E. (MSc). *Healthy public policy and childhood obesity:*

- Understanding the daily physical activity policy diffusion process in Canadian provinces.* School of public Health, **University of Alberta**, Edmonton, AB.
- 2009-2010 McLeod, N. (MA). *Mothers' experiences of sport.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2008-2009 Cunningham, C.-T. (MA). *Planning and providing physical activity opportunities for youth in Edmonton, Alberta.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2007-2008 Thompson, A. L. (MA). *Implementing daily physical activity in a junior high school: A case study.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2007-2008 Langille, J.-L. (MSc). *Social ecological perspective on the role of schools in physical activity promotion.* Centre for Health Promotion Studies, School of Public Health, **University of Alberta**, Edmonton, AB.
- 2006-2007 Sehn, Z. (MA). *Providing physical education and extra-curricular sport programs at an inner-city school.* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2005-2010 Jones, C. (MA). *Experiences of Grade 10 males in high school physical education.* Faculty of Education, **University of Alberta**, Edmonton, AB.
- 2004-2005 Thomson, M. (MSc). *Young adult snacking behaviors: The influence of television advertising.* Department of Public Health Sciences, Faculty of Medicine, **University of Alberta**, Edmonton, AB.
- 2004-2005 Malik, R. (MSc). *Impact of music on cerebral and muscle oxygenation during wheelchair exercise.* Department of Occupational Therapy, Faculty of Rehabilitation Medicine, **University of Alberta**, Edmonton, Alberta.
- 2004-2005 Vadgama, G. (MA). *Does affect mediate the relationship between regulation style and exercise adherence or dropout?* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2003-2005 Hemphill, E. (MA). *Obesogenic environments in urban Edmonton.* Centre for Health Promotion Studies, **University of Alberta**, Edmonton, AB.
- 2002-2004 Loitz, C. (MA). *Physical self-discrepancies and exercise participation* Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 2002-2003 Prodaniuk, T. (MA). *Physical activity behaviour of workplace employees: An ecological perspective.* Faculty of Physical Education and Recreation, **University of**

Alberta, Edmonton, AB.

- 2000 Zuck, N. (MA). *Decision latitude, self-determination, and participation in workplace health promotion programs*. Centre for Health Promotion Studies, **University of Alberta**, Edmonton, Alberta.
- 1999-2000 Fein, A. (MA). *Physical environments and physical activity in high school aged youth: An ecological approach*. Centre for Health Promotion Studies, **University of Alberta**, Edmonton, AB.
- 1998-1999 Bobick, T. (MSc). *Transtheoretical model and exercise behavior in breast cancer survivors*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.
- 1998-1999 Keats, M. (MSc). *Exercise and quality of life in adolescent cancer survivors*. Faculty of Physical Education and Recreation, **University of Alberta**, Edmonton, AB.

External Examiner

Doctoral Students

- 2015 Baldock, K. L. (PhD). *Neighbourhood environment and cardiometabolic risk: Perception and reality*. School of Health Sciences, **University of South Australia**, Adelaide, South Australia, Australia.
- 2015 Uys, M. (PhD). *Socio-ecological influences on physical activity in primary school Children: A view from South Africa*. Faculty of Health Sciences, **University of Cape Town**, South Africa.
- 2014 Mackay, L. (PhD). *Physical activity profiling of New Zealand adults: A study of adults with and without young children*. Human Potential Centre, **Auckland University of Technology**, Auckland, NZ.
- 2013 King, T. (PhD). *Associations between walking and neighbourhood destinations*. School of Population and Global Health, **University of Melbourne**, Melbourne, Victoria, Australia.
- 2013 Pillay, J. D. (PhD). *Steps that count: The use of pedometry for physical activity and health promotion in South Africa*. Department of Human Biology, **University of Cape Town**, Cape Town, South Africa.

- 2011 van Loon, J. (Ph.D.). *An examination of neighbourhood built and social environment influences on child physical activity patterns*. School of Community and Regional Planning, **UBC**, Vancouver, BC.
- 2008 Prince Ware, S., (PhD). *Built and social environmental determinants of physical activity, overweight, and obesity in City of Ottawa neighbourhoods*. Institute of Population Health, **University of Ottawa**, Ottawa, ON.
- 2007 Wang, F. (PhD). *Interrelations of overweight, school performance and self-esteem in elementary school children*. School of Public Health, **University of Alberta**, Edmonton, AB.
- 2002 Clarke, A. (PhD). *Promotion of physical activity among older adults*. School of Human Movement Studies, **University of Western Australia**, Perth, Australia.

Master's Students

- 2007 Ramos Salas, R. M. X. (MSc). *Healthy immigrant effect or global obesity epidemic?* Centre for Health Promotion Studies, **University of Alberta**, Edmonton, AB.
- 2005 Malik, R. (MSc). *Impact of music on cerebral and muscle oxygenation during wheelchair exercise*. Department of Occupational Therapy, Faculty of Rehabilitation Medicine, **University of Alberta**, Edmonton, AB.
- 2000 Hampe, T. (MSc). *Extracurricular activity participation: Relationships with social determinants of health and health outcomes, and facilitators and barriers to participation*. Department of Public Health Sciences, Faculty of Medicine, **University of Alberta**, Edmonton, AB.
- 1998 Dryden, D. (MSc). *Epidemiology of women's recreational ice hockey injuries*. Department of Public Health Sciences, Faculty of Medicine, **University of Alberta**, Edmonton, AB.

Undergraduate Honours Students

- 2003 Duncan, M. (BHMSc). *Psychosocial and environmental factors associated with physical activity among city-dwellers in regional Queensland*. School of Health and Human Performance, **Central Queensland University**, Rockhampton, Australia.

RESEARCH

Research Grants

Decisions Pending:

- 2016-2018 Carson, V., Rhodes, R., Rinaldi, C., Rodgers, W., **Spence, J. C.**, & Hesketh, K. The role of parents in establishing healthy physical activity and sedentary behaviour habits in young children over time. *Reproductive and Child Health start-up grant, Institute of Human Development, Child and Youth Health, Canadian Institutes of Health Research* (\$300,000).
- 2017-2018 Tremblay (PI), M.S., Carson, V. (Co-PI), Duggan, M. (Co-PI), Adamo, K., Birken, C., Choquette, L., Faulkner, G., Goldfield, G., Gray, C., Janssen, I., Janssen, X., LeBlanc, C., Okely, T., Poitras, V., Rayner, M.-E., Reilly, J., Rodin, R., Sampson, M., **Spence, J. C.**, Timmons, B., & Welsh, F. Update of the Canadian Physical Activity Guidelines for the Early Years. Submitted to *Knowledge Synthesis Grant, Canadian Institutes of Health Research* (\$100,000).

External Funding:

Principal Investigator

- 2013-2015 **Spence, J. C.**, McHugh, T. –L., Sprysak, C., & Veugelers, P. The impact of a provincial tax credit on children’s physical activity in Alberta. *Operating Grant: Population Health Intervention Research, Canadian Institutes of Health Research* (\$190,471).
- 2009-2012 **Spence, J. C.**, & Holt, N. L. The Playscapes Study: Where do the children play? *Standard Research Grant, Social Sciences and Humanities Research Council of Canada* (\$104,610).
- 2009 **Spence, J. C.**, Washington, M., Ball, G., & Malette, L. Planning and developing a study on the determinants of childhood obesity in Botswana. *Canadian Institutes of Health Research* (\$10,000).
- 2007-2010 **Spence, J. C.**, Frank, L., Boule, N., Ball, G., Veugelers, P., & Predy, G. A longitudinal study of environmental determinants of overweight among children: The SHAPES of things to come. *Team Grants in the Area of Built Environment, Obesity and Health - Heart and Stroke Foundation of Canada and Canadian Institutes of Health Research* (\$433,500).
- 2007-2008 **Spence, J. C.**, Brawley, L. R., Tremblay, M., Plotnikoff, R., Craig, C., Chad, K., Faulkner, G., & Bauman, A. The “new generation” ParticipACTION: A baseline assessment of knowledge, awareness, understanding and the physical activity of Canadians. *Intervention Research Grant with Rapid Review: Healthy Living and Chronic Disease Prevention, Canadian Institutes of Health Research* (\$99,776).
- 2007-2008 **Spence, J. C.**, Blanchard, C., Holt, N. L., Murnaghan, D & Lyons, R. Determinants of physical inactivity among older adults in rural Atlantic Canada. *Planning and Development Grant - Canadian Institutes of Health Research* (\$93,860).
- 2005-2008 **Spence, J. C.**, Plotnikoff, R. C., & Blanchard, C. Neighbourhood correlates of walking: The Fitscape Project. *Standard Research Grant – Social Sciences and Humanities Research Council* (\$124,496).
- 2005-2006 **Spence, J. C.**, Predy, G., Casey, L., & Boule, N. Growth assessment study of preschool children: Establishing a longitudinal cohort. *Pilot Grant - Canadian Institutes of Health Research and the Heart and Stroke Foundation of Canada* (\$48,795).
- 2004-2005 **Spence, J. C.**, Wild, C., McGannon, K. R., Raine, K., Martin, K., Szeman, I., & Finkelstein, E. Media influences on physical activity and nutrition: An ecological approach. *Planning and Development Grant, Canadian Institutes of Health Research*

and the Heart and Stroke Foundation of Canada (\$83,600).

- 2003-2004 **Spence, J. C.**, Plotnikoff, R. C., McCargar, L., Rodgers, W., & Martin Ginis, K. Content refinement and testing of primary questions: A pilot test of *Canada on the Move*. Canadian Institutes of Health Research and the University of Alberta (\$4,000).
- 2003 **Spence, J. C.**, Raine, K., Craig, C., Tomic, K., & Predy, G. Centre for Research Development: Obesity and the Environment. Seed Funding, Canadian Institutes of Health Research (\$10,000).
- 2002-2004 **Spence, J. C.**, Wild, C., Courneya, K. S., Cave, A., & Blasetti, C. A randomised trial of physical activity advice provided by general practitioners using negative and positive health messages. Health Research Fund - Alberta Heritage Foundation for Medical Research (\$71,000).
- 2002-2003 **Spence, J. C.**, & Wild, T. C. The incidence and context of obesogenic behaviors in popular movies, 1952-2001. Pilot Project Grant - Canadian Institutes of Health Research (\$42,187).

Co-Principal Investigator

- 2012-2014 Faulkner, G., **Spence, J. C. (Co-PI)**, Berry, T., Cameron, C., Deshpande, S., Latimer, A., Plotnikoff, R., Rhodes, R., & Tremblay, M. ParticipACTION after 5 years: Assessing impact on the promotion of physical activity and the behaviour of Canadians. Operating Grant, Canadian Institutes of Health Research (\$198,390).
- 2005-2006 Holt, N., & **Spence, J. C.** Children's mental representations of urban physical activity environments. Centre for Urban Health Initiatives, University of Toronto (\$9,792).
- 1995-1997 Gauvin, L., & **Spence, J. C.** Exercise, well-being and adherence. Research Contribution Fund - Canadian Fitness and Lifestyle Research Institute (\$33,934).
- 1992-1994 Gauvin, L., & **Spence, J. C.** Drug and alcohol use among athletes: A national survey. Applied Sport Research Program Grant - Sport Canada (\$28,669).

Co-Investigator

- 2016-2017 Tremblay (PI), M.S., Carson, V. (Co-PI), Duggan, M. (Co-PI), Gray, C., Sampson, M., Connor Gorber, S., Adamo, K. Antunes, E., Birken, C., Choquette, L., Costas-Bradstreet, C., Culbert, I., Faulkner, G., Goldfield, G., Hartnell, C., Janssen, I., Janssen, X., LeBlanc, C., Okely, T., Poitras, V., Rayner, M.-E., Reilly, J., Rodin, R., **Spence, J. C.**, Timmons, B., Welsh, F., & Zehr, L. Update of the Canadian Sedentary Behaviour Guidelines for the Early Years. *Knowledge Synthesis Grant, Canadian Institutes of Health Research* (\$100,000).
- 2015-2017 McHugh, T.-L., & **Spence, J. C.** Linking sport research and policy: An exploration of how Traditional Inuit and Dene games can support the goals of Sport Canada. *Sport Participation Research Initiative, Sport Canada* (\$73,185.00).
- 2014-2017 Mandic, S., Moore, A., Williams, J. & **Spence, J.** Built Environment and Active Transport to School: BEATS Parental Survey. *Health Research Council of New Zealand - Emerging Researcher Grant* (\$149,941 NZD).
- 2014-2016 Mandic, S., Moore, A., Williams, J., & **Spence, J. C.** Built Environment and Active Transport to School: BEATS Student Survey. *Lottery Health Research Grant, New Zealand* (\$30,000 NZD).
- 2014-2015 Carson, V., Rhodes, R., Rinaldi, C., Rodgers, W., **Spence, J. C.**, & Hesketh, K. (2014). The role of parents in establishing healthy physical activity and sedentary behaviour habits in young children. *Reproductive and Child Health start-up grant, Institute of Human Development, Child and Youth Health, Canadian Institutes of Health Research* (\$100,000).
- 2014-2015 Carson, V., Wiebe, S., **Spence, J. C.**, Friedman, A., Tremblay, M. S., Down, J., Schmidt, K., Rahman, A. A., & Slater, L. Dose-response relationships between physical activity, sedentary behaviour, and neurocognitive development among children of the early years. *Alberta Centre for Child, Family, & Community Research – Brain and Early Childhood Development Research and Knowledge Translation Initiative* (\$30,000).
- 2014-2015 Moore, A., Mandic, S., **Spence, J.**, Garcíá Bengoechea, E., & Williams, J. Built Environment and Active Transport to School (BEATS) Student Survey: GIS Analysis. *National Heart Foundation of New Zealand Small Project Grant* (\$13,498 NZD).
- 2012-2013 Holt, N. L., Down, J., Clark, A., Slater, L., **Spence, J. C.**, Tamminen, K. A. Qual-Play: A qualitative meta-synthesis of active free play research. *Knowledge Synthesis Grant, Canadian Institutes of Health Research* (\$87,534).

- 2012-2013 Faulkner, G., Costas-Bradstreet, C., Berry, T., Deshpande, S., Latimer, A., Rhodes, R., **Spence, J. C.**, & Tremblay, M. Active 20/20: Developing an evaluation plan for a national physical activity policy. *Planning Grants, Canadian Institutes of Health Research* (\$24,012).
- 2012-2013 Shubair, M. **Spence, J. C.**, Patrick, D., & Kerr, J. Workplace-designed health promotion interventions of natural resource industry occupations in northern British Columbia. *Planning Grants, Canadian Institutes of Health Research* (\$15,000).
- 2012-2015 Berry, T., **Spence, J. C.**, Rodgers, W., McGannon, K. R., Norris, C., & Courneya, K. Pink Ribbons and Red Dresses: The relationship between disease awareness campaigns, health-related cognitions and perceptions of preventive behaviours. *Operating Grant, Canadian Institutes of Health Research* (\$307,800).
- 2011-2013 Finegood, D., Calitz, C., Maloff, B., McDonald, N., Sacher, P., Raine, K., & **Spence, J. C.** Scale-up and spread of MEND programs in Canada. *Operating Grant: Population Health Intervention Research, Canadian Institutes of Health Research* (\$100,000).
- 2011-2012 Tremblay, M., Timmons, B., Connor Gorber, S., Janssen, I., Kho, M., Sampson, M., **Spence, J. C.**, Duggan, M., Munro, Y., & Murumets, K. Development of Canadian physical activity guidelines for pre-school aged children. *Knowledge Synthesis Grant, Canadian Institutes of Health Research* (\$100,000).
- 2010-2016 Richard, D., Ciaflone, K., Deshaies, Y., Despres, J.-P., Godin, G., Marette, A., Perusse, L., Picard, F., Poirier, P., **Spence, J. C.**, Tremblay, A., & Raine, K. Training Program in Obesity / Healthy Body Weight Research. *Canadian Institutes of Health Research* (\$1,950,000).
- 2009-2012 Blanchard, C.M., Lyons, R., Rainham, D., Murnaghan, D., Rhodes, R.E., Giacomantonio, N., Young, W., Reid, R., Kirkland, S., & **Spence, J.C.** Environmental Physical activity cOrrelates after Cardiac Hospitalization. *Canadian Institutes of Health Research, Institute of Gender and Health, Strategic Research Initiative in the Prevention of Cardiovascular and Respiratory Diseases* (\$484,988).
- 2009-2012 Ball, G., Sharma, A., Holt, N., **Spence, J. C.**, Newton, M., Rosychuk, R., Beaulieu, C., Mitchell, L., Keaschuk, R., Jetha, M., Lafrance, R. Pediatric weight management: Advancing the evidence in family-centered care. *The Emerging Research Teams Grant Program Faculty of Medicine and Dentistry / Alberta Health Services (Edmonton Area)* (\$294,000).
- 2009-2012 Berry, T., & **Spence, J. C.** Examining public health and commercial physical activity advertisements: The roles of attention, believability and personal relevance. *Standard Research Grant, Social Sciences and Humanities Research Council of Canada* (\$100,065).

- 2008-2011 Blanchard, C. M., Dechman, G., Hernandez, P., **Spence, J. C.**, McGannon, K., & Rhodes, R. E. Explaining gender differences during and after pulmonary rehabilitation using a mixed-methods social ecological approach. *Standard Research Grant, Social Sciences and Humanities Research Council of Canada* (\$146,000).
- 2007-2010 Blanchard, C.M., Giacomantonio, N., Rhodes, R., Reid, R., **Spence, J.C.**, & McGannon, K.M. (2007). Why aren't women engaging in as much exercise during and after cardiac rehabilitation as men? A social ecological perspective. *Grant in aid, Heart and Stroke Foundation of Nova Scotia* (\$142,192).
- Dr. Greg Ferrier Award (Highest Ranked Grant) - \$5,000.00
- 2007-2010 Berry, T., **Spence, J. C.**, Nykiforuk, C., Blanchard, C., Predy, G., & Marko, J. A longitudinal examination of the relationship between the built environment, physical activity, and social factors within the Capital Health Region of Alberta. *Team Grants in the Area of Built Environment, Obesity and Health - Heart and Stroke Foundation of Canada and Canadian Institutes of Health Research* (\$353,410).
- 2007-2010 Nykiforuk, C., Raine, K., Schopflocher, D., Vallianatos, H., Plotnikoff, R. C., & **Spence, J. C.** Obesity Prevention & the Built Environment: Examining Opportunities & Barriers in Four Alberta Communities. *Team Grants in the Area of Built Environment, Obesity and Health - Heart and Stroke Foundation of Canada and Canadian Institutes of Health Research* (\$567,397).
- 2007-2008 Faulkner, G., Plotnikoff, R., Chad, K., Tremblay, M., **Spence, J. C.**, Brawley, L. R., & Bauman, A. The "New Generation" ParticipACTION: Baseline assessment of national organizational capacity. *Intervention Research Grant with Rapid Review: Healthy Living and Chronic Disease Prevention, Canadian Institutes of Health Research* (\$99,885).
- 2007-2009 McCargar, L., Plotnikoff, R. C., Raine, K., **Spence, J. C.**, Burger, J., & Svenson, L. Surveillance of the Health of Alberta Youth – A Web-based Survey of Physical Activity and Nutrition (Web SPAN). *Grant in Aid - Alberta Centre for Child, Family, & Community Research* (\$86,255).
- 2007-2008 Berry, T. R., Plotnikoff, R. C., & **Spence, J. C.** Evaluation of the Healthy U Initiative – Refocus on Seniors. *Intervention Research Grant with Rapid Review: Healthy Living and Chronic Disease Prevention, Canadian Institutes of Health Research* (\$98,084).
- 2006-2009 Berry, T., & **Spence, J. C.** An examination of automatic processes underlying physical activity choices: Attentional bias, stereotypes and habitual behavior. *Standard Research Grant – Social Sciences and Humanities Research Council of Canada* (\$66,791).

- 2006-2009 Blanchard, C. M., Lyons, R., Giacomantonio, N., Rhodes, R., Reid, R., **Spence, J. C.**, & Murnaghan, D. Using a social ecological approach to explain exercise behavior from a gender perspective in cardiac patients not attending cardiac rehabilitation in Nova Scotia. *Health Research Project Grant - Nova Scotia Health Research Foundation* (\$150,000).
- 2006-2007 Ball, G., & **Spence, J. C.** A national think tank for health services delivery and research in pediatric weight management. *INMD Workshop Grant - Canadian Institutes of Health Research* (\$15,000).
- 2006-2007 Willows, N., Veugelers, P., Raine, K., McCargar, L., & **Spence, J. C.** Prevalence and correlates of food insecurity in Aboriginal peoples living off-reserve. *Canadian Institutes of Health Research* (\$33,599).
- 2006-2007 Holt, N. L., **Spence, J. C.**, Ball, G. D. C., Newton, A. S., & Lerner, R. M. Positive youth development through physical activity and sport: The experiences of children in a low-income inner city Edmonton community. *Alberta Centre for Child, Family, & Community Research* (\$93,728).
- 2005-2006 Holt, N., **Spence, J. C.**, & Ball, G. Treatment preferences of overweight children and their parents. *Pilot Grant - Canadian Institutes of Health Research and the Heart and Stroke Foundation of Canada* (\$47,605).
- 2005-2008 Blanchard, C., Reid, R., **Spence, J. C.**, McGannon, K., Edwards, N., & Rhodes, R. Social ecological determinants of exercise during home-based cardiac rehabilitation: Should gender be considered? *Standard Research Grant – Social Sciences and Humanities Research Council of Canada* (\$145,000).
- 2005-2011 Drummond, J., Browne, G., Klassen, T., Bisanz, J., Kovacs-Burns, K., Williamson, D., Skrypnik, B., **Spence, J. C.**, Reutter, L., Paulsen, B., Everall, R., Schnirer, L., Wilson, D., Smythe, J., Mayan, M., Feehan, R., & Gray, E. Families First Edmonton: The comparative effects and expense of four approaches to augmenting services for low-income families. *Randomized Controlled Trials - Canadian Institutes of Health Research* (\$3,086,702).
- 2005-2007 McCargar, L., Raine, K., Plotnikoff, R. C., **Spence, J. C.**, & Schwartz, M. Web-survey of physical activity and nutrition (Web-SPAN). *Alberta Heritage Foundation for Medical Research (AHFMR)* (\$92,840).
- 2004-2007 Tomic, K., **Spence, J. C.**, & Raine, K. Charting the foodscape: Dietary options and food imagery in Edmonton communities. *Standard Research Grant – Social Sciences and Humanities Research Council of Canada* (\$100,556).
- 2003-2008 Raine, K., Plotnikoff, R. C., Wild, T. C., Willows, N., Church, J., McCargar, L., & **Spence, J. C.** An ecological perspective on the promotion of healthy weights.

Obesity/Healthy Body Weights: New Emerging Teams (NET) Program, Canadian Institutes of Health Research (\$1,500,000).

- 2001-2004 Plotnikoff, R. C., Birkett, N. J., Courneya, K. S., Marcus, B. H., & **Spence, J. C.** A randomized control trial of worksite physical activity interventions in Alberta. *Canadian Institutes of Health Research (\$200,909).*
- 1999-2001 Thompson, L., **Spence, J. C.**, Mandigo, J., Marshall, D., Causgrove Dunn, J., Schwartz, M., & Melnychuk, N. Physical education in Alberta schools. *Grants-in-Aid - Alberta Advisory Committee for Educational Studies (AACES), Calgary, Alberta (\$4,540).*
- 1998-2000 Gauvin, L., Richard, L., Potvin, L., Craig, C. L., Quinney, H. A., **Spence, J. C.**, & Dassa, C. Public health infrastructure, policies, and practices for the promotion of physical activity in Canada. *National Health Research and Development Program (NHRDP), Health Canada, Ottawa (\$153,018).*

Internal Funding:

Principal Investigator

- 2016-2017 **Spence, J. C.** KidSport evaluation project: Exploring options. *SSHRC Support for Research grant, University of Alberta* (\$5,000).
- 2009 **Spence, J. C.** A cross-cultural study of obesity risk among children living in Korea and Canada. *U of A Korea Project Fund, University of Alberta International* (\$3,370).
- 2007-2008 **Spence, J. C.** Applying Space Syntax to an Analysis of Walkable Neighbourhoods. *Killam Research Fund* (\$9,600).
- 2004-2005 **Spence, J. C.** Behavioural effect of activating the overweight stereotype. *Small Faculties Research Grant - University of Alberta* (\$4,035).
- 2003-2004 **Spence, J. C.** Height, weight, and nutritional status in Canada, 1885-1900. *Humanities, Fine Arts, and Social Sciences Research Grant - University of Alberta* (\$4,750).
- 2002-2003 **Spence, J. C., & Plotnikoff, R. C.** Development of the Canadian Physical Activity Questionnaire (C-PAQ). *Small Faculties Research Grant - University of Alberta* (\$1,704).
- 1999-2000 **Spence, J. C., & Thompson, L.** Physical education in Alberta. *Small Faculties Research Grant - University of Alberta* (\$2,246).

Co-Principal Investigator

- 1997-1999 Voaklander, D., Francescutti, L., & **Spence, J. C.** The epidemiology of women's recreational ice hockey injuries. *Women's Health Research Grant - Perinatal Research Centre, University of Alberta* (\$19,059).
- 1997-1998 Rodgers, W., **Spence, J. C., & Watkinson, J.** Do perceptions of inclusion moderate the relationship between domain specific competencies and global self-esteem? *Small Faculties Research Grant - University of Alberta* (\$3,596.75).

Co-investigator

- 2007-2008 Maraj, B., **Spence, J. C.,** Holt, N., Berry, T., Boule, N., & Young, B. The influence of environmental factors on the mobility and health of Alberta seniors. *Research Development Grant- Alberta Centre for Aging, University of Alberta* (\$4000).

Equipment Grants

1999 **Spence, J. C.** Comprehensive Meta-Analysis software. *Small Faculties Equipment Grant* - University of Alberta (\$1,220).

Travel Grants

2006 **Spence, J. C.** North American Society for Psychology of Sport and Physical Activity, Denver, CO. *Humanities, Fine Arts and Social Sciences Research (HFASSR) Travel Grant* - University of Alberta (\$800).

2002 **Spence, J. C.** International Congress of Behavioural Medicine, Helsinki, Finland. *AHFMR Travel Grant* - University of Alberta (\$2,000).

2002 **Spence, J. C.** International Congress of Behavioural Medicine, Helsinki, Finland. *Small Faculties Travel Grant* - University of Alberta (\$2,500).

2001 **Spence, J. C.** Canadian Society for Psychomotor Learning and Sport Psychology, Montreal, QC. *Humanities, Fine Arts and Social Sciences Research (HFASSR) Travel Grant* - University of Alberta (\$600).

2001 **Spence, J. C.** Cooper Institute Conference, Dallas, TX. *AHFMR Travel Grant* - University of Alberta (\$1,500).

1999 **Spence, J. C.** American College of Sports Medicine Conference, Seattle, WA. *Small Faculties Travel Grant* - University of Alberta (\$550).

Conference Grants

1999 **Spence, J. C.** Conversations in Dissemination, Edmonton, AB. *University Conference Fund* – University of Alberta (\$745).

Research Contracts

- 2016-2019 **Spence, J. C.**, & McHugh, T.-L. Fort Providence Pilot Project – Phase 2. *Contract, Public Works and Services, Sport, Recreation and Youth, Government of the NWT* (\$134,992.00).
- 2015-2016 Edwards, P., **Spence, J. C.**, & Costas Bradstreet, C. Environmental scan: Existing and emerging federal, provincial and territorial government policies, programs and investments in physical activity. *Federal/Provincial/Territorial Physical Activity and Recreation Committee (F/P/T PARC)* (\$4,983).
- 2013-2015 **Spence, J. C.**, & McHugh, T.-L. Fort Providence Pilot Project. *Contract, Public Works and Services, Sport, Recreation and Youth, Government of the NWT* (\$118,799).
- 2009-2010 **Spence, J. C.**, Elliott, C., Storey, K., Faulkner, G., Berry, T., & LeBel, J. Assessing the impact of the Health Check Food Information Program. *Heart and Stroke Foundation of Canada* (\$149,502).
- 2005-2006 Raine, K., **Spence, J. C.**, Church, J., Boulé, N., Slater, L., Marko, J., & Gibbons, K. State of the evidence review on urban health – Healthy weights. *Canadian Population Health Initiative (CPHI), Canadian Institute for Health Information (CIHI), Ottawa, ON* (\$123,665).
- 2005 Craig, C. L., Cragg, S., **Spence, J. C.**, & Plotnikoff, R. C. Evaluation of the impact of daily physical activity on students' health and attitudes. *System Improvement and Reporting Division, Alberta Learning, Edmonton AB* (\$149,100).
- 2001 **Spence, J. C.** Compilation of evidence of effective active living interventions: A case study approach. *Health Canada, Ottawa* (\$24,000).

SCHOLARLY WORKS

* Supervised graduate students are underlined.

Peer-Reviewed Publications

Submitted

1. **Spence, J. C.**, Faulkner, G., Lee, E. Y., Berry, T., Cameron, C., Deshpande, S., Latimer-Cheung, A., Rhodes, R. & M. S. (2017, January). *Awareness of ParticipACTION among*

Canadian adults: A 7-year cross-sectional follow-up. Manuscript submitted for publication [Chronic Diseases in Canada].

2. Berry, T., Jones, K. E., Courneya, K. S., McGannon, K. R., Norris, C. M., Rodgers, W. R., & **Spence, J. C.** (2016). *Implicit and explicit believability of breast cancer and heart disease prevention messages.* Manuscript submitted for publication [Psychology, Health, and Medicine].
3. Carson, V., Rhodes, R. E., Rinaldi, C., Rodgers, W., **Spence, J. C.**, & Hesketh, K. D. (2016, August). *Reliability of a parental questionnaire for assessing correlates of physical activity and sedentary behavior among toddlers.* Manuscript submitted for publication [Measurement in Physical Education and Exercise Science].
4. Curtin, K. D., Berry, T. R., Courneya, K. S., McGannon, K. R., Norris, C. M., Rodgers, W. M., & **Spence, J. C.** (2017, March). *Investigating relationships between ancestry, lifestyle behaviors, and perceptions of heart disease and breast cancer among Canadian women with British and South Asian ancestry.* Manuscript submitted for publication [European Journal for Cardiovascular Nursing].
5. Jennings, C., Berry, T. R., Carson, V. S., Culos-Reed, N., Duncan, M. J., Loitz, C. C., McCormack, G. R., McHugh, T.-L. F., **Spence, J. C.**, Vallance, J. K., Mummery, W. K. (2017, January). *UWALK: A RE-AIM evaluation of a multi-strategy, community-wide physical activity program using e- and m-health dissemination.* Manuscript submitted for publication [Translational Behavioral Medicine].
6. Lee, E. Y., Carson, V., & **Spence, J. C.** (2017, January). *Pubertal development, physical activity and sedentary behaviour among South Korean adolescents.* Manuscript submitted for publication [Acta Gymnica].
7. Lee, E.-Y., Myre, M., Hwang, J., Chun, H., Seo, E., Pabayo, R., & Spence, J. C. (2016, November). *Association between body weight over-perception and depressed mood among young South Korean adults: The role of physical activity.* Manuscript submitted for publication [Global Health Research and Policy].
8. Loitz, C. C., Stearns, J. A., Fraser, S. N., Storey, K., & **Spence, J. C.** (2017, March). *Network analysis of inter-organizational relationships and policy use among active living organizations in Alberta, Canada.* Manuscript submitted for publication [BMC Public Health].
9. Matteson, C. L., Withers, Sacher, P., **Spence, J. C.**, K., Raine, K. R., & Finegood, D. T. (2017, Feb). *Assessing the scale-up and spread of Mind, Exercise, Nutrition...Do it! (MEND) programs in Canada.* Manuscript submitted for publication [BMC Public Health].

10. Stearns, J. A., Carson, V., **Spence, J. C.**, Faulkner, G., & Leatherdale, S. (2016). *The role of negative peer experiences in the physical activity and screen time of adolescents: A cross-sectional study*. Manuscript submitted for publication [BMC Pediatrics].

In press

1. Balish, S., Dechman, G., Hernandez, P., **Spence, J. C.**, Rhodes, R. McGannon, K. & Blanchard, C. (in press). The relationship between weather and objectively measured physical activity among individuals with COPD. *Journal of Cardiopulmonary Rehabilitation and Prevention*.
2. Clark, M. I., McGannon, K. R., Berry, T., Norris, C., Rodgers, W., & **Spence, J. C.** (in press). Taking a hard look at the Heart Truth Campaign in Canada: A discourse analysis. *Journal of Health Psychology*.
3. Kaushal, N., Rhodes, R. E., Meldrum, J. T., & **Spence, J. C.** (in press). The role of habit in different phases of exercise. *British Journal of Health Psychology*.
4. Potter, M., **Spence, J. C.**, Boule, N., Stearns, J., & Carson, V. (in press). Associations between physical activity, screen time, and fitness among 6- to 10-year old children living in Edmonton, Canada. *Applied Physiology, Nutrition, and Metabolism*.
5. Spence, N., Newton, A. S., Keaschuk, R. A., Ambler, K. A., Jetha, M. M., Holt, N. L., Rosychuk, R. J., **Spence, J. C.**, Sharma, A. M., & Ball, G. D. C. (in press). Predictors of short- and long-term attrition from the Parents as Agents of Change (PAC) randomized controlled trial for managing pediatric obesity. *Journal of Pediatric Health Care*.

2017

6. **Spence, J. C.**, Rhodes, R., & Carson, V. (2017). Challenging the dual-hinge approach to intervening on sedentary behaviour. *American Journal of Preventive Medicine*, 52(3), 403-406. <http://dx.doi.org/10.1016/j.amepre.2016.10.019>
7. Kaushal, N., Rhodes, R. E., **Spence, J. C.**, & Meldrum, J. T. (2017). Increasing physical activity through principles of habit formation in new gym members: A randomized-controlled trial. *Annals of Behavioral Medicine*. [doi:10.1007/s12160-017-9881-5](https://doi.org/10.1007/s12160-017-9881-5)
8. Lee, E. Y., **Spence, J. C.** & Carson, V. (2017). Television viewing, reading, physical activity and brain development among young South Korean children. *Journal of Science and Medicine in Sport*. <http://dx.doi.org/10.1016/j.jsams.2016.11.014>
9. Luciani, A., White, L., Berry, T. R., Deshpande, S., Latimer-Cheung, A., O'Reilly, N., **Spence, J. C.**, Rhodes, R. E., Tremblay, M. S., & Faulkner, G. (2017). Sports day in Canada:

Examining the benefits for event organizers (2010-2013). *International Journal of Health Promotion and Education*, 55(2), 66–80. <http://dx.doi.org/10.1080/14635240.2016.1217164>

10. Mandic, S., García Bengoechea, E., Coppell, K., & **Spence, J. C.** (2017). Clustering of (un)healthy behaviours and weight status in adolescents from Dunedin, New Zealand. *American Journal of Health Behavior*, 41(3), 266-275.
11. Martin Ginis, K., Heisz, J., **Spence, J. C.**, Clark, I. B., Antflick, J., Ardern, C. I., Costas-Bradstreet, C., Duggan, M., Hicks, A., Latimer-Cheung, A., Middleton, L., Nylen, K., Paterson, D. H., Pelletier, C., Rankin, K., & Rotondi, M. (2017). Formulation of evidence-based messages to promote the use of physical activity to prevent and manage Alzheimer's disease. *BMC Public Health*, 17:209. DOI 10.1186/s12889-017-4090-5
12. Min, J. H., Lee, E.-Y., **Spence, J. C.**, & Jeon, J. Y. (2017). Physical activity, weight status and psychological well-being among a very large national sample of South Korean adolescents. *Mental Health and Physical Activity*, 12, 44-49.

2016

13. Barnes, J. D., Cameron, C., Carson, V., Chaput, J. P., Faulkner, G. E. J., Janson, K., Janssen, I., Kramers, R., LeBlanc, A. G., **Spence, J. C.**, & Tremblay, M. S. (2016). Results from Canada's 2016 ParticipACTION Report Card on Physical Activity for Children and Youth. *Journal of Physical Activity and Health*, 13 (Suppl 2), S110-S116.
14. Berry, T. R., Curtin, K., Courneya, K., McGannon, K. R., Norris, C. M., Rodgers, W. M., & **Spence, J. C.** (2016). Heart disease and breast cancer perceptions: Ethnic differences and relationship to attentional bias. *Health Psychology Open*, 3: 2055102916657673. doi:10.1177/2055102916657673
15. Carson, V., Hunter, S., Kuzik, N., Wiebe, S. A., **Spence, J. C.**, Friedman, A., Tremblay, M. S., Slater, L., & Hinkley, T. (2016). A systematic review of physical activity and cognitive development in early childhood. *Journal of Science and Medicine in Sport*, 19, 573-578. [doi:10.1016/j.jsams.2015.07.011](https://doi.org/10.1016/j.jsams.2015.07.011).
16. Champion, C. C., Kingsley, B., **Spence, J. C.**, & Berry, T. R. (2016). Pink Ribbons and Red Dresses: A mixed methods content analysis of media coverage of breast cancer and heart disease. *Health Communication*. DOI: 10.1080/10410236.2015.1050082
17. Gainforth, H., Jarvis, J., Berry, T., Deshpande, S., Faulkner, G., Rhodes, R., **Spence, J. C.**, Tremblay, M., & Latimer-Cheung, A. (2016). Evaluating the ParticipACTION Think Again! Campaign. *Health Education & Behavior*, 43(4) 434–441. doi: 10.1177/1090198115604614
18. Holt, N. L., Neely, K. C., **Spence, J. C.**, Carson, V., Pynn, S. R., Boyd, K. A., Ingstrup, M., & Robinson, Z. (2016). An intergenerational study of perceptions of changes in active free

play among families from rural areas of western Canada. *BMC Public Health*, 16: 829.
doi:[10.1186/s12889-016-3490-2](https://doi.org/10.1186/s12889-016-3490-2)

19. Jennings, C., Berry, T. R., Carson, V. S., Culos-Reed, N., Duncan, M. J., Loitz, C. C., McCormack, G. R., McHugh, T.-L. F., **Spence, J. C.**, Vallance, J. K., Mummery, W. K. (2016). UWALK: The Development of a multi-strategy, community-wide physical activity program. *Translational Behavioral Medicine*. doi: 10.1007/s13142-016-0417-5.
20. Lee, E.-Y., An, K., Jeon, J. Y., Rodgers, W. M., Harber, V. J., & **Spence, J. C.** (2016). Biological maturation and physical activity in South Korean adolescent girls. *Medicine & Science in Sport & Exercise* 48(12), 2454–2461. doi: 10.1249/MSS.0000000000001031
21. Lee, E. Y., Carson, V., Jeon, J., & **Spence, J. C.** (2016). Prevalence of physical activity and sitting time among Korean adolescents: Results from the Korean National Health and Nutrition Examination Survey, 2013. *Asia-Pacific Journal of Public Health*, 28(6) 498–506. doi: 10.1177/1010539516654540
22. Lee, E.-Y., & **Spence, J. C.** (2016). Pubertal development and screen-time among South Korean adolescents: Testing body mass index and psychological well-being as mediators. *Global Health Research and Policy*. 1:19. DOI 10.1186/s41256-016-0019-2
23. Lee, E.-Y., Yi, K., Walker, G. J., & **Spence, J. C.** (2016, online). Leisure preference, value orientations, and psychological well-being among South Korean, Chinese, and Japanese adolescents: A cross-national comparison. *Leisure Science*. doi: 10.1080/01490400.2016.1209139
24. Mandic, S., Hopkins, D., García Bengoechea, E., Flaherty, C., Williams, J., Sloane, L., Moore, A., & **Spence, J. C.** (2016). Adolescents' perceptions of walking versus cycling to school: Understanding the New Zealand context. *Journal of Transport and Health*. <http://dx.doi.org/10.1016/j.jth.2016.10.007>
25. Mandic, S., Williams, J., Moore, A., Hopkins, D., Flaherty, C., Wilson, G., García Bengoechea, E., & **Spence, J. C.** (2016). Built Environment and Active Transport to School (BEATS) Study: Protocol for a cross-sectional study. *BMJ Open*, 6: e011196. doi:10.1136/bmjopen-2016-011196
26. McGannon, K. R. & Berry, T., Rodgers, W. M., & **Spence, J. C.** (2016). Breast cancer representations in Canadian news media: A critical discourse analysis of meanings and the implications for identity. *Qualitative Research in Psychology*, 13(2), 188-207. [doi/full/10.1080/14780887.2016.1145774](https://doi.org/10.1080/14780887.2016.1145774)
27. Nieuwendyk, L. M., Belon, A. P., Vallianatos, H., Raine, K. D., Schopflocher, D., **Spence J. C.**, Plotnikoff, R. C., & Nykiforuk, C. I. (2016). How perceptions of community environment influence health behaviours: Using the Analysis Grid for Environments Linked

to Obesity Framework as a mechanism for exploration. *Health Promotion and Chronic Disease Prevention in Canada*, 36(9), 175-174.

28. Ramos Salas, R. M. X., Raine, K., Vallianatos, H., & **Spence, J. C.** (2016). Socio-cultural determinants of physical activity among Latin American immigrant women in Alberta, Canada. *Journal of International Migration and Integration*, 17(4), 1231–1250. DOI: 10.1007/s12134-015-0460-y
29. Rhodes, R. E., **Spence, J. C.**, Berry, T., Deshpande, S., Faulkner, G., Latimer-Cheung, A., O'Reilly, N., & Tremblay, M. S. (2016). Understanding action control of parent support behavior for child physical activity. *Health Psychology*, 35(2), 131-140.
30. Song, Y., Yang, H. I., Lee, E. -Y., Yu, M. S., Kang, M J., Kang, H. J., Song, W., Kim, Y. S., Park, H., Lee, H. J., Suh, S. -H., **Spence, J. C.**, & Jeon, J. Y. (2016). Results from South Korea's 2016 Report Card on Physical Activity for Children and Youth. *Journal of Physical Activity and Health*, 13 (Suppl 2), S274 -S278.
31. Stearns, J. A., Rhodes, R. E., Ball, G., Boule, N., Veugelers, P., Cutumisu, N., & **Spence, J. C.** (2016). A cross-sectional study of the relationship between parents' and children's physical activity. *BMC Public Health*, 16:1129. DOI: 10.1186/s12889-016-3793-3
32. Sullivan, R. K., Marsh, S., Halvarsson, J., Holdsworth, M., Waterlander, W., Poelman, M. P., Salmon, J. A., Koh, L. S. C., Christian, H., **Spence, J. C.**, Woodward, A., Cade, J., & Maddison, R. (2016). Smartphone apps for measuring human health and climate change co-benefits: A comparison and quality rating of available apps. *Journal of Medical Internet Research*, 4(4), e135. <http://dx.doi.org/10.2196/mhealth.5931>
33. Taylor, L. M., Raine, K., Plotnikoff, R. C., Sharma, A. M., & **Spence, J. C.** (2016). Understanding physical activity in individuals with prediabetes: An application of social cognitive theory. *Psychology, Health, and Medicine*, 21(2), 254-260. DOI: 10.1080/13548506.2015.1058486
34. Witcher, C. S. G., Holt, N. L., Young, W., Blanchard, C., Murnaghan, D., & **Spence, J. C.** (2016). Physical activity perceptions and influences among older adults in rural Nova Scotia. *Canadian Journal on Aging*, 35, 115-129. doi:10.1017/S0714980815000598

2015

35. **Spence, J. C.**, Faulkner, G., Costas-Bradstreet, C., Duggan, M., & Tremblay, M. S. (2015). Active Canada 20/20: A Physical Activity Plan for Canada. *Canadian Journal of Public Health*, 106(8), e470–e473.
36. Ball, K., Lamb, K. E., Costa, C., Cutumisu, N., Ellaway, A., Kamphuis, C., Mentz, G., Pearce, J., Santana, P., Santos, R., Schulz, A. J., **Spence, J. C.**, Thornton, L. E., van Lenthe, F., & Zenk, S. N. (2015). Neighbourhood socioeconomic disadvantage and fruit and

vegetable consumption: A seven countries comparison. *International Journal of Behavioral Nutrition and Physical Activity*, 12:68. doi:10.1186/s12966-015-0229-x [Highly accessed article]

37. Berry, T. R., Stearns, J. A., Courneya, K. S., McGannon, K. R., Norris, C., Rodgers, W. M., & **Spence, J. C.** (2015). Women's perceptions of heart disease and breast cancer and the association with media representations of the diseases. *Journal of Public Health*. doi: 10.1093/pubmed/fdv177
38. Carson, V., Kuzik, N., Hunter, S., Wiebe, S. A., **Spence, J. C.**, Friedman, A., Tremblay, M. S., Slater, L. G., & Hinkley, T. (2015). Systematic review of sedentary behavior and cognitive development in early childhood. *Preventive Medicine*, 78, 115-22. doi:10.1016/j.ypmed.2015.07.016
39. Champion, C. C., Glenn, N. M., Berry, T. R., & **Spence, J. C.** (2015). Exploring women's responses to online media coverage of weight loss surgery. *Clinical Obesity*, 5, 281-287. doi: 10.1111/cob.12110
40. Craig, C. L., Bauman, A., Latimer-Cheung, A., Rhodes, R. E., Faulkner, G., Berry, T. R., Tremblay, M. S., & **Spence, J. C.** (2015). An evaluation of the "My ParticipACTION" campaign to increase self-efficacy for being more physically active. *Journal of Health Communication*, 20(9), 995-1003. 10.1080/10810730.2015.1012240
41. Glenn, N. M., Raine, K., & **Spence, J. C.** (2015). Phenomenological reflections on mandatory weight-loss during the wait for bariatric surgery. *Qualitative Health Research*, 25(1), 51-61. DOI: 10.1177/1049732314549478
42. Holt, N. L., Lee, H., Millar, C., & **Spence, J. C.** (2015). "Eyes on the playground": A retrospective study of active free play. *Children's Geographies*, 13(1), 73-88.
43. Holt, N. L., Neely, K. C., Newton, A. S., Knight, C. J., Rasquinha, A., Ambler, K., **Spence, J. C.**, & Ball, G. D. C. (2015). Families' perceptions of and experiences related to a pediatric weight management program. *Journal of Nutrition Education and Behavior*, 47, 427-431.
44. LeBlanc, A., Berry, T., Deshpande, S., Duggan, M., Faulkner, G., Latimer, A. E., O'Reilly, N., Rhodes, R., **Spence, J. C.**, & Tremblay, M. S. (2015). Knowledge and awareness of Canadian Physical Activity and Sedentary Behaviour Guidelines: A synthesis of existing evidence. *Applied Physiology, Nutrition and Metabolism*, 40(7), 716-724. DOI: 10.1139/apnm-2014-0464
45. Lee, E. -Y., **Spence, J. C.**, Hwang, J., Yi, K. J., & Jeon, J. Y. (2015). Future directions to develop sedentary behaviour guidelines for Korean children and adolescents [Korean]. *The Korean Journal of Physical Education, Recreation, & Dance*, 54(4), 503-514.

46. Lee, E. -Y., **Spence, J. C.**, Song, Y. K., & Jeon, J. Y. (2015). A systematic review of correlates of Korean girls' physical activity: An ecological perspective [Korean]. *Health and Social Science*, 40(12), 5-28.
47. Lee, H., Tamminen, K. A., Clark, A. M., Slater, L., **Spence, J. C.**, & Holt, N. L. (2015). A meta-study of qualitative research examining determinants of children's independent active free play. *International Journal of Behavioral Nutrition and Physical Activity*, 12:5. [[Highly accessed article](#)]
48. Rhodes, R. E., **Spence, J. C.**, Berry, T., Deshpande, S., Faulkner, G., Latimer-Cheung, A. E., O'Reilly, N. & Tremblay, M. S. (2015). Predicting changes across 12 months in three types of parental support behaviors and mothers' perceptions of child physical activity. *Annals of Behavioral Medicine*, 49(6), 853-864.
49. Saunders, T., Dechman, G., Hernandez, P., **Spence, J. C.**, Rhodes, R., McGannon, K., Mundle, S., Ferguson, C., Bourbeau, J., Maltais, F., Marciniuk, D., Camp, P., & Blanchard, C. (2015). Distinct trajectories of physical activity among pulmonary rehabilitation patients with COPD. *COPD: Journal of Chronic Obstructive Pulmonary Disease*, 12(5), 539-545. doi/full/10.3109/15412555.2014.995286
50. Witcher, C. S. G., McGannon, K. R., Hernandez, P., Dechman, G., Ferrier, S., **Spence, J. C.**, Rhodes, R. E., & Blanchard, C. M. (2015). A qualitative exploration of exercise among pulmonary rehabilitation participants: Insight from multiple sources of social influence. *Respiratory Care*, 60, 1624-1634.
51. White, L., Luciani, A., Berry, T., Deshpande, S., Latimer-Cheung, A., O'Reilly, N., Rhodes, R., **Spence, J. C.**, Tremblay, M., & Faulkner, G. (2016). Sports day in Canada: A longitudinal evaluation. *International Journal of Health Promotion and Education*, 54 (1), 12–23. 10.1080/14635240.2015.1050122 [[Winner of the Pittu Laungani Award](#)]

2014

52. Berry, T. R., Craig, C. L., Faulkner, G., Latimer, A., Rhodes, R., **Spence, J. C.**, & Tremblay, M. S. (2014). Mothers' intentions to support children's physical activity related to attention and implicit agreement with advertisements. *International Journal of Behavioral Medicine*, 21, 131-138.
53. Blanchard, C.M., Giacomantonio, N., Lyons, R., Cyr, C., Rhodes, R.E., Reid, R.D., **Spence, J. C.**, & McGannon, K. (2014). Examining the steps per day trajectories of cardiac rehabilitation patients: A latent class growth analysis perspective. *Journal of Cardiopulmonary Rehabilitation and Prevention* 34(2), 106-113. DOI:10.1097/HCR.0000000000000031
54. Blanchard, C. M., McSweeney, J., Giacomantonio, N., Reid, R. D., Rhodes, R. E., **Spence, J. C.**, Murnaghan, D., & McGannon, K. (2014). Distinct trajectories of light and moderate to

vigorous physical activity in heart disease patients: Results from the Activity Correlates after cardiac hospitalization (ACTION) trial. *Journal of Science and Medicine in Sport*, 17, 72–77.

55. Faulkner, G., Solomon, V., Berry, T., Deshpande, S., Latimer-Cheung, A., Rhodes, R., **Spence, J. C.**, & Tremblay, M. (2014). Examining the disconnect between parents' perceptions and reality regarding the physical activity levels of their children. *Journal of Applied Research on Children*, 5(1), Article 9.
56. Forbes, L. E., Fraser, S., N., Downs, S. M., Storey, K. E., Plotnikoff, R. C., Raine, K. D., **Spence, J. C.**, Hanning, R. M., & McCargar, L. J. (2013). Changes in dietary and physical activity risk factors for type 2 diabetes in Alberta youth between 2005 and 2008. *Canadian Journal of Public Health*, 104(7), e490-e495.
57. Godley, J., Glenn, N., Sharma, A., & **Spence, J. C.** (2014). Networks of trainees: A social network analysis of new obesity scholars attending an interdisciplinary research training camp. *Journal of Multidisciplinary Healthcare*, 7, 459–470.
58. Gray, C. E., Barnes J. D., Cowie Bonne J., Cameron C., Chaput J. P., Faulkner G, Janssen I, Katzmarzyk, P. T., Kolen A. M., Manske S., Salmon A., **Spence J. C.**, Timmons B. W., Tremblay, M. S. (2014). The 2014 Active Healthy Kids Canada 10th Anniversary Report Card on Physical Activity for Children and Youth. *Journal of Physical Activity and Health*, 11(Supp1), S26 - S32.
59. Gray, C., Larouche, R., Barnes, J., Colley, R. C., Cowie Bonne, J., Arthur, M., Cameron, C., Chaput, J. P., Faulkner, G., Janssen, I., Kolen, A., Manske, S., Salmon, A., **Spence J. C.**, Timmons, B., & Tremblay, M. (2014). Are we driving our kids to unhealthy habits? Results of the Active Healthy Kids Canada 2013 Report Card on Physical Activity for Children and Youth. *International Journal of Environmental Research and Public Health*, 11, 6009-6020; doi:10.3390/ijerph110606009
60. Jarvis, J. W., Rhodes, R. E., Deshpande, S., Berry, T., Chulak-Bozzer, T., Faulkner, G., **Spence, J. C.**, Tremblay, M. S., Latimer-Cheung, A. E. (2014). Investigating the role of brand equity in predicting the relationship between message exposure and parental support for their child's physical activity. *Social Marketing Quarterly*, 20(2), 103-115. DOI: 10.1177/1524500414528183
61. Sriramatr, S., Berry, T. R., & **Spence, J. C.** (2014). An internet-based intervention for promoting and maintaining physical activity: A randomized controlled trial. *American Journal of Health Behavior*, 8(3):430-439 (May, 2014)
62. Tamminen, K., Faulkner, G., Witcher, C. S., & **Spence, J. C.** (2014). A qualitative examination of the impact of microgrants to promote physical activity among adolescents. *BMC Public Health*, 14:1206.

2013

63. Carson, V., Tremblay, M., **Spence, J. C.**, Timmons, B., & Janssen, I. (2013). The Canadian Sedentary Behaviour Guidelines for the Early Years (zero to four years of age) and screen time among children from Kingston, Ontario. *Pediatrics & Child Health*, 18, 25-28.
64. Forbes, L. E., Fraser, S., N., Downs, S. M., Storey, K. E., Plotnikoff, R. C., Raine, K. D., **Spence, J. C.**, Hanning, R. M., & McCargar, L. J. (2013). Changes in dietary and physical activity risk factors for type 2 diabetes in Alberta youth between 2005 and 2008. *Canadian Journal of Public Health*, 104(7), e490-e495.
65. Gainforth, H. L., Berry, T., Faulkner, G., Rhodes, R., **Spence, J. C.**, Tremblay, M., & Latimer-Cheung, A. E. (2013). Evaluating the uptake of Canada's new physical activity and sedentary behaviour guidelines on service organizations' websites. *Translational Behavioral Medicine*, 3(2), 172-179. doi: 10.1007/s13142-012-0190-z
66. Glenn, N., McGannon, K. R., & **Spence, J. C.** (2013). Exploring media representations of weight loss surgery. *Qualitative Health Research*, 23, 631-644. doi: 10.1177/1049732312471731
67. Nykiforuk, C. I. J., Schopflocher, D., Vallianatos, H., **Spence, J. C.**, Raine, K. D., Plotnikoff, R. C., VanSpronsen, E., & Nieuwendyk, L. M. (2013). Community health and built environment: Examining place in a Canadian chronic disease prevention project. *Health Promotion International*, 28 (2), 257-268. doi:10.1093/heapro/dar093
68. Raine, K. D., Lobstein, T., Landon, J., Potvin Kent, M., Pellerin, S., Jeffery, W., Caulfield, T., Finegood, D., Mongeau, L., Neary, N., & **Spence, J. C.** (2013). Restricting marketing to children: Consensus on policy interventions to address obesity. *Journal of Public Health Policy*, 34(2), 239-253. doi:10.1057/jphp.2013.9
69. Rhodes, R. E., Berry, T., Craig, C. L., Faulkner, G., Latimer-Cheung, A. **Spence, J. C.**, & Tremblay, M. S. (2013). Understanding parental support of child physical activity behavior. *American Journal of Health Behavior*, 37, 469-477. DOI: <http://dx.doi.org/10.5993/AJHB.37.4.5>
70. Tudor-Locke, C., Craig, C. L., Thyfault, J. P., & **Spence, J. C.** (2013). A step-defined Sedentary Lifestyle Index: < 5,000 Steps/day. *Applied Physiology, Nutrition and Metabolism*, 38(2), 100-114. doi: 10.1139/apnm-2012-0235

2012

71. **Spence, J. C.**, Holt, N. L., Sprysak, C., Spencer-Cavaliere, N., & Caulfield, T. (2012). Non-refundable tax credits are an inequitable policy instrument for promoting physical activity among Canadian children. *Canadian Journal of Public Health*, 103, 175-177.

72. Ball, G. D. C., Ambler, K. A., Keaschuk, R. A., Rosychuk, R. J., Holt, N. L., **Spence, J. C.**, Jetha, M. M., Sharma, A. M., & Newton, A. S. (2012). Parents as Agents of Change (PAC) in pediatric weight management: The protocol for the PAC randomized clinical trial. *BMC Pediatrics*, 12:114. doi:10.1186/1471-2431-12-114
73. Blanchard, C. M., Rainham, D., McSweeney, J., **Spence, J.**, McDonnell, L., Rhodes, R., Reid, R., McGannon, K., & Edwards, N. (2012). Community SES, perceived environment, and physical activity during home-based cardiac rehabilitation: Is there a need to consider the urban vs. rural distinction? *Journal of Urban Health*, 8, 285-295. doi:10.1007/s11524-011-9661-7
74. Cutumisu, N., & **Spence, J. C.** (2012). Sport fields as potential catalysts for physical activity in the neighbourhood. *International Journal of Environmental Research and Public Health*, 9, 294-314. doi:10.3390/ijerph9010294.
75. Davies, C. A., **Spence, J. C.**, Vandelanotte, C., Caperchione, C. M., & Mummery, W. K., (2012). Meta-analysis of internet-delivered interventions to increase physical activity levels. *International Journal of Behavioral Nutrition and Physical Activity*, 9:52. [Highly accessed article]
76. Downs, S. M., Fraser, S. N., Storey, K. E., Forbes, L. E., **Spence, J. C.**, Plotnikoff, R. C., Raine, K. D, Hanning R. M., & McCargar L. J. (2012). Geography influences dietary intake, physical activity and weight status of adolescents. *Journal of Nutrition and Metabolism*. Article ID 816834. doi:10.1155/2012/816834
77. Glenn, N. M., Champion, C. C., & **Spence, J. C.** (2012). Qualitative content analysis of online news media coverage of weight loss surgery and related reader comments. *Clinical Obesity*, 2, 125–131. doi: 10.1111/cob.12000
78. Glenn, N. M., Knight, C. J., Holt, N. L. & **Spence, J. C.** (2012). Meanings of play among children. *Childhood*, 20(2), 185–199. doi: 10.1177/0907568212454751
79. Holt, N. L., Sehn, Z. L., **Spence, J. C.**, Newton, A., & Ball, G. D. C. (2012). Possibilities for positive youth development through physical education and sport programs at an inner city school. *Physical Education and Sport Pedagogy*, 17, 97-113. doi: 10.1080/17408989.2010.548062
80. Holt, N. L., & **Spence, J. C.** (2012). A review of the peer review process and implications for sport and exercise psychology. *Athletic Insight*, 14(1), 31-48. Available from <http://www.athleticinsight.com/>
81. LeBlanc, A.G., **Spence, J. C.**, Carson, V., Connor Gorber, S., Dillman, C., Janssen, I., Kho, M. E., Stearns, J., Timmons, B. W., & Tremblay, M. S. (2012). Systematic review of sedentary behavior and health indicators in the early years (ages 0-4 years). *Applied Physiology, Nutrition and Metabolism*, 37, 753-772.

82. Loitz, C. C., Fraser, S. N., Garcia Bengoechea, E., Berry, T. R., McGannon, K. R., & **Spence, J. C.** (2012). Sociodemographic patterns of leisure-time physical activity of Albertans 2000 to 2011. *Health and Fitness Journal of Canada*, *5*, 3-15.
83. McGannon, K. R., & **Spence, J. C.** (2012). Exploring news media representations of women's exercise and subjectivity through critical discourse analysis. *Qualitative Research in Sport and Exercise*, *4*, 32-50.
84. Pabayo, R., **Spence, J. C.**, Casey, L., & Storey, K. (2012). Food consumption patterns of preschool children. *Canadian Journal of Dietetic Practice and Research*, *73*(2), 66-71.
85. Pabayo, R., **Spence, J. C.**, Cutumisu, N., Casey, L., & Storey, K. (2012). Sociodemographic, behavioural and environmental correlates of sweetened beverage consumption among pre-school children. *Public Health Nutrition*, *15*, 1338-1346. doi:10.1017/S1368980011003557 (100th)
86. Pabayo, R., Maximova, K., **Spence, J. C.**, Vander Ploeg, K., Wu, B., & Veugelers, P. (2012). The importance of Active Transportation to and from school for daily physical activity among children. *Preventive Medicine*, *55*, 196-200.
87. Raine, K. D., Muhajarine, N., **Spence, J. C.**, Neary, N., & Nykiforuk, C. I. J. (2012). Coming to consensus on policy to create supportive built environments and community design. *Canadian Journal of Public Health*, *103*(Suppl. 3), S5-S8.
88. Shopflocher, D., Van Spronsen, E., Nykiforuk, C., Vallianatos, H., **Spence, J. C.**, Raine, K. D., & Plotnikoff, R. C. (2012). Creating neighbourhood groupings based on built environment features to facilitate health promotion activities. *Canadian Journal of Public Health*, *103*(Suppl. 3), S61-S66.
89. Storey, K., Kennedy, L., Fraser, S., **Spence, J. C.**, Plotnikoff, R. C., Raine, K., & McCargar, L. (2012). Adolescent weight status and related behavioural factors: Web-Survey of Physical Activity and Nutrition. *Journal of Obesity*, *2012* (342386), 8 pages. doi:10.1155/2012/342386.
90. Timmons, B.W., LeBlanc, A.G., Carson, V., Connor Gorber, S., Dillman, C., Janssen, I., Kho, M. E., **Spence, J. C.**, Stearns, J., & Tremblay, M. S. (2012). Systematic review of physical activity and health in the early years (aged 0-4 years). *Applied Physiology, Nutrition and Metabolism*, *37*(4), 773-792.
91. Tremblay, M. S., LeBlanc, A. G., Carson, V., Choquette, L., Connor Gorber, S., Dillman, C., Duggan, M., Gordon, M. J., Hicks, A., Janssen, I., Kho, M. E., Latimer, A. E., LeBlanc, C., Murumets, K., Okely, A. D., Reilly, J. J., **Spence, J. C.**, Stearns, J. A., & Timmons, B. W. (2012). Canadian physical activity guidelines for the early years (aged 0-4 years). *Applied Physiology, Nutrition and Metabolism*, *37*, 345-356.

92. Tremblay, M. S., LeBlanc, A. G., Carson, V., Choquette, L., Connor Gorber, S., Dillman, C., Duggan, M., Gordon, M. J., Hicks, A., Janssen, I., Kho, M. E., Latimer, A. E., LeBlanc, C., Murumets, K., Okely, A. D., Reilly, J. J., Stearns, J. A., Timmons, B. W., & **Spence, J. C.** (2012). Canadian sedentary behaviour guidelines for the early years (aged 0-4 years). *Applied Physiology, Nutrition and Metabolism*, 37, 370–380.

2011

93. **Spence, J. C.**, Carson, V., Casey, L., & Boule, N. (2011). Examining behavioural susceptibility to obesity among Canadian preschool children: The role of eating behaviours. *International Journal of Pediatric Obesity*, 6 (2-2), e501–e507.
94. Berry, T. R., Jones, K. E., McLeod, N. C., & **Spence, J. C.** (2011). The relationship between implicit and explicit believability of exercise-related messages and intentions. *Health Psychology*, 30, 746-752.
95. Berry, T. R., **Spence, J. C.**, Bauman, A., & Plotnikoff, R. C. (2011). Physical activity information seeking and advertising recall. *Health Communication*, 26, 246-254.
96. Berry, T. R., **Spence, J. C.**, & Clark, M. (2011). Exercise is in! Implicit exercise and sedentary-lifestyle bias held by in-groups. *Journal of Applied Social Psychology*, 41, 2985-2998.
97. Berry, T. R., **Spence, J. C.**, & Stolp, S. (2011). Attentional bias for exercise-related images. *Research Quarterly for Exercise and Sport*, 82, 302-309.
98. Blanchard, C.M., Reid, R, Morrin, L., McDonnell, L., McGannon, K., Rhodes, R., **Spence, J.**, & Edwards, N. (2011). Understanding physical activity during home-based cardiac rehabilitation from multiple theoretical perspectives. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 31, 173-180.
99. Clark, M. I., **Spence, J. C.**, & Holt, N. (2011). In the shoes of young adolescent girls: Understanding physical activity experiences through interpretive description. *Qualitative Research in Sport and Exercise*. 3, 193-210.
100. Lee, E.-Y., Hwang, J., **Spence, J. C.**, Park, J.-H., Yoon, Y.-J., & Jeon, J. (2011). Developing physical activity guideline for Korean children and adolescents. *Korean Journal of Health, Physical Education, Recreation, and Dance*, 50(6), 171-182.
101. Minaker, L. M., Storey, K. E., Raine, K. D., **Spence, J. C.**, Forbes, L. E., Plotnikoff, R. C., & McCargar, L. J. (2011). Associations between the perceived presence of vending machines and food and beverage logos in schools with adolescents' diet and weight status. *Public Health Nutrition*, 14, 1350-1356.

102. Montemurro, G. R., Berry, T. R., **Spence, J. C.**, Nykiforuk, C., Blanchard, C., & Cutumisu, N. (2011). "Walkable by Willpower": Resident perceptions of neighbourhood environments. *Health and Place*, *17*, 895-901.
103. Plotnikoff, R. C., Lippke, S., Johnson, S. T., Hugo, K., Rodgers, W., & **Spence, J. C.** (2011). Awareness of Canada's Physical Activity Guide to Healthy Active Living in a large community sample. *American Journal of Health Promotion*, *25*, 294-297.
104. Plotnikoff, R. C., Lubans, D. R., Costigan, S. A., Trinh, L., **Spence, J. C.**, Downs, S., & McCargar, L. (2011). A test of the theory of planned behavior to explain physical activity in a large population sample of Canadian adolescents from Alberta, Canada. *Journal of Adolescent Health*, *49*, 547-549.
105. Taylor, L. M., **Spence, J. C.**, Raine, K., Plotnikoff, R. C., Vallance, J. K., & Sharma, A. M. (2011). Self-reported physical activity preferences in individuals with prediabetes. *The Physician and Sportsmedicine*, *39*(2), 41-49.
106. Tudor-Locke, C., Craig, C. L., Bassett, D. R. Jr., Beets, M. W., Belton, S., Cardon, G. M., Duncan, J. S., Hatano, Y., Lubans, D. R., Olds, T. S., Raustorp, A., Rowe, D. A., **Spence, J. C.**, Tanaka, S., & Blair, S. N. (2011). How many steps are enough? For children and adolescents. *International Journal of Behavioral Nutrition and Physical Activity*. 8:78. doi:10.1186/1479-5868-8-78 [[Highly accessed article](#)]
107. Tudor-Locke, C. Craig, C. L., Bassett, D. R., Jr., Brown, W. J., Clemes, S. A., De Cocker, K., Giles-Corti, B., Hatano, Y., Inoue, S., Matsudo, S. M., Mutrie, N., Oppert, J. M., Rowe, D. A., Schmidt, M. D., Schofield, G. M., **Spence, J. C.**, Teixeira, P. J., Tully, M. A., & Blair, S. N. (2011). How many steps/day are enough? For adults. *International Journal of Behavioral Nutrition and Physical Activity*, 8:79. doi:10.1186/1479-5868-8-79 [[Highly accessed article](#)]
- 2010
108. **Spence, J. C.**, Blanchard, C., Clark, M., Plotnikoff, R. C., Storey, K. E., Kennedy, L. E., & McCargar, L. (2010). The role of self-efficacy in explaining gender differences in physical activity among adolescents: A multilevel analysis. *Journal of Physical Activity and Health*, *7*, 176-183.
109. **Spence, J. C.**, Holt, N. L., Carson, V., & Dutove, J. (2010). Uptake and effectiveness of the children's fitness tax credit in Canada: The rich get richer. *BMC Public Health*, *10*, 356. doi:10.1186/1471-2458-10-356 [[Highly accessed article](#)]
110. Berry, T. R., **Spence, J. C.**, Blanchard, C., Cutumisu, N., Edwards, J., & Nykiforuk, C. (2010). Changes in BMI over 6 years: The role of demographic and neighborhood characteristics. *International Journal of Obesity*, *34*, 1275-1283. doi:10.1038/ijo.2010.36

111. Berry, T. R., **Spence, J. C.**, Blanchard, C., Cutumisu, N., Edwards, J., & Selfridge, G. (2010). A longitudinal and cross-sectional examination of the relationship between reasons for choosing a neighbourhood, physical activity and body mass index. *International Journal of Behavioral Nutrition and Physical Activity*, 7: 57. doi:10.1186/1479-5868-7-57 [Highly accessed article]
112. Blanchard, C.M., Reid, R, Morrin, L., McDonnell, L., McGannon, K., Rhodes, R., **Spence, J.**, & Edwards, N. (2010). Demographic and clinical determinants of moderate to vigorous physical activity during home-based cardiac rehabilitation: The HOme-based DEterminants of Exercise (HOME) study. *Journal of Cardiopulmonary Rehabilitation and Prevention*, 30, 240-245.
113. Burgess, J. A. **Spence, J. C.**, & Wild, T. C. (2010). Reducing overestimated intentions and expectations for physical activity: The effect of a corrective entreaty. *Psychology and Health*, 25, 383-400.
114. Carson, V., & **Spence, J. C.** (2010). Seasonal variation in physical activity among children and adolescents: A review. *Pediatric Exercise Science*, 22, 81-92.
115. Carson, V., **Spence, J. C.**, Cutumisu, N., Boule, N., & Edwards, J. (2010). Seasonal variation in physical activity among preschool children in a northern Canadian city. *Research Quarterly for Exercise and Sport*, 81, 392-399.
116. Carson, V., **Spence, J. C.**, Cutumisu, N., & Cargill, L. (2010). Association between neighbourhood socioeconomic status and screen time among pre-school children: A cross-sectional study. *BMC Public Health*, 10: 367. doi:10.1186/1471-2458-10-367
117. Carson, V., Kuhle, S., **Spence, J. C.**, & Veugelers, P. J. (2010). Parents' perception of neighbourhood environment as a determinant of screen time, physical activity and active transport. *Canadian Journal of Public Health*, 101, 124-127.
118. Clark, M. I., Berry, T. R., **Spence, J. C.**, Nykiforuk, C., Carlson, M. S., & Blanchard, C. (2010). Key stakeholder perspectives on the development of walkable neighbourhoods. *Health & Place*, 16, 43-50.
119. McGannon, K. R., & **Spence, J. C.** (2010). Speaking of the self and understanding physical activity participation: What discursive psychology can tell us about an old problem. *Qualitative Research in Sport and Exercise*, 2, 17-38.
120. Plotnikoff, R. C., Pickering, M. A., Flaman, L. M., & **Spence, J. C.** (2010). The role of self-efficacy on the relationship between the workplace environment and physical activity: A longitudinal mediation analysis. *Health Education and Behavior*, 37, 170-185. doi:10.1177/1090198109332599

121. Plotnikoff, R. C., Pickering, M. A., Rhodes, R. E., Courneya, K. S., & **Spence, J. C.** (2010). A test of cognitive mediation in a 12-month physical activity workplace intervention: Does it explain behaviour change in women? *International Journal of Behavioral Nutrition and Physical Activity*, 7: 32. doi:10.1186/1479-5868-7-32
122. Taylor, L. M., **Spence, J. C.**, Raine, K., Plotnikoff, R. C., Vallance, J. K., & Sharma, A. M. (2010). Physical activity and health-related quality of life in individuals with prediabetes. *Diabetes Research and Clinical Practice*, 90, 15-21.

2009

123. **Spence, J. C.**, Brawley, L., Craig, C. L., Plotnikoff, R. C., Tremblay, M., Bauman, A., Faulkner, G., Chad, K., & Clark, M. I. (2009). Awareness of the ParticipACTION campaign among Canadian adults: Examining the Knowledge Gap Hypothesis and a hierarchy-of-effects model. *International Journal of Behavioral Nutrition and Physical Activity*, 6: 85.
124. **Spence, J. C.**, Burgess, J. A., Rodgers, W. & Murray, T. (2009). Effect of pretesting on intentions and behaviour: A pedometer and walking intervention. *Psychology and Health*, 24, 777-789. (50th)
125. **Spence, J. C.**, Cutumisu, N., Edwards, J., Raine, K., & Smoyer-Tomic, K. (2009). Relation between local food environments and obesity among adults. *BMC Public Health*, 9, 192. [[Highly accessed article](#)]
126. Berry, T. R., & **Spence, J. C.** (2009). Automatic activation of exercise and sedentary stereotypes. *Research Quarterly for Exercise and Sport*, 80, 633-640.
127. Berry, T. R., **Spence, J. C.**, Plotnikoff, R. C., Bauman, A., McCargar, L., Witcher, C., Clark, M. I., & Stolp, S. (2009). A mixed methods evaluation of televised health promotion advertisements targeted at older adults. *Evaluation and Program Planning*, 32, 278-288.
128. Blanchard, C. M., Reid, R. D., Morrin, L. I., McDonnell, L., McGannon, K., Rhodes, R. E., **Spence, J. C.**, & Edwards, N. (2009). Does protection motivation theory explain exercise intentions and behaviour during home-based cardiac rehabilitation? *Journal of Cardiopulmonary Rehabilitation and Prevention*, 29, 188-192.
129. Cutumisu, N., & **Spence, J. C.** (2009). Exploring associations between urban environments and children's physical activity: Making the case for space syntax. *Journal of Science and Medicine in Sport*, 12, 537-538.
130. Faulkner, G., McCloy, C., Plotnikoff, R. C., Bauman, A., Brawley, L., Chad, K., Gauvin, L., **Spence, J. C.**, & Tremblay, M. (2009). ParticipACTION: Baseline assessment of the capacity available to the 'New ParticipACTION': A qualitative study of Canadian organizations [Electronic Version]. *International Journal of Behavioral Nutrition and Physical Activity*, 6: 87.

131. Forbes, L. E., Storey, K. E., Fraser, S. N., **Spence, J. C.**, Plotnikoff, R. C., Raine, K. D., Hanning, R. M., & McCargar, L. J. (2009). Dietary patterns associated with glycemic index and glycemic load among Alberta adolescents. *Applied Physiology, Nutrition and Metabolism*, *34*, 648-658.
132. Holt, N. L., Cunningham, C.-T., Sehn, Z. L., **Spence, J. C.**, Newton, A. S., Ball, G. D. C., Lerner, R. M. (2009). Neighborhood physical activity opportunities for inner-city children and youth. *Health & Place*, *15*, 1022-1028. [[Health & Place: Top 25 Hottest Articles, January to March 2010](#)]
133. Karvinen, K. H., Courneya, K. S., Plotnikoff, R. C., **Spence, J. C.**, Venner, P., & North, S. (2009). A prospective study of the determinants of exercise in bladder cancer survivors using the theory of planned behavior. *Supportive Care in Cancer*, *17*, 171-179.
134. Lee, J. -G., **Spence, J. C.**, & Jeon, Y. G. (2009). Developing a Korean version of the Physical Activity Questionnaire for Older Children. *International Journal of Human Movement Science*, *3*, 61-74.
135. McCormack, G. R., **Spence, J. C.**, Berry, T., & Doyle-Baker, T. (2009). Does perceived behavioral control mediate the association between perceptions of neighbourhood walkability and moderate and vigorous-intensity leisure-time physical activity? *Journal of Physical Activity and Health*, *6*, 657-666.
136. Plotnikoff, R. C., Karunamuni, N., **Spence, J. C.**, Storey, K. E., Forbes, L. E., Raine, K., Wild, T. C., & McCargar, L. (2009). Chronic disease-related lifestyle risk factors in a sample of Canadian adolescents. *Journal of Adolescent Health*, *44*, 606-609.
137. Plotnikoff, R. C., Todosijczuk, I., Faulkner, G., Pickering, M. A., Cragg, S., Chad, K., **Spence, J. C.**, Tremblay, M., Craig, C. L., Bauman, A., Brawley, L., Gauvin, L. (2009). ParticipACTION: Baseline Assessment of the 'new ParticipACTION': A Quantitative Survey of Canadian Organizational Awareness and Capacity. *International Journal of Behavioral Nutrition and Physical Activity*, *6*: 86.
138. Storey, K. E., Forbes, L. E., Fraser, S. N., **Spence, J. C.**, Plotnikoff, R. C., Raine, K. D., Hanning, R. M., & McCargar, L. (2009). Diet quality, nutrition and physical activity among adolescents: The Web-SPAN (Web-Survey of Physical Activity and Nutrition) project. *Public Health Nutrition*, *12*, 2009-2017.

2008

139. **Spence, J. C.**, Cutumisu, N., Edwards, J., & Evans, J. (2008). Influence of neighbourhood design and access to facilities on overweight and obesity among preschool children. *International Journal of Pediatric Obesity*, *3*, 109-116.

140. de Bruin, E. D., **Spence, J. C.**, Hartmann, M., Uebelhart, D., & Murer, K. (2008). Physical activity recommendations and programs offered in Swiss residential settings [German]. *Physioscience*, 4, 154-162.
141. Hemphill, E., Raine, K., **Spence, J. C.**, & Smoyer-Tomic, K. (2008). Exploring obesogenic food environments in Edmonton, Canada: Are socioeconomic factors related to fast-food access? *American Journal of Health Promotion*, 22, 426-432.
142. Holt, N. L., **Spence, J. C.**, Sehn, Z. L., & Cutumisu, N. (2008). Neighborhood and developmental differences in children's perceptions of opportunities to play and be physically active. *Health and Place*, 14, 2-14.
143. Holt, N. L., Moylan, B. A., **Spence, J. C.**, Lenk, J. M., Sehn, Z. L., & Ball, G. D. C. (2008). Treatment needs and preferences of overweight children and their parents. *Qualitative Health Research*, 18, 1206-1219.
144. Smoyer-Tomic, K., **Spence, J. C.**, Raine, K., Amrhein, C., Cameron, N., Yassenovskiy, V., Cutumisu, N., Hemphill, E., & Healy, J. (2008). The relationship between neighbourhood-level socioeconomic characteristics and supermarket and fast food accessibility. *Health and Place*, 14, 740-754.
145. Taylor, L. M., Leslie, E., Plotnikoff, R. C., Owen, N., & **Spence, J. C.** (2008). Associations of perceived community environmental attributes with walking in a population-based sample of adults with type 2 diabetes. *Annals of Behavioral Medicine*, 35, 170-178.
146. Thomson, M., **Spence, J. C.**, Raine, K., & Laing, L. (2008). The association of television viewing with snacking behavior and bodyweight among young adults. *American Journal of Health Promotion*, 22, 329-335.

2007

147. Berry, T., Fraser, S., **Spence, J. C.**, & Garcia Bengoechea, E. (2007). Pedometer ownership, motivation, and walking: Do people walk the talk? *Research Quarterly for Exercise and Sport*, 78, 369-374.
148. Plotnikoff, R. C., Brunet, S., Courneya, K., **Spence, J. C.**, Birkett, N., & Marcus, B. (2007). The efficacy of stage-matched and standard public health materials for promoting physical activity in the workplace: The physical activity workplace study (PAWS). *American Journal of Health Promotion*, 21, 501-509.
149. Tremblay, M. S., Shephard, R. J., Brawley, L. R., Adams, R., Cameron, C., Craig, C. L., Duggan, M., Esliger, D., Hearst, W., Hicks, A., Janssen, I., Katzmarzyk, P. T., Latimer, A. E., Martin Ginis, K. A., McGuire, A., Paterson, D. H., Poirier, R., Sharratt, M., **Spence, J. C.**, Timmons, B., Warburton, D., Young, K., Zehr, L. (2007). Physical activity guidelines

and guides for Canadians: Facts and future. *Applied Physiology, Nutrition and Metabolism*, 32, S18-S24.

150. Witcher, C. S. G., Holt, N. L., **Spence, J. C.**, & O'Brien Cousin, S. (2007). A case study of physical activity among older adults in rural Newfoundland, Canada. *Journal of Physical Activity and Aging*, 15, 166-183.

2006

151. **Spence, J. C.**, Plotnikoff, R. C., Rovniak, L. S., Martin Ginis, K., Rodgers, W., & Lear, S. A. (2006). Perceived neighbourhood correlates of walking among participants visiting the *Canada on the Move* website. *Canadian Journal of Public Health*, 97(Suppl. 1), S39-S44.
152. Plotnikoff, R. C., **Spence, J. C.**, Tavares, L. S., Rovniak, L. S., Bauman, A., Lear, S. A., McCargar, L. (2006). Characteristics of participants visiting the *Canada on the Move* website. *Canadian Journal of Public Health*, 97(Suppl. 1), S28-S35.
153. Smoyer-Tomic, K., **Spence, J. C.**, & Amrhein, C. (2006). Food deserts and supermarket redlining in the prairies? Grocery store accessibility and neighborhood need in Edmonton, Canada. *Professional Geographer*, 58, 307-326.

2005

154. **Spence, J. C.**, McGannon, K. R., & Poon, P. (2005). The effect of exercise on global self-esteem: A quantitative review. *Journal of Sport and Exercise Psychology*, 27, 311-334.
155. Blanchard, C. M., McGannon, K. R., **Spence, J. C.**, Rhodes, R. E., Nehl, E., Baker, F. & Bostwick, J. (2005). Social ecological correlates of physical activity in normal weight, overweight, and obese individuals. *International Journal of Obesity*, 29, 720-726.
156. Duncan, M. J., **Spence, J. C.**, & Mummery, W. K. (2005, September 5). Perceived environment and physical activity: A meta-analysis of selected environmental characteristics. *International Journal of Behavioral Nutrition and Physical Activity*, 2, 11.
157. Fein, A., Plotnikoff, R., Wild, C., & **Spence, J. C.** (2005). An examination of adolescents' perceptions of the school physical environment related to physical activity. *International Journal of Sport and Exercise Psychology*, 3, 179-196.
158. Garcia Bengoechea, E., **Spence, J. C.**, & McGannon, K. R. (2005, September 13). Gender differences in perceived environmental correlates of physical activity. *International Journal of Behavioral Nutrition and Physical Activity*, 2, 12.

2004

159. Blanchard, C. M., Nehl, E., Rhodes, R. E., Baker, F., Annesi, J., Courneya, K. S., & **Spence, J. C.** (2004). Does ethnicity moderate the associations between the Theory of Planned Behavior and physical activity? *International Journal of Cancer Prevention*, 3, 221-232.
160. Mandigo, J. L., **Spence, J. C.**, Thompson, L., Melnychuk, N., Schwartz, M., Marshall, D., & Causgrove Dunn, J. (2004). Factors influencing the delivery and content of physical education classes in Alberta. *Avante*, 10 (1), 1-15.
161. Mandigo, J. L., Thompson, L., **Spence, J. C.**, Melnychuk, N., Schwartz, M., Causgrove Dunn, J., & Marshall, D. (2004). A descriptive profile of physical education teachers and related program characteristics in Alberta. *Alberta Journal of Education*, 50, 87-102.
162. Fein, A., Plotnikoff, R., Wild, C., & **Spence, J. C.** (2004). Perceived environment and physical activity in youth. *International Journal of Behavioral Medicine*, 11, 135-142.
163. Prodaniuk, T. R., Plotnikoff, R. C., **Spence, J. C.**, & Wilson, P. M. (2004, March 15). The influence of self-efficacy and outcome expectations on the relationship between perceived environment and physical activity in the workplace. *International Journal of Behavioral Nutrition and Physical Activity*, 1, 7. [[Highly accessed article](#)]
164. Rhodes, R. E., Plotnikoff, R. C. & **Spence, J. C.** (2004). Creating parsimony at the expense of precision? Conceptual and applied issues of aggregating belief-based constructs in physical activity. *Health Education Research*, 19, 392-405.

2003

165. **Spence, J. C.**, & Lee, R. E. (2003). Toward a comprehensive model of physical activity. *Psychology of Sport and Exercise*, 4, 7-24.

2002

166. **Spence, J. C.**, Plotnikoff, R. C., & Mummery, W. K (2002). The awareness and use of Canada's Physical Activity Guide to Healthy Active Living. *Canadian Journal of Public Health*, 93, 394-396.
167. Blanchard, C. M., Rodgers, W. M, Courneya, K. S., & **Spence, J. C.** (2002). Moderators of the exercise/ feeling state relationship: The influence of self-efficacy, baseline and in-task feeling states at moderate and high intensity exercise. *Journal of Applied Social Psychology*, 32, 1379-1395.
168. Mummery, W. K., Schofield, G., & **Spence, J. C.** (2002). The epidemiology of medically attended sport and recreational injuries in Queensland. *Journal of Science and Medicine in Sport*, 5, 307-320.

2001

169. **Spence, J. C.**, & Blanchard, C. M. (2001a). Effect of pretesting on feeling states and self-efficacy in acute exercise. *Research Quarterly for Exercise and Sport*, 72, 310-314.
170. **Spence, J. C.**, & Blanchard, C. M. (2001b). Publication bias in sport and exercise psychology research: The games we play. *International Journal of Sport Psychology*, 32, 386-399.
171. **Spence, J. C.**, Mandigo, J. L., Poon, P., & Mummery, W. K. (2001). A survey of physical education enrolment at the secondary level in Alberta. *AVANTE*, 7, 97-106.
172. Blanchard, C. M., Rodgers, W. M, **Spence, J. C.**, & Courneya, K. S. (2001). Feeling state responses to acute exercise of high and low intensity. *Journal of Science and Medicine in Sport*, 4, 30-38.

2000

173. Abrami, P. C., Lou, Y., Chambers, B., Poulsen, C., & **Spence, J. C.** (2000). Why should we group students within-class for learning? *Educational Research and Evaluation*, 6, 158-179.
174. Dryden, D. M., Francescutti, L. H., Rowe, B. H., **Spence, J. C.**, & Voaklander, D. C. (2000). Personal risk factors associated with injury among female recreational ice hockey players. *Journal of Science and Medicine in Sport*, 3(2), 140-149.
175. Dryden, D. M., Francescutti, L. H., Rowe, B. H., **Spence, J. C.**, & Voaklander, D. C. (2000). Epidemiology of women's recreational ice hockey injuries. *Medicine and Science in Sports and Exercise*, 32, 1378-1383.
176. Lou, Y., Abrami, P. C., & **Spence, J. C.** (2000). Effects of within-class grouping on student achievement: An exploratory model. *Journal of Educational Research*, 94, 101-112.
177. Mummery, W. K., **Spence, J. C.**, & Hudec, J. C. (2000). Understanding physical activity intention in Canadian school children and youth: An application of the theory of planned behavior. *Research Quarterly for Exercise and Sport*, 71, 116-124.

1999

178. **Spence, J. C.** (1999). When a note of caution is not enough: A comment on Hausenblas, Carron, and Mack and theory testing in meta-analysis. *Journal of Sport and Exercise Psychology*, 21, 376-381.

179. Abrami, P. C., Lou, Y., Chambers, B., Poulsen, C., & **Spence, J. C.** (1999, July). Within-class grouping: Evidence versus conjecture. *National Institute Economic Review*, no. 169, 105-108.

1998

180. Mummery, W. K., & **Spence, J. C.** (1998). Stages of physical activity in the Alberta population. *Canadian Journal of Public Health*, 89, 421-423.

181. Mummery, W. K., **Spence, J. C.**, Vincenten, J. A., & Voaklander, D. C. (1998). A descriptive epidemiology of sport and recreation injuries in a population-based sample: Results from the Alberta Sport and Recreation Injury Survey (ASRIS). *Canadian Journal of Public Health*, 89, 53-56.

1996

182. **Spence, J. C.**, & Gauvin, L. (1996). Drug and alcohol use by Canadian University athletes: A national survey. *Journal of Drug Education*, 26, 275-287.

183. Gauvin, L., & **Spence, J. C.** (1996). Physical activity and psychological well-being: Knowledge base, current issues and caveats. *Nutrition Reviews*, 54, S53-S65.

184. Lou, Y., Abrami, P. C., **Spence, J. C.**, Poulsen, C., Chambers, B., & d'Apollonia, S. (1996). Within-class grouping: A meta-analysis. *Review of Educational Research*, 66, 423-458.

1995

185. Gauvin, L., & **Spence, J. C.** (1995). Psychological research on exercise and fitness: Current research trends and future challenges. *The Sport Psychologist*, 9, 434-448.

Letters to the Editor

1. Chaput, J. -P., Janssen, I., & **Spence, J. C.** (2012). Sedentary time and cardiometabolic risk [Letter to the editor]. *JAMA*, 307, 2024.
2. **Spence, J. C.** (2001). The paradox of statistical power and publication bias [Letter to the editor]. *Health Psychology*, 20, 393.

Book Chapters

1. McGannon, K. R., Johnson, C. J., & **Spence, J. C.** (2011). I am (not) BIG...it's the pictures that got small: Examining cultural and personal exercise narratives and the fear of fat. In P. Markula & E. Kennedy (Eds.), *Women and exercise: The body, health and consumerism* (pp. 101-120). London: Routledge Research Series in Sport, Culture and Society.
2. Salmon, J., **Spence, J. C.**, Timperio, A., & Cutumisu, N. (2008). Living environments and physical (in)activity. In A. L. Smith & S. J. H. Biddle (Eds.). *Youth physical activity and sedentary behavior: Challenges and solutions* (pp. 403-428). Champaign, IL: Human Kinetics.
3. Voaklander, D. C., Dryden, D. M., Francescutti, L. H, **Spence, J. C.**, & Rowe, B. H. (2004). Injuries in women's recreational ice hockey: Outcome and follow-up. In D. J. Pearsall & A. B. Ashare (Eds.), *Safety in ice hockey* (Vol. 4, pp. 3-11). West Conshohocken, PA: ASTM International.
4. Gauvin, L., **Spence, J. C.**, & Anderson, S. (1999). Exercise and psychological well-being in the adult population: Reality or wishful thinking? In J. M. Rippe (Ed.), *Lifestyle medicine* (pp. 957-966). Malden, MA: Blackwell Science.
5. Gauvin, L., & **Spence, J. C.** (1998). The measurement of exercise-related affect. In J. Duda (Ed.), *Advances in sport and exercise psychology measurement* (pp. 325-336). Morgantown, WV: Fitness Information Technology.
6. Lou, Y., Abrami, P. C., **Spence, J. C.**, Chambers, B., Poulsen, C., Chambers, B., & d'Apollonia, S. (1997). Within-class grouping: A meta-analysis. In E. Dubinsky, D. Mathews, et al. (Eds.), *Readings in cooperative learning for undergraduate mathematics* (pp. 109-131). Washington, DC: The Mathematical Association of America.

Book Reviews

1. Abrami, P. C., & **Spence, J. C.** (1993). Meta-analysis for explanation: A case(book) for caution [Review of the book *Meta-analysis for explanation: A casebook*]. *Educational Researcher*, 22(5), 31-33.

Published Abstracts

2016

1. Lee, E., Carson, V., Jeon, J. Y., & **Spence, J. C.** (in press). Prevalence of physical activity and sitting time among Korean adolescents: Results from the Korea National Health and Nutrition Examination Survey, 2013 [Abstract]. *Journal of Science and Medicine in Sport*.
2. Lee, E., Kang, D. -W., Hwang, J., Carson, V., & **Spence, J. C.** (2016). Excessive sitting time is associated with increased cardio-metabolic risks among Korean adolescents. *Medicine and Science in Sports and Exercise*, 48(Suppl. 5), 239.
3. Norris, C. M., Clark, M. I., McGannon, K. R., Berry, T. R., Rodgers, W. C., & **Spence, J. C.** (2016). Hard Truths about the Red Dress: A discourse analysis of the Heart Truth Campaign in Canada [Abstract]. *The Canadian Journal of Cardiology*, 32(4), S4.

2015

1. Lee, E., An, K., Jeon, J. Y. & **Spence, J. C.** (2015). The role of psychosocial correlates in the relationship between biological maturation and physical activity among Korean adolescent girls. *Journal of Exercise, Movement, and Sport*, 47(1).
<http://jps.library.utoronto.ca/index.php/jems/article/view/25524>.
3. Kaushal, N., Rhodes, R. E., **Spence, J. C.**, & Meldrum, J. (2015). Establishing an exercise habit: A randomized-controlled trial. *Journal of Exercise, Movement, and Sport*, 47(1).
<http://jps.library.utoronto.ca/index.php/jems/article/view/25519>
4. Mandic, S., García Bengoechea, E., Brook, E., Mountfort, A., & **Spence J. C.** (2015). Clustering of (un)healthy behaviours and weight status in New Zealand adolescents. *Medicine & Science in Sports & Exercise*, 46 (5, Suppl.), S372.
5. Mandic, S., García Bengoechea, E., Williams, J., Mountfort, A., Brook, E., Flaherty, C., & **Spence, J. C.** (2015). Personal, social and environmental factors influencing adolescents' walking to school in Dunedin, New Zealand. *Medicine & Science in Sports & Exercise*, 46 (5, Suppl.), S420.

2014

6. Berry, T. R., Courneya, K., McGannon, K. Norris, C. M., Rodgers, W., & **Spence, J. C.** (2014). Gender-differences in relationships between perceptions of heart disease and health behaviours. *European Health Psychologist, 16*(S), 682.
7. Lee, E., & **Spence, J. C.** (2014). Are boys more physically active than girls regardless of maturity? *Journal of Physical Activity and Health, 11*(Suppl. 1), S165.
8. Lee, E., Yi, K. J, & **Spence, J. C.** (2014). Right to be Active: A cross-national comparative study. *Journal of Physical Activity and Health, 11*(Suppl. 1), S201.
9. Lee, E., Hwang, J., & **Spence, J. C.** (2014). Physical activity and cardio-metabolic risk factors in Korean adolescents: From the Korean-NHANES survey, 2007–2012. *Journal of Physical Activity and Health, 11*(Suppl. 1), S201.

2013

10. Lee, E., & **Spence, J. C.** (2013). Does pubertal timing matter? The association between pubertal timing and health indicators in adulthood. *Canadian Journal of Diabetes, 37*(Suppl. 2), 279.
11. Lee, E., Hwang, J. & **Spence, J. C.** (2013). Weight misperception in Korean female adults: Findings from the Korean National Health and Nutrition Examination Survey 2010. *Canadian Journal of Diabetes, 37*(Suppl. 2), 279.
12. Rhodes, R. E., Berry, T., Craig, C. L., Faulkner, G., Latimer-Cheung, A., **Spence, J. C.** & Tremblay, M. S. (2013). Understanding parental support of child physical activity behavior. *Annals of Behavioral Medicine, 45*, S39.

2012

13. **Spence, J. C.**, Lee, J. -G., & Lee, E. (2012). A comparative study of step-determined physical activity among Korean children in Korea and Canada. *Journal of Science and Medicine in Sport, 15*(Suppl. 6), 608.
14. Tremblay, M., LeBlanc, A., Carson, V., Connor Gorber, S., Duggan, M., Janssen, I., Kho, M., Murumets, K., **Spence, J.**, & Timmons, B. (2012). Development and launch of the Canadian Physical Activity Guidelines for the Early Years. *Journal of Medicine and Science in Sport, 15*(6 Suppl.), 356-357.
15. Tremblay, M., LeBlanc, A., Carson, V., Connor Gorber, S., Duggan, M., Janssen, I., Kho, M., Murumets, K., & **Spence, J.** (2012). Development and launch of the

Canadian Sedentary Behaviour Guidelines for the Early Years. *Journal of Medicine and Science in Sport*, 15(6 Suppl.), 357.

16. Murumets, K., Costas Bradstreet, C., Dampier, D., Antunes, E., **Spence, J. C.**, & Tremblay, M. S. (2012). Sports Day in Canada: A national celebration of sport. *Journal of Medicine and Science in Sport*, 15(6 Suppl.), 200.
17. Murumets, K., Costas Bradstreet, C., Berry, T., Craig, C. L., Deshpande, S., Faulkner, G., Latimer, A., Rhodes, R., **Spence, J. C.**, & Tremblay, M. S. (2012). Think Again: social marketing campaign. *Journal of Medicine and Science in Sport*, 15(6 Suppl.), 233.
18. Murumets, K., Costas Bradstreet, C., Down, J., Duggan, M., Gabbani, F., Grantham, A., Grundy, S., **Spence, J. C.**, & Tremblay, M. S. (2012). Active Canada 20/20 – Past, Present and Future. *Journal of Medicine and Science in Sport*, 15(6 Suppl.), 289.
19. Carson, V., Tremblay, M. S., **Spence, J. C.**, Timmons, B., & Janssen, I. (2012). Adherence to the Canadian Sedentary Behaviour Guidelines for the Early Years (aged 0-4 years) among children from Kingston, Canada. *Journal of Medicine and Science in Sport*, 15(6 Suppl.), 355.

2011

20. Neely, K. C., Ball, G. D. C., Knight, C. J., Ambler, K. A., Newton, A. S., **Spence, J. C.**, & Holt, N. L. (2011). Changes and challenges faced by families in a pediatric weight management intervention: A preliminary analysis [Abstract]. *Canadian Journal of Diabetes*, 35, 189.
21. Nykiforuk, C.I.J., Schopflocher, D., VanSpronsen, E.P., **Spence, J.**, Plotnikoff, R., Raine, K., Vallianatos, H., Nieuwendyk, L., Mitha, S., & Cutumisu, N. (2011) Quantifying the association between measured feature of the built environment and individual health outcomes: A cross-community comparison. *Canadian Journal of Diabetes*, 35(2), 157.

2010

22. Berry, T. R., **Spence, J. C.**, McLeod, N., & Todosijczuk, I. (2010). Influence of implicit believability of physical activity advertisements on intentions to be active [Abstract]. *Psychology and Health*, 25 (Suppl 1), 158.
23. Glenn, N. M., McGannon, K. R., & **Spence, J. C.** (2010). Beauty and the beast: Exploring media representations of bariatric surgery through discourse analysis and fairy tale metaphor [Abstract]. *Obesity Reviews*, 11 (Suppl. 1), 65.
24. McCargar, L. J., Fraser, S. N., Downs, S. M., Storey, K. E., Forbes, L. E., **Spence, J. C.**, Plotnikoff, R. C., Raine, K. D., & Hanning, R. M. (2010). Urban and rural differences in

nutrient intakes of Alberta (Canada) adolescents in 2005 and 2008 [Abstract]. *Obesity Reviews*, 11 (Suppl. 1), 395.

25. Nykiforuk, C. I. J., Shopflocker, D., Vallianatos, H., Raine, K., Plotnikoff, R., **Spence, J. C.**, VanSpronsen, E., & Flaman, L. (2010). The role of the built and social environments in obesity reduction [Abstract]. *Obesity Reviews*, 11 (Suppl. 1), 458.

2009

26. **Spence, J. C.**, Brawley, L., Craig, C. L., Plotnikoff, R. C., Tremblay, M., Bauman, A., Faulkner, G., Chad, K., & Clark, M. I. (2009). Education, motivation and the knowledge gap: Effects of a campaign to promote physical activity [Abstract]. *Psychology and Health*, 34 (Suppl. 1), 373.

2007

27. **Spence, J. C.** (2007). The role of the environment in children's physical activity: Where's the Theory? [Abstract] *Journal of Science and Medicine in Sport*, 10 (Suppl. 6), 119.
28. **Spence, J. C.**, Clark, M., Plotnikoff, R., Calengor, K., Kennedy, L., & McCargar, L. (2007). Social cognitive correlates of physical activity among youth: The Web-SPAN Study [Abstract]. *Journal of Science and Medicine in Sport*, 10 (Suppl. 6), 114.
29. McCargar, L. J., Calengor, K., Kennedy, L., Hanning, R., Fraser, S. N., **Spence J. C.**, Plotnikoff, R., & Raine, K. (2007). Diet quality and its association with specific nutrient intakes, meal behaviors and physical activity of adolescents [Abstract]. *Obesity Research*, 15(S), A106.
30. McGannon, K. R., Johnson, C., & **Spence, J. C.** (2007). Adam and Eve in the Garden of Eatin': The politics of gendered narratives and weight loss imperatives in news discourse [Abstract]. *Journal of Sport and Exercise Psychology*, 29, S186.

2006

31. **Spence, J. C.**, Burgess, J., Cutumisu, N., Lee, J.-G., Moylan, B., Taylor, L., & Witcher, C. S. (2006). Self-efficacy and physical activity: A quantitative review [Abstract]. *Journal of Sport and Exercise Psychology*, 28, S172-S173.
32. **Spence, J. C.**, Raine, K., Boule, N., Hemphill, E., Church, J., Gibbons, K., Slater, L., & Marko, J. (2006). State of the evidence review on urban environments and healthy weights [Abstract]. *Obesity Reviews*, 7 (Suppl. 2), 64.
33. Calengor, K., Kennedy, L., Hanning, R., Schwartz, M., **Spence, J.**, Plotnikoff, R., Raine, K., & McCargar, L. (2006). Correlates of overweight among Alberta youth as assessed by a web-

survey of physical activity and nutrition (WEB-SPAN) [Abstract]. *Obesity Research*, 14 (Suppl. 9), A254.

34. Calengor, K., Kennedy, L., Hanning, R., Schwartz, M., **Spence J. C.**, Plotnikoff, R., Raine, K., & McCargar, L. (2006). Web-SPAN (Web-Survey of Physical Activity and Nutrition): A preliminary report of Alberta youth [Abstract]. *Applied Physiology, Nutrition and Metabolism*, 31(3), 336.
35. Holt, N. L., **Spence, J. C.**, Sehn, Z. L., Black, D. E., Moylan, B., & Tamminen, K. A. (2006). Children's mental representations of play and physical activity resources in their neighbourhoods [Abstract]. *Journal of Sport and Exercise Psychology*, 28, S86.
36. Lee, J.-G., & **Spence, J. C.** (2006). Developing a Korean version of the Physical Activity Questionnaire for Older Children [Abstract]. *Journal of Sport and Exercise Psychology*, 28, S110.
37. Lenk, J. M., Holt, N. L., **Spence, J. C.**, Sehn, Z. L., & Ball, G. D. C. (2006). Treatment preferences of overweight children and their parents [Abstract]. *Obesity Reviews*, 7 (Suppl. 2), 322.
38. Thomson, M., **Spence, J. C.**, Raine, K., & Laing, L. (2006). The influence of television viewing on snacking behaviour and body weight [Abstract]. *Obesity Reviews*, 7 (Suppl. 2), 265.

2004

39. **Spence, J. C.**, Cutumisu, N., & Marshall, D. (2004). Height and weight of men enlisting in the Canadian Military, 1899-1902 [Abstract]. *Obesity Research*, 12 (Suppl.), 219.
40. **Spence, J. C.**, Wild, T. C., Rhodes, R., Melanson, C. L., & Thiem, A. (2004). The weight appropriateness of characters in popular movies [Abstract]. *International Journal of Behavioural Medicine*, 11 (Suppl.), 116.
41. **Spence, J. C.**, Wild, T. C., Rhodes, R., Thiem, A., & Melanson, C. L. (2004). The portrayal of obesogenic behaviours in popular movies, 1952-2001[Abstract]. *International Journal of Behavioural Medicine*, 11 (Suppl.), 300.
42. **Spence, J. C.**, Marshall, D., McCargar, L., & the BAAD Research Group (2004). School physical activity and nutrition-related policies [Abstract]. *Obesity Research*, 12 (Suppl.), 86.
43. Bengoechea, E. G., **Spence, J. C.**, & Fairbank, T. (2004). Patterns of physical activity among adult Albertans: The role of age [Abstract]. *Journal of Aging and Physical Activity*, 12(3), 384-385.

44. Calengor, K., Hanning, R., Lambraki, I., D. Marshall, **Spence, J. C.**, & McCargar, L. (2004). Web-Based nutrition and physical activity assessment of Alberta and Ontario adolescents [Abstract]. *Obesity Research*, 12 (Suppl.), 218.
45. Marshall, J. D., **Spence, J. C.**, Workman, L., McCargar, L., Hanning, R., & the BAAD Research Group (2004). Web-based physical activity assessment of junior high school children [Abstract]. *Obesity Research*, 12 (Suppl.), 163.
46. McCargar, L., Calengor, K., Lambraki, I., Minaker, L., D. Marshall, **Spence, J. C.**, & Hanning, R. (2004). Weight perceptions of older adolescents influence eating and activity behaviors [Abstract]. *Obesity Research*, 12 (Suppl.), 222.
47. Plotnikoff, R. C., Brunet, S., Courneya K., **Spence J. C.**, Birkett, N., & Marcus, B. (2004). Canadian Physical Activity Worksite Trial [Abstract]. *International Journal of Behavioural Medicine*, 11 (Suppl.), 298.
48. Plotnikoff, R. C. and the Strategic Working Alliance Team (SWAT). (2004). Canada on the Move Step One (CMSO): A web-based, research platform to collect data on pedometer “natural experiments” [Abstract]. *International Journal of Behavioural Medicine*, 11 (Suppl.), 197.

2002

49. **Spence, J. C.**, Rhodes, R. & Plotnikoff, R. C. (2002). Does self-efficacy mediate the relationship between sociodemographic variables and exercise?[Abstract]. *International Journal of Behavioral Medicine*, 9(Suppl.), S256.
50. **Spence, J. C.**, & Humphries, B. (2002). The effect of resistance training on bone strength in women. *Medicine and Science in Sports and Exercise*, 34(5 Suppl.), S109.
51. Plotnikoff, R. C., Courneya, K. S., **Spence, J. C.**, & Rhodes, R. E. (2002). The development of an integrated stage model for population-based physical activity interventions [Abstract]. *International Journal of Behavioral Medicine*, 9(Suppl.), S219.

2001

52. **Spence, J. C.** (2001). Putting physical activity into place: A response to the Healthy Places Framework [Abstract]. *Journal of Sport and Exercise Psychology*, 23(Suppl.), S14.
53. **Spence, J. C.**, Courneya, K. S., Blanchard, C., Wilson, P., & Becker, B. J. (2001). The theory of planned behavior and physical activity: A meta-analysis [Abstract]. *Annals of Behavioral Medicine*, 23(Suppl.), S045.
54. **Spence, J. C.**, & Lee, R. L. (2001). A consideration of ecological frameworks for physical activity [Abstract]. *Annals of Behavioral Medicine*, 23(Suppl.), S118.

2000

55. **Spence, J. C.**, & Blanchard, C. (2000). Effect of pretesting on feeling states and self-efficacy in acute exercise [Abstract]. *Journal of Sport and Exercise Psychology*, 22(Suppl.), S102.
56. **Spence, J. C.**, Courneya, K. S., Blanchard, C., & Wilson, P. (2000). The theory of planned behavior and physical activity: A quantitative review of explained variation in intention and behavior [Abstract]. *International Journal of Behavioral Medicine*, 7(Suppl. 1), S146.
57. Fein, A. J., Plotnikoff, R., Wild, C., & **Spence, J. C.** (2000). The relationship between the perceived physical environment, the perceived importance of the physical environment and physical activity in youth [Abstract]. *International Journal of Behavioral Medicine*, 7(Suppl. 1), S152.

1999

58. **Spence, J. C.** (1999). Effects of anabolic-androgenic steroids on muscular strength: A meta-analysis [Abstract]. *Medicine and Science in Sports and Exercise*, 31(5 Suppl.), S403.
59. Thompson, L., Mandigo, J., Marshall, D. Causgrove Dunn, J., **Spence, J.**, Schwartz, M., Melnychuk, N., & Covey, J. (1999). How much physical education is provided, what content is taught and who teaches physical education in Alberta schools [Abstract]? *CAHPERD Journal*, 65(3), 17.
60. Poon, P., **Spence, J. C.**, Mummery, W. K., & Plotnikoff, R. (1999). Perceived barriers to physical-activity participation in the Alberta population [Abstract]. *Medicine and Science in Sports and Exercise*, 31(5 Suppl.), S1334.

1997-1998

61. **Spence, J. C.**, & Poon, P. (1998). Stages of physical-activity participation in the Alberta Population [Abstract]. *Journal of Sport and Exercise Psychology*, 20(Suppl.), S11.
62. **Spence, J. C.**, Poon, P., & Dyck, P. (1997). The effect of physical-activity participation on self-concept: A meta-analysis [Abstract]. *Journal of Sport and Exercise Psychology*, 19(Suppl.), S109.

1991-1995

63. **Spence, J. C.**, & Gauvin, L. (1995). The role of outcome expectancies in predicting social and performance-enhancing drug use in Canadian inter-university athletes [Abstract]. *Journal of Sport and Exercise Psychology*, 17(Suppl.), S98.

64. **Spence, J. C.**, & Gauvin, L. (1994). Anabolic-androgenic steroid use and high density lipoproteins: A meta-analysis [Abstract]. *Annals of Behavioral Medicine*, 16(Suppl.), S128.
65. **Spence, J. C.**, Gauvin, L., & Butterfield, K. (1994). Psychological outcomes of anabolic-androgenic steroid use: A meta-analysis [Abstract]. *Journal of Sport and Exercise Psychology*, 16(Suppl.), S109.
66. Gauvin, L., Ricci, J., **Spence, J. C.**, & O'Halloran, A. (1991). The impact of chronic exercise on the physical and psychological well-being of corporate employees [Abstract]. *Journal of Sport and Exercise Psychology*, 13 (Suppl.).

Reports

1. Tamminen, K., Cowie-Bonnie, J., Zietsma, K., & **Spence, J. C.** (2016, July). *Evaluating the ActiveAssist fee assistance program for individuals in low income: Research evaluation results*. Report submitted to the City of Mississauga, ON.
2. Costas-Bradstreet, C., Edwards, P., & **Spence, J. C.** (2016, February). *Environmental scan of existing and emerging federal, provincial and territorial government policies, programs and investments in physical activity*. Report submitted to the Federal/Provincial/Territorial Physical Activity and Recreation Committee (F/P/T PARC).
3. **Spence, J. C.** & Dinh, T. (2015, May). *Moving ahead: Taking steps to reduce physical inactivity and sedentary behaviour*. Ottawa, ON: The Conference Board of Canada.
4. Raine, K., **Spence, J. C.**, Boule, N., Church, J., Slater, L., Marko, J., Gibbons, K., & Hemphill, E. (2008, March). *State of the evidence review on urban environments and healthy weights*. A report submitted to the Canadian Population Health Initiative, Canadian Institute for Health Information, Ottawa, ON.
5. Newton, M. S., Lovely, J. J. E., Premji, S., Goldfield, G., **Spence J. C.**, & Ball G. D. C. (2007). *Addressing Childhood Obesity through Research and Networking (ACORN): A summary of a think tank convened by pediatric weight management centres in Canada* [technical report]. Department of Pediatrics, Faculty of Medicine and Dentistry, University of Alberta, Edmonton, Alberta.
6. Garcia Bengoechea, E., **Spence, J. C.**, Fraser, S. N. (2005). *2005 Alberta Survey on Physical Activity: A concise report*. Edmonton, AB: Alberta Centre for Active Living (ACAL).
7. Kaida, A., **Spence, J. C.**, Edwards, J., Fraser-Lee, N., Lightfoot, P., Marko, J., & Spinola, C. (2004). *Physical inactivity in the Capital Health region – Report from the 2002 Population Health Survey*. Capital Health, Edmonton, AB.

8. Kaida, A., Edwards, J., Fraser-Lee, N., Kunyk, D., Lightfoot, P., Marko, J., **Spence J. C.**, & Spinola, C. (2004). *Exposure to Secondhand Smoke in the Capital Health region – Report, Population Health Survey 2002*. Capital Health, Edmonton, AB.
9. Garcia Bengoechea, E. & **Spence, J. C.** (2003). *2002 Alberta Survey on Physical Activity: A concise report*. Edmonton, AB: Alberta Centre for Active Living (ACAL).
10. McGannon, K. R. & **Spence, J. C.**, (2002). *The health care costs associated with physical inactivity in Alberta*. A report submitted to Alberta Community Development on behalf of the Alberta Centre for Active Living, Edmonton, AB.
11. **Spence, J. C.**, Shephard, R. J., Craig, C., & McGannon, K. R. (2001). *Compilation of evidence of effective active living interventions: A case study approach*. A report submitted to Health Canada on behalf of the Canadian Consortium of Health Promotion Research, Ottawa, ON.
12. Thompson, L., **Spence, J. C.**, Mandigo, J., Marshall, D., Causgrove-Dunn, J., Schwartz, M., Melnychuk, N., Gesell, J., & Covey, J. (2001). *Alberta Physical Education Study (ALPES): Final report*. Report submitted to the Alberta Advisory Committee for Educational Studies (AACES), Edmonton, AB.
13. **Spence, J. C.** (2000). *Projected growth of indoor soccer in the Edmonton Region (2000-2004)*. A report submitted to Edmonton Soccer Facilities and the Edmonton Soccer Association, Edmonton, AB.
14. **Spence, J. C.** (2000). *Evaluation of the Active Lifestyles Portfolio*. A report submitted to Alberta Community Development and the Active Lifestyles Portfolio, Edmonton, AB.
15. **Spence, J. C.**, & Poon, P. (2000). *1999 Alberta Survey on Physical Activity: A concise report*. Edmonton, AB: Alberta Centre for Well-Being (ACFWB).
16. Weiss, C., & **Spence, J. C.** (2000). *2000 Alberta Recreation Survey Report*. Report prepared for Alberta Community Development, Edmonton, AB.
17. Poon, P., **Spence, J. C.**, Watchman, T., & Carlson, M. (1999). *Availability of physical activity programs in Alberta continuing care facilities*. Edmonton, AB: Alberta Centre for Well-Being (ACFWB).
18. **Spence, J. C.**, Poon, P., & W. K. Mummery (1998). *1997 Alberta Survey on Physical Activity*. Edmonton, AB: Alberta Centre for Well-Being (ACFWB).
19. Poon, P. & **Spence, J. C.** (1997). *Alberta Schools Athletic Association Student Survey: Highlights report*. Report commissioned by the Alberta Schools' Athletic Association (ASAA), Edmonton, AB.

20. Mummery, W. K. & **Spence, J. C.** (1996). *Alberta Sport and Recreation Injury Survey*. Report commissioned by the Sports Medicine Council of Alberta (SMCA), Edmonton, AB.
21. **Spence, J. C.**, & Gauvin, L. (1994). *Drug and alcohol use among CIAU athletes: A national survey*. Report submitted jointly to Sport Canada and the Canadian Interuniversity Athletic Union (CIAU), Ottawa, ON.
22. Zielinska, I. E., Chambers, B., Abrami, P. C., **Spence, J. C.**, Poulsen, C. & Bell, D. (1992). *Evaluation of the impact of three years of cooperative learning on elementary school student achievement, attitudes, and self-concept*. Report commissioned by Princess Elizabeth Elementary School, Eastern Townships Regional School Board, Magog, QC.

Other Publications

2014

1. Spence, J. C. (2014, October). Le crédit d'impôt pour la condition physique des enfants du Canada. *Bulletin national d'information Investir pour l'avenir*, 6(3), 5.
http://publications.msss.gouv.qc.ca/acrobat/f/documentation/bulletinPag/14-289-02_vol6_no3.pdf

2012

2. Davies, C., **Spence, J.**, Vandelanotte, C., Caperchione, C., & Mummery, K. (2012). How effective are web-based programs in increasing physical activity? *Alberta Centre for Active Living: Research Update*, 19 (4).

2011

3. Cutumisu, N., & **Spence, J. C.** (2011). Using local sports fields more effectively to promote physical activity *Alberta Centre for Active Living: Research Update*, 18 (2).

2010

4. Clark M. I., Berry, T. R., & **Spence, J. C.** (2010, June). Community leaders' perspectives on building healthier neighbourhoods in urban settings. *Alberta Centre for Active Living: Research Update*, 17 (2).

2008

5. Clark M. I., & **Spence, J. C.** (2008, October). ParticipACTION: The comeback kid. *Alberta Centre for Active Living: WellSpring*, 19 (5).
6. Clark M. I., **Spence, J. C.**, & Holt, N. L. (2008, September). In their shoes: Understanding the Physical Activity Experiences of Young Adolescent girls. *Alberta Centre for Active Living: Research Update*, 15 (3).

2005

7. Berry, T., Garcia Bengoechea, E., & **Spence, J. C.** (2005, December). Highlights of the 2005 Physical Activity Survey: Understanding the role of determinants in physical activity behaviour. *Alberta Centre for Active Living: Research Update*, 12(4).

2004

8. **Spence, J. C.** (2004). The Canadian Health Measures Survey: Why should we give a hoot about this survey? *WellSpring*, 15(3), 1.
9. **Spence, J. C.**, & Marshall, D. (2004). Who is driving the bus? School physical activity and nutrition-related policies. *WellSpring*, 15(2), 6-7.

2003

10. **Spence, J. C.**, Cutumisu, N., & McGannon, K. R. (2003). Perceived access to physical activity facilities in urban areas. *Alberta Centre for Well-Being: Research Update*, 10(2).
11. Bengoechea, E. G., & **Spence, J. C.** (2003). Highlights of the 2002 Alberta Survey on Physical Activity. *Alberta Centre for Active Living: Research Update*, 10(4).

2002

12. McGannon, K. R., Dechaine, J., & **Spence, J. C.** (2002). What do theory, research, education, and policy have to do with active ageing?...Everything! *Alberta Centre for Active Living: Research Update*, 9(3).
13. McGannon, K. R., & **Spence, J. C.** (2002). The effect of exercise on self-esteem: Is it global or domain-specific? *Alberta Centre for Active Living: Research Update*, 9(4).

2001

14. **Spence, J. C.** (2001). Physical activity promotion: It's time to start paddling upstream. *Wellspring*, 12(1), 7.
15. **Spence, J. C.**, & Humphries, B. (2001). The effect of resistance training on bone strength in women: A quantitative review. *Alberta Centre for Active Living: Research Update*, 8(5).
16. Dryden, D. M., Voaklander, D. C., **Spence, J. C.**, Francescutti, L. H., & Rowe, B. H. (2001). Outcome of injury among female recreational ice hockey players. *Alberta Centre for Active Living: Research Update*, 8(3).

2000

17. **Spence, J. C.** (2000). Canada's Physical Activity Guide to Healthy Active Living: Whazz up? *Alberta Centre for Well-Being: Research Update*, 8(2).
18. **Spence, J. C.** (2000). Physical activity and socioeconomic status: Putting things into context. *Wellspring*, 11(3), 6.
19. **Spence, J. C.** (2000). The wave of the future: Active Living information on the Canadian Health Network. *Wellspring*, 11(1), 7.

20. **Spence, J. C.** & Poon, P. P. L. (2000). Availability of physical activity programs in Alberta senior lodges: A pilot study. *Alberta Centre for Well-Being: Research Update*, 8(1).
21. Mandigo, J. L., Thompson, L. P., **Spence, J.**, Melynychuk, N., Schwartz, M., Causgrove-Dunn, J., Marshall, D., Gessell, J., & Covey, J. (2000). A descriptive profile of physical education programs in Alberta. *Runner*, 38(2), 39-43.
22. Mandigo, J. L., Thompson, L. P., **Spence, J. C.**, Melynychuk, N., Causgrove-Dunn, J., Marshall, D., Gessell, J., & Covey, J. (2000). Physical activities available at Alberta schools. *Alberta Centre for Well-Being: Research Update*, 7(4).

1999

23. **Spence, J. C.** (1999). 1999 Alberta Survey on Physical Activity: Stages of physical activity behaviour. *Alberta Centre for Well-Being: Research Update*, 6(4).
24. **Spence, J. C.** (1999). The economics of sedentary living. *Wellspring*, 10(2), 3.
25. **Spence, J. C.** (1999). What do your genes have to do with your jeans? *Wellspring*, 10(2), 7.
26. Blanchard, C., & **Spence, J. C.** (1999). The effect of pretesting on feeling states and self-efficacy in acute exercise. *Alberta Centre for Well-Being: Research Update*, 7(1).
27. Mandigo, J., **Spence, J. C.**, Poon, P. L., & Mummery, W. K. (1999). Physical education enrolment at the secondary level in Alberta. *Alberta Centre for Well-Being: Research Update*, 6(3).
28. Plotnikoff, R., & **Spence, J. C.** (1999). Cardiovascular disease and physical activity. *Active Review*, 2(3).
29. Watchman, T., **Spence, J. C.**, & Poon, P. L. (1999). Availability of physical activity programs in Alberta nursing homes. *Alberta Centre for Well-Being: Research Update*, 6(2).

1998

30. **Spence, J. C.** (1998). Are we overweight or what? *Wellspring*, 9(1), 3.
31. **Spence, J. C.** (1998). Barriers to physical activity: Are there enough hours in a day? *Alberta Centre for Well-Being: Research Update*, 5(3).
32. **Spence, J. C.** (1998). Heart disease in women: What's the worry? *Wellspring*, 9(2), 3.
33. **Spence, J. C.** (1998). Physical education in Alberta schools: A proposed study. *Alberta Centre for Well-Being: Research Update*, 5(4).

34. **Spence, J. C.** (1998). The politics of research: When the assertions don't always correspond to the facts. *Wellspring*, 9(2), 11.
35. **Spence, J. C.** (1998). You can lead a Clydesdale to the gym but you can't make it do the mambo. *Wellspring*, 9(4), 4.
36. **Spence, J. C.**, & Poon, P. (1998). 1997 Alberta Survey on Physical Activity: Stages of physical activity behaviour. *Alberta Centre for Well-Being: Research Update*, 5(2).
37. Dryden, D. M., Voaklander, D. C., Francescutti, L. H., Rowe, B. H., & **Spence, J. C.** (1998). Epidemiology of female ice hockey injuries. *Alberta Centre for Well-Being: Research Update*, 6(1).
38. Poon, P., & **Spence, J. C.** (1998). Invest in premenopausal bones: Early contributions yield high returns! *Wellspring*, 9(1), 5.

1997

39. **Spence, J. C.** (1997). 1997 Alberta Survey on Physical Activity: Preliminary results. *Wellspring*, 8(3), 10.
40. **Spence, J. C.** (1997). Some facts about anabolic steroids. *PULSE*, 10(3), 12-13.
41. **Spence, J. C.**, & Poon, P. (1997). The effect of physical activity on self-concept: A meta-analysis. *Alberta Centre for Well-Being: Research Update*, 4(4).
42. **Spence, J. C.**, & Poon, P. (1997). Results from the Alberta Schools' Athletic Association Survey. *Alberta Centre for Well-Being: Research Update*, 5(1).
43. Poon, P., & **Spence, J. C.** (1997). 1997 Alberta Survey on Physical Activity: Stages of physical activity behaviour. *Wellspring*, 8(4), 3.
44. Rodgers, W. M., Poon, P. L., & **Spence, J. C.** (1997). The use of "stages of change" in exercise and physical activity: A critical perspective. *Wellspring*, 8(3), 5.

1996

45. Mummery, W. K., & **Spence, J. C.** (1996). Alberta Sport and Recreation Injury Survey. *Wellspring*, 7(3), 7.
46. Mummery, W. K., & **Spence, J. C.** (1996). Rate and frequency of sport and recreational injuries: Results from the 1995 Alberta Sport and Recreation Injury Survey. *Alberta Centre for Well-Being: Research Update*, 4(1).

47. Mummery, W. K., & **Spence, J. C.** (1996). Rate and frequency of sport and recreational injuries: Results from the 1995 Alberta Sport and Recreation Injury Survey. *PULSE*, 10(1), 1.

1994

48. Ricci, J., Gauvin, L., O'Halloran, A., & **Spence, J. C.** (1994). Vos résolutions pour le nouvel an: planifiez afin d'éviter les échecs. *Le Journal du Club de Recreation Hydro-Québec* [Hydro-Quebec Employee Newsletter], 20(1), 7.

PRESENTATIONS

* also see published abstracts

2016

1. Faulkner, G., Ramanathan, S., Berry, T., Deshpande, S., Latimer-Cheung, A., Rhodes, R., **Spence, J. C.**, & Tremblay, M. (2016, November). *Perceptions of organizational capacity to promote physical activity in Canada: Exploring the impact of ParticipACTION five years after relaunch*. Paper presented at The 6th International Congress on Physical Activity and Public Health (ICPAPH), Bangkok, Thailand.
2. Lee, E. Y., Carson, V., Jeon, J., & **Spence, J. C.** (2016, November). *Prevalence of physical activity and sitting time among Korean adolescents: Results from the Korean National Health and Nutrition Examination Survey, 2013*. Paper presented at The 6th International Congress on Physical Activity and Public Health (ICPAPH), Bangkok, Thailand.
3. Mandic, S., García Bengoechea, E., Williams, J., Flaherty, C., Moore, A., Hopkins, D., & **Spence, J. C.** (2016, November). *Individual, social and environmental correlates of walking to school in adolescents from Dunedin, New Zealand*. Poster presented at The 6th International Congress on Physical Activity and Public Health (ICPAPH), Bangkok, Thailand.
4. Mandic, S., García Bengoechea, E., Chiew Ching, K. C., & **Spence, J. C.** (2016, November). *Physical activity in adolescents using active, motorized or combined active and motorized transport to school: Results from Dunedin, New Zealand*. Paper presented at The 6th International Congress on Physical Activity and Public Health (ICPAPH), Bangkok, Thailand.
5. Mandic, S., Hopkins, D., García Bengoechea, E., Flaherty, C., Williams, J., Sloane, L., & **Spence, J. C.** (2016, November). *Adolescents' perceptions of walking versus cycling to school: Informing future interventions for promoting cycling to school*. Poster presented at

The 6th International Congress on Physical Activity and Public Health (ICPAPH), Bangkok, Thailand.

6. **Spence, J. C.**, McHugh, T.-L., Sprysak, C., & Veugelers, P. (2016, June). *Perceived effectiveness of national and provincial tax credits for children's physical activity: The charade continues*. Poster presented at the 2016 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Cape Town, South Africa.
7. Stearns, J., **Spence, J. C.** (2016, June). *The role of negative peer experiences in the physical activity and sedentary behavior of youth*. Poster presented at the 2016 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Cape Town, South Africa.
8. Carson, V., Rhodes, R. E., Rinaldi, C., Rodgers, W., **Spence, J. C.** & Hesketh, K. (2016, June). *Reliability of a parental questionnaire for assessing correlates of physical activity and sedentary behavior among toddlers*. Paper presented at the 2016 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Cape Town, South Africa.
9. Lee, E. -Y., Kang, D. -W., Hwang, J., Carson, V., & **Spence, J. C.** (May, 2016). *Excessive sitting time is associated with increased cardio-metabolic risks among Korean adolescents*. Poster presented at the 2016 American College of Sport Medicine (ACSM) Annual Meeting, Boston, MA USA.

2015

10. Lee, E. -Y., An, K., Jeon, J, Y. & Spence, J. C. (October, 2015). *The role of psychosocial correlates in the relationship between biological maturation and physical activity among Korean adolescent girls*. Poster presented at the 2015 Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Edmonton, AB.
11. Holt, N. L, Lee, H., Tamminen, K. A, Clark, A. M, & **Spence, J. C.** (2015, July). *Safety concerns and social traps: A meta-study of qualitative research examining determinants of active free play in children*. Poster presented at the 14th European Congress of Sport Psychology (FEPSAC), Bern, Switzerland.
12. **Spence, J. C.**, & McHugh, T. -L. F. (2015, June). *Physical literacy of rural indigenous children in the Northwest Territories*. Poster presented at the International Physical Literacy Conference, Vancouver, BC.
13. McHugh, T.-L. F., & **Spence, J. C.** (2015). *Enhancing sport opportunities for urban Indigenous youth: Implications for physical literacy*. Poster presented at the International Physical Literacy Conference, Vancouver, BC.

14. **Spence, J. C.** (2015, June). *A review of research on the Canadian Children's Fitness Tax Credit: Is the emperor wearing any clothes?* Poster presented at the at the 2015 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Edinburgh, Scotland.
15. Lee, E. Y., & **Spence, J. C.** (2015, June). *A longitudinal examination of the influence of pubertal timing on screen-time and other sedentary behaviors among Korean adolescents.* Poster presented at the at the 2015 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Edinburgh, Scotland.
16. Maddison, R., & **Spence, J. C.**, & Woods, C. (2015, June). *Benchmarking physical activity policy: Applying the INFORMAS framework to physical activity policy.* Paper presented at the at the 2015 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Edinburgh, Scotland.
17. Carson, V., Kuzik, N., Hunter, S., Wiebe, S. A., **Spence, J. C.**, Friedman, A., Tremblay, M. S., Slater, L., & Hinkley, T. (2015, June). *Systematic review of sedentary behavior and cognitive development in early childhood.* Poster presented at the at the 2015 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Edinburgh, Scotland.
18. Rhodes, R. E., **Spence, J. C.**, Berry, T., Deshpande, S., Faulkner, G., Latimer-Cheung, A. E., O'Reilly, N. & Tremblay, M. S. (2015, June). *Predicting changes in child physical activity and three types of parental support behaviors across 12 months.* Poster presented at the at the 2015 Annual Meeting of the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Edinburgh, Scotland.
19. Mandic, S., Garcíá Bengoechea, E., Brook, E., Mountfort, A., & **Spence J. C.** (2015, May). *Clustering of (un)healthy behaviours and weight status in New Zealand adolescents.* Poster presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.
20. Mandic, S., Garcíá Bengoechea, E., Williams, J., Mountfort, A., Brook, E., Flaherty, C., & **Spence, J. C.** (2015, May). *Personal, social and environmental factors influencing adolescents' walking to school in Dunedin, New Zealand.* Poster presented at the American College of Sports Medicine Annual Meeting, San Diego, CA.
21. Spence, N. D., Newton, M. S., Keaschuk, R. A., Ambler, K. A., Jetha, M. M., Rosychuk, R. J., Holt, N. L., **Spence, J. C.**, Sharma, A. M., & Ball, G. D. C. (2015, May). *Parents as Agents of Change in Pediatric Weight Management: Preliminary Findings from a Randomized Clinical Trial.* Poster presented at the Canadian Obesity Summit, Toronto, ON.
22. Spence, N. D., Newton, M. S., Keaschuk, R. A., Ambler, K. A., Jetha, M. M., Rosychuk, R. J., Holt, N. L., **Spence, J. C.**, Sharma, A. M., & Ball, G. D. C. (2015, May). *Predictors of Attrition from the Parents as Agents of Change (PAC) Randomized Clinical Trial.* Poster presented at the Canadian Obesity Summit, Toronto, ON.

2014

23. Lamb, K. E., Ball, K., Andrianopoulos, N., Costa, C., Cutumisu, N., Ellaway, A., Kamphuis, C., Mentz, G., Pearce, J., Santana, P., Schulz, A. J., **Spence, J.**, Thornton, L. E., van Lenthe, F., & Zenk, S. (2014, August). *Associations between neighbourhood disadvantage and fruit and vegetable consumption in seven countries*. Poster presented at the IEA World Congress of Epidemiology, Anchorage, AK.
24. McGannon, K. R., Berry, T. R., Norris, C., & **Spence, J. C.** (2014, September). *(De)constructing 'the every-woman at risk': A critical discourse analysis of pink ribbon and breast cancer representations in Canadian news media*. Paper presented at the 4th International Conference for Qualitative Research in Sport and Exercise, Loughborough, UK.
25. Stearns, J. A., Hudson, B., Thompson, J., McHugh, T.-L., & **Spence, J. C.** (May, 2014). *Lessons learned: Assessing physical literacy among children in the Northwest Territories*. Poster presented at the Global Summit on the Children's Physical Activity, Toronto, ON.
26. Lee, E. -Y., & **Spence, J. C.** (May, 2014). *Are Korean boys more physically active than girls regardless of biological maturity?* Poster presented at the 2014 Global Summit on Physical Activity of Children, Toronto, ON.
27. Tamminen, K. A., Witcher, C., Faulkner, G., & **Spence, J. C.** (2014, April). *Examining the role of microgrants in promoting physical activity among Canadian adolescents*. Poster presented at the International Congress on Physical Activity and Public Health (ICPAPH), Rio de Janeiro, Brazil.

2013

28. Holt, N. L., Anderson, S., Zarowny, S., Down, J., Slater, L., Clark, A., **Spence, J. C.**, & Tamminen, K. A. (2013, December). *A meta-synthesis of qualitative research examining children's active free play: Children's perspectives*. Poster presented at British Psychological Society Division of Sport and Exercise Psychology Conference. Manchester, UK.
29. Neely, K. C., Holt, N. L., Newton, A. S., **Spence, J. C.**, Knight, C. J., Ambler, K. A., & Ball, G. D. C. (2013, November). *Families' experiences in and perceptions of a pediatric weight management intervention*. Poster presented at the Women and Children's Health Research Institute Research Day, Edmonton, AB.
30. Blanchard, C. M., Ferrier, S., Hernandez, P., Dechman, G., Rhodes, R. E., **Spence, J. C.**, & McGannon, K. (2013, October). *Is temperature associated with steps / day during pulmonary rehabilitation?* Poster presented at the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Kelowna, BC.

31. Ferrier, S., Blanchard, C. M., Giacomantonio, N., Rainham, D., Murnaghan, D., Rhodes, R. E., Reid, R., **Spence, J. C.**, King-Shier, K., McGowan, E., Lyons, R., & Kirkland, S. (2013, October). *Demographic and clinical correlates of sedentary behavior in heart disease patients*. Poster presented at the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Kelowna, BC.
32. Jarvis, J. W., Rhodes, R. E., Deshpande, S., Berry, T., Chulak-Bozzer, T., Faulkner, G., **Spence, J. C.**, Tremblay, M. S., & Latimer-Cheung, A. E. (2013, October). *Investigating the role of brand equity in mediating the relationship between message exposure and parent support for their child's physical activity*. Paper presented at the Canadian Society for Psychomotor Learning and Sport Psychology Conference (SCAPPS), Kelowna, BC.
33. Laczy, R., Hernandez, P., Dechman, G., Rhodes, R. E., **Spence, J. C.**, McGannon, K. & Blanchard, C. M. (2013, October). *Is it self-efficacy or outcome expectations that explain steps / day during and after pulmonary rehabilitation?* Poster presented at the Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Kelowna, BC.
34. Stearns, J. A., Carson, V., & **Spence, J. C.** (2013, October). *The association between parents' perceptions of neighbourhood walkability and children's physical activity and screen time*. Paper presented at the Canadian Society for Psychomotor Learning and Sports Psychology (SCAPPS), Kelowna, BC.
35. **Spence, J. C.** (2013, September). *Determinants of physical activity, sedentary behaviour and obesity: The role of the macro-environment*. Paper presented at the 21st Cochrane Colloquium, Quebec, QC.
36. White, L., Luciani, A., Berry, T., Deshpande, S., Latimer-Cheung, A., Rhodes, R., **Spence, J.**, Tremblay, M., & Faulkner, G. (2013, June). *Sports Day in Canada: Examining correlates of awareness and intentions to participate in sport*. Poster presented at the Canadian Public Health Association 2013 Annual Conference, June 9-12 Ottawa, ON.
37. Stearns, J. A., Cutumisu, N., Ball, G., Boule, N., Veugelers, P., & **Spence, J. C.** (2013, May). *Neighbourhood walkability and pedometer-determined physical activity of 6 to 10 year-old children*. Paper presented at the International Society for Behavioral Nutrition and Physical Activity, Ghent, Belgium.
38. Jarvis, J. W., Berry, T., Deshpande, S., Faulkner, G., Rhodes, R. E., **Spence, J. C.**, Tremblay, M., & Latimer-Cheung, A. E. (2013, March). *Building the brand equity of a national physical activity promotion organization*. Poster presented at the Society of Behavioral Medicine (SBM), San Francisco, CA.

2012

39. **Spence, J. C.**, Adamo, K., Colley, R., & Tudor-Locke, C. (2012, October). *A step-defined physical inactivity index for adults: How many steps/day are too few?* Poster presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
40. **Spence, J.C.**, Lee, J-G., & Lee, E. Y. (2012, October). *A comparative study of step-determined physical activity among Korean children in Korea and Canada.* Paper presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
41. Cutumisu, N., Blanchard, C., Plotnikoff, R., Berry, T., & **Spence, J.C.** (2012, October). *Effect of neighbourhood Space Syntax on the frequency of walking in Edmonton, Canada.* Paper presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
42. Carson, V., Tremblay, M., **Spence, J. C.**, Timmons, B., & Janssen, I. (2012, October). *Adherence to the Canadian Sedentary Behaviour Guidelines for the Early Years (aged 0-4 years) among children from Kingston, Canada.* Poster presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
43. Murumets, K., Costas Bradstreet, C., Dampier, D., Antunes, E., **Spence, J. C.**, & Tremblay, M. S. (2012, October). *Sports Day in Canada: A national celebration of sport.* Poster presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
44. Murumets, K., Costas Bradstreet, C., Berry, T., Craig, C. L., Deshpande, S., Faulkner, G., Latimer, A., Rhodes, R., **Spence, J. C.**, & Tremblay, M. S. (2012, October). *Think Again: Social marketing campaign.* Paper presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
45. Murumets, K., Costas Bradstreet, C., Down, J., Duggan, M., Gabbani, F., Grantham, A., Grundy, S., **Spence, J. C.**, & Tremblay, M. S. (2012, October). *Active Canada 20/20 – Past, Present and Future.* Paper presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
46. Tremblay, M., LeBlanc, A., Carson, V., Connor Gorber, S., Duggan, M., Janssen, I., Kho, M., Murumets, K., **Spence, J.**, & Timmons, B. (2012, October). *Development and launch of the Canadian Physical Activity Guidelines for the Early Years.* Poster presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
47. Tremblay, M., LeBlanc, A., Carson, V., Connor Gorber, S., Duggan, M., Janssen, I., Kho, M., Murumets, K., & Timmons, B. & **Spence, J.** (2012, October). *Development and launch of the Canadian Sedentary Behaviour Guidelines for the Early Years.* Poster presented at the International Congress on Physical Activity and Public Health, Sydney, Australia.
48. **Spence, J. C.**, & Lee, J.-G. (2012, June). *A comparative study of the determinants of physical activity among Korean children in Korea and Canada.* Poster presented at the annual North

American Society for the Psychology of Sport and Physical Activity (NASPSPA), Honolulu, HI.

49. Blanchard, C. M., McSweeney, J., Balish, S., Giacomantonio, N., Reid, R., Rhodes, R. E., **Spence, J. C.**, Murnaghan, D., & McGannon, K. (2012). *Distinct trajectories of light and moderate to vigorous physical activity in heart disease patients who do not attend cardiac rehabilitation*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA), Honolulu, HI.
50. LeBlanc, A., Timmons, B., Carson, V., Connor Gorber, S., Dillman, C., Janssen, I., Kho, M., **Spence, J.**, Stearns, J., & Tremblay, M. S. (2012, May). *Systematic review of the relationship between physical activity and health in infants, toddlers and preschoolers*. Poster presented at the 8th International Conference on Diet and Activity Methods, Rome, Italy.
51. LeBlanc, A., **Spence, J.**, Carson, V., Connor Gorber, S., Dillman, C., Janssen, I., Kho, M., Stearns, J., Timmons, B., & Tremblay, M. S. (2012, May). *Systematic review of the relationship between sedentary behaviour and health in infants, toddlers and preschoolers*. Poster presented at the 8th International Conference on Diet and Activity Methods, Rome, Italy.

2011

52. **Spence, J. C.**, Rhodes, R., & Stearns, J. A. (2011, January). *Compliance rates in exercise programs: A review of reviews*. Paper presented at the Pan-Pacific Conference for Medicine and Science in Sport, Honolulu, Hawaii.
53. Lee, H., Millar, C., **Spence, J. C.**, & Holt, N. L. (2011, October). *Using walk-along interviews to examine perceptions of landscapes for play*. Paper presented at the Qualitative Health Research Conference, Vancouver, BC.
54. Knight, C. J., Glenn, N. M., **Spence, J. C.**, & Holt, N. L. (2011, October). *The meaning of play among children*. Paper presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Winnipeg, MB.
55. Stearns, J. A., & Spence, J. C. (2011, October). *A discriminant function analysis of high and low active children as measured by pedometers*. Paper presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS), Winnipeg, MB.
56. Cutumisu, N., & **Spence, J. C.** (2011, August). *Figures of fit: Comparing a 3D walkability index to angular measures of pedestrian movement*. Paper presented at the EcoCity World Summit 2011, Montréal, QC.

2010

57. Stearns, J. A., & **Spence, J. C.** (2010, October). *Exploring correlates of boredom proneness: Enjoyment of walking, physical activity, and estimates of walking distances*. Poster presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Toronto, ON.
58. **Spence, J. C.**, Berry, T. R., Elliott, C., Faulkner, G, LeBel, J., & Storey, K. (2010, July). *Awareness of the Health Check Food Information Program among Canadians*. Poster presented at the International Congress of Obesity, Stockholm, Sweden.
59. Glenn, N. M., McGannon, K. R., & **Spence, J. C.** (2010, July). *Beauty and the beast: Exploring media representations of bariatric surgery through discourse analysis and fairy tale metaphor*. Paper presented at the International Congress of Obesity, Stockholm, Sweden.
60. **Spence, J. C.**, Cutumisu, N., Plotnikoff, R., & Blanchard, C. (2010, May). *Urban Form and Walking in Edmonton, Canada: The Fitscapes Project*. Latest Findings on Built Environments and Physical Activity in Diverse Countries: IPEN Symposia. Paper presented at the 3rd International Congress on Physical Activity and Public Health, Toronto, ON.
61. Carson, V., **Spence, J. C.**, Cutumisu, N., & Cargill, L. (2010, May). *Association between neighbourhood socioeconomic status and screen time among pre-School children*. Oral presented at the 3rd International Congress on Physical Activity and Public Health, Toronto, ON.
62. Carson, V., Kuhle, S., **Spence, J. C.**, & Veugelers, P. (2010, May). *Parents' perceptions of neighbourhood environment as a determinant of screen time, physical activity, and active transport*. Poster presented at the 3rd International Congress on Physical Activity and Public Health, Toronto, ON.
63. Carson, V., **Spence, J. C.**, & Boule, N. (2010, June). *Association between screen time and obesity among pre-school children*. Oral presentation at the 2nd Canadian Obesity Student Meeting, Ottawa, ON.
64. Berry, T. R., **Spence, J. C.**, Blanchard, C., & Edwards, J. (2010, May). *Neighbourhood choice, physical activity and body mass index*. Poster presented at the 3rd International Congress on Physical Activity and Public Health. Toronto, ON.
- 2009
65. **Spence, J. C.**, Brawley, L., Craig, C. L., Plotnikoff, R. C., Tremblay, M., Bauman, A., Faulkner, G., Chad, K., & Clark, M. I. (2009, September). *Education, motivation and the knowledge gap: Effects of a campaign to promote physical activity*. Poster presented at the European Health Psychology conference, Pisa, Italy.
66. **Spence, J. C.**, Cutumisu, N., Edwards, J., Raine, K., & Smoyer-Tomic, K. (2009, June). *Relation between local food environments and obesity among adults*. Paper presented at the

International Society for Behavioral Nutrition and Physical Activity (ISBNPA) annual conference, Lisbon, Portugal.

67. **Spence, J. C., Carson, V.,** Casey, L., Boule, N., & Preddy, G. (2009, June). *Eating behaviour and weight status among pre-school children in a northern Canadian city*. Poster presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA) annual conference, Lisbon, Portugal.
68. **Spence, J. C., Dutove, J., Holt, N. L., & Carson, V.** (2009, June). *Uptake and effectiveness of the Children's Fitness Tax Credit in Canada*. Poster presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA) annual conference, Lisbon, Portugal.
69. Berry, T. R., **Spence, J. C.,** & Stolp, S. (2009, November). Attentional bias for exercise-related images: A pilot study. Paper presented at the meeting of the Canadian Society for Psychomotor Learning and Sport Psychology, Toronto, ON.
70. Blanchard, C. M., Reid, R. D., Morrin, L. I., McDonnell, L., McGannon, K., Rhodes, R. E., **Spence, J. C.,** & Edwards, N. (2009, March). *The role of the community and home environment when examining exercise behaviour during home-based cardiac rehabilitation*. Poster presented at the Society of Behavioral Medicine (SBM) conference, Montreal, QC.
71. Glenn, N. G., **Spence, J. C.,** Holt, N. L. & Murnaghan, D. (2009, November). *Discrepancy between parents' and children's perspectives: Reasons for children's sport participation and drop out*. Poster presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Toronto, ON.
72. Holt, N. L., Biddle, S. J. H., Arbour, K., Elliott, D., Carlsen, A., & **Spence, J. C.** (2009, November). *Perspectives on the peer review process*. Symposium presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Toronto, ON.
73. Holt, N. L., Sehn, Z. L., **Spence, J. C.,** Newton, A. S., & Ball, G. D. C. (2009, November). *Positive development through physical education and sport programs in an inner city school*. Paper presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Toronto, ON.
74. Holt, N. L., Cunningham, C-T., Sehn, Z. L., **Spence, J. C.,** Newton, A. S., & Ball, G. D. C. (2009, June). *Neighborhood physical activity opportunities for inner-city children and youth*. Paper presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA) annual conference, Lisbon, Portugal.
75. Witcher, C., **Spence, J.C.,** Holt, N. L., Blanchard, C., Murnaghan, D. A., & Lyons, R. (2009, October). *Assessing the availability of physical activity opportunities in Atlantic Canadian long-term care facilities*. Poster presented at the Canadian Association on Gerontology, 38th Annual Scientific and Educational Meeting, Winnipeg, MB.

2008

76. **Spence, J. C.**, Blanchard, C., Wild, T. C., Courneya, K., & Cave, A. (2008, November). *A randomized trial of physical activity advice provided by general practitioners*. Paper presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Canmore, AB.
77. **Spence, J. C.**, Burgess, J., & Wild, T. C. (2008, August). *Predicting physical activity in an hypothetical situation: The effect of a corrective entreaty*. Poster presented at the International Congress of Behavioral Medicine, Tokyo, Japan.
78. **Spence, J. C.**, Clark, M., & the ParticipACTION Research Team (2008, May). *ParticipACTION brand awareness and baseline data*. Paper presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
79. Addy, C.-T., Holt, N. L., **Spence, J. C.**, Ball, G. D. C., & Newton, M. S. (2008, November). *Planning and providing physical activity opportunities for youth in a Canadian city*. Poster presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Canmore, AB.
80. Berry, T. R., & **Spence, J. C.** (2008, May). *Beware the couch potato stereotype: Effects of physical activity and sedentary lifestyle priming on automatic attitude activation*. Paper presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
81. Blanchard, C.M., McDonnell, L., Reid, B., Morrin, L., Rhodes, R.E., McGannon, K., **Spence, J.C.**, & Edwards, N. (2008, October). *Understanding exercise behavior during home-based cardiac rehabilitation: A theory of planned behavior perspective*. Paper presented at the *Canadian Association for Cardiac Rehabilitation Annual Meeting*, Toronto, Canada.
82. Cargill, L., Harber, V., **Spence, J. C.** & Boule, N. G. (2008, May). *Effects of exercise or diet interventions on visceral and subcutaneous abdominal fat: A meta-analysis*. Paper presented at the 16th European Congress on Obesity, Geneva, Switzerland.
83. Carson, V., **Spence, J.C.**, Boule, N., & Ball, G.D. (2008, November). *Seasonal variation among young children in Canada: Does it occur?* Paper presented at the International Conference on Childhood Obesity, Hong Kong, China.
84. Carson, V., Cutumisu, N., Cargill, L., & **Spence, J. C.** (2008, October). *The influence of socioeconomic status and body mass index on screen time consumption among pre-school children in Canada*. Poster presented at Childhood and Adolescent Obesity 2008 - How We Live, How We Learn, and How We Work: Implications for the Prevention and Treatment of Childhood Obesity, Vancouver, BC.

85. Carson, V., Spence, J. C., Burgess, J., Cutumisu, N., Lee, J.-G., Moylan, B., Taylor, L., & Witcher, C. S. (2008, May). *A quantitative review of self-efficacy and physical activity among youth*. Poster presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
86. Clark, M. I., Spence, J. C., & Holt, N. (2008, November). *In their shoes: Understanding the physical activity experiences of pre-adolescent girls*. Poster presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Canmore, AB.
87. Cutumisu, N., & Spence, J. C. (2008, August). *A comparison of the three Ds of urban form associated with walkability to angular measures of pedestrian movement*. Poster presented at the International Congress of Behavioral Medicine, Tokyo, Japan.
88. Faulkner, G., McCloy, C., & the ParticipACTION Research Team (2008, May). *Baseline capacity assessment of the "new" participaction: A qualitative study of Canadian organizations*. Paper presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
89. Forbes, L. E., Storey, K. E., Fraser, S. N., **Spence, J. C.**, Plotnikoff, R. C., Raine, K. D., & McCargar, L. J. (2007, May). *Dietary determinants of glycemic index and glycemic load among Alberta youth*. Poster presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
90. McCormack, G. R., **Spence, J. C.**, Berry, T., & Doyle-Baker, T. (2008, May). *The role of perceived behavioural control in the association between self-reported neighbourhood walkability and leisure-time physical activity*. Paper presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
91. McDonnell, L., Blanchard, C.M., Reid, B., Morrin, L., **Spence, J.C.**, Rhodes, R.E., McGannon, K., & Edwards, N. (2008, October). *Task and barrier self-efficacy and physical activity predictors in a home-based cardiac rehabilitation program: Preliminary analyses*. Paper presented at the Canadian Association for Cardiac Rehabilitation Annual Meeting, Toronto, Canada.
92. McGannon, K. R., Johnson, C. R. & **Spence, J. C.** (2008, May). *Constructing failure in I-O-Weigh: Accenting women's physical activity in Midwestern news discourse*. Paper presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
93. Plotnikoff, R., Todosijczuk, I., Pickering, M., Cragg, S., & the ParticipACTION Research Team (2008, May). *Baseline physical activity promotion capacity available to the 'new' participaction: A quantitative survey of Canadian organizations*. Paper presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.

94. Smoyer-Tomic, K. E., **Spence, J. C.**, Raine, K. D., Amrhein, C., Cameron, N., Yassenovskiy, V., Cutumisu, N., Healy, J. (2008, April). *Neighborhood Factors in Food Retail Accessibility in Edmonton, Canada*. Paper presented at the annual meeting of the American Association of Geographers, Boston, MA.
95. Storey, K. E., Forbes, L. E., Fraser, S. N., **Spence, J. C.**, Plotnikoff, R. C., Raine, K. D., & McCargar, L. J. (2008, May). *Adolescent nutrition and physical activity associated with weight status assessed by Web-SPAN*. Poster presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.

2007

96. **Spence, J. C.** (2007, October). *The role of the environment in children's physical activity: Where's the theory?* Paper presented as part of the symposium "Using Theory to Develop Interventions" at the Australian Conference of Science and Medicine in Sport, Adelaide, Australia.*
97. **Spence, J. C.**, Clark, M., Plotnikoff, R., Calengor, K., Kennedy, L., & McCargar, L. (2007, October). *Social cognitive correlates of physical activity among youth: The Web-SPAN Study*. Paper presented at the Australian Conference of Science and Medicine in Sport, Adelaide, Australia.*
98. Cargill, L., Harber, V., **Spence, J. C.**, & Boulé, N. G. (2007, September). *Does exercise preferentially reduce visceral fat?* Paper presented at the 4th Annual Alberta Diabetes Institute Retreat, Edmonton, AB, Canada.
99. Clark, M., Berry, T. R., & **Spence, J. C.** (2007, November). *Evidence of the relationship between exercise schema and sedentary lifestyle bias using neutrally valenced descriptors*. Paper presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Windsor, ON.
100. McCargar, L. J., Calengor, K., Kennedy, L., Hanning, R., Fraser, S. N., **Spence J. C.**, Plotnikoff, R., & Raine, K. (2007, October). *Diet quality and its association with specific nutrient intakes, meal behaviors and physical activity of adolescents*. Poster presented at The Obesity Society Annual Meeting, New Orleans, LA.*
101. Witcher, C. S. G., **Spence, J. C.**, & Holt, N. L. (2007, July). *Tailoring health promotion initiatives: Implications for the promotion of physical activity participation among older adults in rural Newfoundland*. Paper presented at the 2nd Atlantic Networks for Prevention Research Conference: Assessment and Action for Health Settings. St. John's, NL.
102. Witcher, C. S. G., Holt, N. L., & **Spence, J. C.** (2007, September). *An insider's perspective on data collection and analysis in a dialectally distinct area*. Poster presented at the 8th Advances in Qualitative Methods Conference, Banff, AB.

2006

103. **Spence, J. C., Burgess, J., Cutumisu, N., Lee, J.-G., Moylan, B., Taylor, L., & Witcher, C. S.** (2006, June). *Self-efficacy and physical activity: A quantitative review*. Poster presented at the North American Society for Psychology of Sport and Physical Activity (NASPSPA) conference, Denver, CO.*
104. Cameron, N., Freydborg, N., Healy, J., Smoyer-Tomic, K., Raine, K., Yasenovsky, V., Minaker, L., **Cutumisu, N., Spence, J. C., & Amrhein, C.** (2006, March). *The tale of two streets: A comparative study of food retail environments in Edmonton*. Annual meeting of the American Association of Geographers, Chicago, IL.
105. Holt, N. L., **Spence, J. C., Sehn, Z. L., Black, D. E., Moylan, B., & Tamminen, K. A.** (2006, June). *Children's mental representations of play and physical activity resources in their neighbourhoods*. Poster presented at the North American Society for Psychology of Sport and Physical Activity (NASPSPA) conference, Denver, CO.*
106. **Lee, J.-G., & Spence, J. C.** (2006, June). *Developing a Korean version of the Physical Activity Questionnaire for Older Children*. Poster presented at the North American Society for Psychology of Sport and Physical Activity (NASPSPA), Denver, CO.*

2005

107. **Burgess, J. A., Spence, J. C., Rodgers, W. & Murray, T.** (2005, November). *Effect of pretesting on intentions and self-reported walking: A response to Ogden (2003)*. Poster presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, St. Catherines, ON.
108. Cameron, N., Tomic, K., Amrhein, C., Raine, K., **Spence J. C., Healy, J. & Yasenovskiy, V.** (2005, May-June). *Bread and butter: The role of urban planning in food retail*. Paper presented at the Canadian Association of Geographers Annual Meeting, London, ON.
109. Cameron, N., Yasenovskiy, V., Tomic, K., Amrhein, C., Raine, K., **Spence, J. C., Cutumisu, N., Wu, X., Hemphill, E., Healy, J. & Marko, J.** (2005, March). *Charting the Foodscape of Edmonton*. Paper presented at the Area-Wide Epidemiology and Biostatistics Network Forum, University of Alberta, Edmonton, AB.
110. Cuglietta, L., Holt, N. L., **Spence, J. C., & Ball, G.** (2005, June). *Familial perceptions of and attitudes toward childhood obesity*. Paper presented at 7th Annual RNFS Research Day, University of Alberta Hospital, Edmonton, AB.
111. McGannon, K. R., Baird, S. M., Johnson, C. R., Szeman, I., & **Spence, J. C.** (2005, October). *Fear and loathing in Vancouver: If we only had a (para)digm to explore the media,*

the fear of fat and the implications for Sport and Exercise Psychology. Symposium presented at the American Association of Applied Sport Psychology conference, Vancouver, BC.

112. McGannon, K. R., Szeman, I., & **Spence, J. C.** (2005, October). *I am BIG...it's the pictures that got small: Narratives of America's obesity epidemic in the news that's fit (and fat) to print*. Paper presented at the American Association of Applied Sport Psychology conference, Vancouver, BC.
113. Smoyer-Tomic, K., **Spence, J.C.**, Amrhein, C., Raine, K., Cameron, N., Yasenovskiy, V. (2005, July). *Are there food deserts in Edmonton, Alberta? A study of supermarket accessibility*. Paper presented at the International Medical Geography Symposium, Ft. Worth, TX.
114. Yasenovskiy V., Cameron N., Smoyer-Tomic, K.E., Amrhein C., Raine K., **Spence J. C.**, Cutumisu, N., Healy J. (2005, November). *Comparing methods of measuring spatial accessibility*. Paper presented at the North American Regional Science Council (NARSC) conference, Las Vegas, NV.
115. Yasenovskiy, V., Cameron, N., Tomic, K., Amrhein, C., Raine, K., **Spence, J. C.**, Cutumisu, N., Wu, X., Hemphill, E., Healy, J. & Marko, J. (2005, March). *Charting the Foodscape of Edmonton*. Paper presented at the Urban Region Research and Management Forum, Edmonton, AB.
116. Yasenovskiy, V., Tomic, K., Amrhein, C., Raine, K., **Spence, J. C.**, Cameron, N., Cutumisu, N., Wu, X., Hemphill, E. & Healy, J. (2005, April). *Measuring neighbourhood spatial accessibility: An example of grocery store and fast-food accessibility in Edmonton, Canada*. Paper presented at the Annual Meeting of the Association of American Geographers, Denver, CO.
117. Yasenovskiy, V., Tomic, K., Amrhein, C., Raine, K., **Spence, J. C.**, Cameron, N., Cutumisu, N., Wu, X., Hemphill, E. & Healy, J. (2005, June). *Measuring spatial accessibility and availability of food retail outlets in Edmonton, Alberta*. Paper presented at the Canadian Association of Geographers Annual Meeting, London, ON.

2004

118. **Spence, J. C.** & Bengoechea, E. G. (2004, February). *Determinants of physical activity in Alberta: The role of perceived environment*. Paper presented at the Australasian Society of Behavioural Health and Medicine (ASBHM), Christchurch, New Zealand.
119. **Spence, J. C.**, Wild, T. C., Rhodes, R., Melanson, C. L., & Thiem, A. (2004, August). *The weight appropriateness of characters in popular movies*. Poster presented at the International Congress of Behavioural Medicine (ICBM), Mainz, Germany.*

120. **Spence, J. C.**, Wild, T. C., Rhodes, R., Thiem, A., & Melanson, C. L. (2004, August). *The portrayal of obesogenic behaviours in popular movies, 1952-2001*. Poster presented at the International Congress of Behavioural Medicine (ICBM), Mainz, Germany.*
121. Bengoechea, E. G., **Spence, J. C.** & McGannon, K. R. (2004, June). *Predictors of physical activity participation in Alberta*. Poster presented at the North American Society for Psychology of Sport and Physical Activity (NASPSPA), Vancouver, BC.*
122. Hemphill, E., Raine, K., **Spence, J. C.**, Smoyer-Tomic, K. (2004, June). *Examining obesogenic environments in urban Edmonton: Is SES related to access?* Poster presented at the Canadian Public Health Association conference, St. John's, NFL.
123. Iassenovski V, Wu X., Cutumisu N., Hemphill E., Healy, J., Smoyer-Tomic, K. E., Amrhein C., Raine K., & **Spence J. C.** (2004, October). *Using GIS in the study of obesity determinants: Grocery store and fast-food accessibility in Edmonton*. Poster presented at the Confronting Obesity: Research, Policy, and Practice conference, Centre for Health Promotion Studies, University of Alberta, Edmonton, AB.
124. Marko, J., **Spence, J. C.**, Edwards, J., Lightfoot, P., & Spinola, C. (2004, October). *Body Mass Index in the Capital Health region: Results from the Population Health Survey 2002*. Poster presented at the Confronting Obesity: Research, Policy, and Practice conference, Centre for Health Promotion Studies, University of Alberta, Edmonton, AB.
125. Plotnikoff, R. C., Brunet, S, Courneya K., **Spence J. C.**, Birkett, N., Marcus, B. (2004, August). *Canadian Physical Activity Worksite Trial*. Poster presented at the International Congress of Behavioural Medicine (ICBM), Mainz, Germany.
126. Raine, K., Church, J., McCargar, L., Plotnikoff, R., **Spence, J.C.**, Wild, C., Willows, N., & Gibbons, K. (2004, November). *An ecological perspective on the promotion of healthy weights: Canadian context*. Poster presented at the North American Association for the Study of Obesity (NAASO) Annual Scientific Meeting, Las Vegas, NV.
127. Taft K. A., Hanning R. M., Yurkiw M. A., Bates, H. K., Marshall J. D., **Spence J. C.**, & McCargar, L. J. (2004, May). *A web-based nutrition and physical activity survey: Food group intakes of grade 7 and 8 students*. Poster presented at the International Congress of Dietetics, Chicago, IL.

2003

128. **Spence, J. C.**, McGannon, K. R., Blanchard, C., & Cutumisu, N. (2003, October). *Perceived neighbourhood environment and physical activity*. Paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Hamilton, ON.

129. Blanchard, C. M., **Spence, J. C.**, Rhodes, R., Nehl, E., Doyle, C., & Cokkinides, V. (2003, July). *Differential correlates of physical activity in normal weight, overweight, and obese individuals living in rural and urban communities*. Poster presented at the International Society for Behavioral Nutrition and Physical Activity, Quebec City, QC.

2002

130. **Spence, J. C.**, & Backstrom, E. (2002, October). *The built environment and physical inactivity: Recognizing the health implications of planning*. Paper presented at the Alberta Association, Canadian Institute of Planners (AACIP), Annual Congress, Jasper, AB.
131. **Spence, J. C.**, Plotnikoff, R. C., Mummery, W. K. (2002, September). *The awareness and use of Canada's Physical Activity Guide*. Poster presented at the International Symposium on Health-Enhancing Physical Activity – Evidence-Based Promotion of Physical Activity, Helsinki, Finland.
132. **Spence, J. C.**, Rhodes, R., Blanchard, C., & McGannon, K. R. (2002, October). *Utility of the theory of planned behavior in explaining physical activity among older adults*. Paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Vancouver, BC.
133. **Spence, J. C.**, Rhodes, R. & Plotnikoff, R. C. (2002, August). *Does self-efficacy mediate the relationship between sociodemographic variables and exercise?* Poster presented at the Seventh International Congress of Behavioral Medicine, Helsinki, Finland.*
134. **Spence, J. C.**, Weiss, C., McGannon, K. R., & Duchaine, J. (2002, April). *Physical activity participation in seniors' lodges: Barriers and facilitators*. Poster presented at ALCOA Forum 2002: A Lifelong Odyssey - Active Living for Older Adults, Saskatoon, SK.
135. McGannon, K., **Spence, J. C.**, Raine, K. D. (2002, May). *Diabetes prevention and management among low income populations: A multi-systems framework for research, intervention, and change*. Poster presented at the Sixth National Health Promotion Conference, Victoria, BC.
136. Plotnikoff, R. C., Courneya, K. S., **Spence, J. C.**, & Rhodes, R. E. (2002, August). *The development of an integrated stage model for population-based physical activity interventions*. Poster presented at the Seventh International Congress of Behavioral Medicine, Helsinki, Finland.*
137. Voaklander, D. C., Dryden, D. M., Francescutti, L. H, **Spence, J. C.**, & Rowe, B. H. (2002, May). *Injuries in women's recreational ice hockey: Frequency, nature, and follow-up*. Paper presented at the 4th International Symposium on Safety in Ice Hockey, Philadelphia, PA.

2001

138. **Spence, J. C.** (2001, June). *Putting physical activity into place: A response to the Healthy Places Framework*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, St. Louis, MO.*
139. **Spence, J. C.** (2001, November). *Does exercise lead to an enhanced sense of self?* Paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Montreal, QC.
140. **Spence, J. C., & Lee, R. L.** (2001, March). *Consideration of ecological frameworks for physical activity*. Paper presented at the 22nd Society for Behavioral Medicine meeting, Seattle, WA.*
141. **Spence, J. C., Courneya, K. S., Blanchard, C., Wilson, P., Becker, B. J.** (2001, March). *The theory of planned behavior and physical activity: A meta-analysis*. Paper presented at the 22nd Society for Behavioral Medicine meeting, Seattle, WA.*
142. Duplantie, J., Gauvin, L., Richard, L., Craig, C. L., Quinney, H. A., **Spence, J. C., & Dassa, C.** (2001, October). *Physical activity interventions in community settings: What's out there?* Poster presented at "Innovative Approaches to Understanding and Influencing Physical Activity", Cooper Institute Conference, Dallas, TX.
143. Fein, A., Plotnikoff, R., Wild, C., & **Spence, J. C.** (2001, March). *An examination of adolescents' perceptions of the school physical environment related to physical activity*. Poster presented at the 22nd Society for Behavioral Medicine meeting, Seattle, WA.
144. Gauvin, L., Richard, L., Potvin, L., Craig, C. L. **Spence, J. C., Quinney, H. A., & Dassa, C.** (2001, March). *Multilevel determinants of physical activity: Individual- and neighbourhood-level influences*. Poster presented at the 22nd Society for Behavioral Medicine meeting, Seattle, WA.
145. Rhodes, R. E., Plotnikoff, R., & **Spence, J. C.** (2001, October). *Assessing optimal predictive value in exercise self-efficacy: A comparison of specific efficacy beliefs versus a summed scale with a large population sample over three six-month time periods*. Poster presented at "Innovative Approaches to Understanding and Influencing Physical Activity", Cooper Institute Conference, Dallas, TX.

2000

146. **Spence, J. C.** (2000, May). *Behavior does not occur in a vacuum: The social-ecology of physical activity*. Paper presented at The Psychology of Exercise, Sport, and Behavior Change Workshop, Kansas State University, Manhattan, KS.

147. **Spence, J. C.**, & Blanchard, C. (2000, June). *Effect of pretesting on feeling states and self-efficacy in acute exercise*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, San Diego, CA.*
148. **Spence, J. C.**, Courneya, K. S., Blanchard, C., & Wilson, P. (2000, November). *The theory of planned behavior and physical activity: A quantitative review of explained variation in intention and behavior*. Poster presented at the Sixth International Congress of Behavioral Medicine, Brisbane, Australia.*
149. **Spence, J. C.**, Plotnikoff, R., & Blanchard, C. (2000, October). *A population-based study of gender and educational differences in exercise self-efficacy*. Poster presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Waterloo, ON.
150. **Spence, J. C.**, Poon, P., Carlson, M., & Hystad, J. (2000, October). *Physical activity programs in Alberta continuing care facilities*. Poster presented at the 29th Annual Scientific and Educational Meeting of the Canadian Association on Gerontology, Edmonton, AB.
151. Fein, A., Plotnikoff, R., Wild, C., & **Spence, J. C.** (2000, November). *The relationship between the perceived physical environment, the perceived importance of the physical environment and physical activity in youth*. Poster presented at the Sixth International Congress of Behavioral Medicine, Brisbane, Australia.*
152. Mandigo, J. L., Melnychuk, N., Thompson, L., **Spence, J. C.**, Schwartz, M., Causgrove-Dunn, J., Marshall, D., Gessell, J., & Covey, J. (2000, May). *What's going on in physical education programs across Alberta*. Paper presented at the Health and Physical Education Conference (HPEC), Calgary, AB.

1999

153. **Spence, J. C.** (1999, June). *Effects of anabolic-androgenic steroids on muscular strength: A meta-analysis*. Paper presented at the 46th Annual Meeting of the American College of Sports Medicine (ACSM), Seattle, WA.*
154. Dryden, D. M., Francescutti, L. H., Rowe, B. H., **Spence, J. C.**, & Voaklander, D. C. (1999, November). *Epidemiology of women's recreational ice hockey injuries*. Poster presented at the American Public Health Association 127th Annual Meeting, Chicago, IL.
155. Dryden, D. M., Francescutti, L. H., Rowe, B. H., **Spence, J. C.**, & Voaklander, D. C. (1999, November). *Risk factors associated with injury among female ice hockey players*. Paper presented at the American Public Health Association 127th Annual Meeting, Chicago, IL.
156. Mummery, W. K., & **Spence, J. C.** (1999, October). *Sport and recreational injuries in children and youth: Results of the Alberta Sport and Recreation Injury Survey (ASRIS)*.

Poster presented at the 1999 Australian Conference of Science and Medicine in Sport, Sydney, Australia.

157. Mummery, W. K., & **Spence, J. C.** (1999, October). *The association between physical activity attitudes, self-concept, and sport participation in a sample of Canadian high school students*. Poster presented at the 1999 Australian Conference of Science and Medicine in Sport, Sydney, Australia.
158. Poon, P., **Spence, J. C.**, Mummery, W. K., & Plotnikoff, R. (1999, June). *Perceived barriers to physical-activity participation in the Alberta population*. Poster presented at the 46th Annual Meeting of the American College of Sports Medicine, Seattle, WA.*

1998

159. **Spence, J. C.** (1998, October). *Effects of anabolic-androgenic steroids on serum lipid levels: A meta-analysis*. Paper presented at the 1998 Australian Conference of Science and Medicine in Sport, Adelaide, Australia.
160. **Spence, J. C.**, & Blanchard, C. (1998, October). *Publication bias in sport and exercise psychology research*. Paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Fredericton, NB.
161. **Spence, J. C.**, & Poon, P. (1998, June). *Stages of physical-activity participation in the Alberta population*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSA) Conference, Chicago, IL.*
162. **Spence, J. C.**, & Rodgers, W. M. (1998, October). *Assessing attitude: Independent contributions of expectancy, value, and their interaction*. Paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Fredericton, NB.
163. Poon, P., **Spence, J. C.**, & Mummery, W. K. (1998, April). *School sport and smoking behaviour: Results from the Alberta Schools' Athletic Association Student Survey*. Poster presented, Tobacco Reduction: Circle of Responsibility conference, Calgary, AB.
164. Poon, P., **Spence, J. C.**, & Mummery, W. K. (1998, May). *Results from the Alberta Schools' Athletic Association Student Survey*. Paper presented, Annual CAHPERD meeting, Saskatoon, SK.
165. Rodgers, W. M., & **Spence, J. C.**, (1998, October). *Assessing attitude using unipolar versus bipolar scales*. Paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Fredericton, NB.

1997

166. **Spence, J. C.**, & Mummery, W. K. (1997, August). *The 1997 Alberta Survey: Preliminary results*. Paper presented at the 51st session of the International Statistical Institute, Istanbul, Turkey.
167. **Spence, J. C.**, Poon, P., & Dyck, P. (1997, May). *The effect of physical-activity participation on self-concept: A meta-analysis*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Denver, CO.*

1996

168. Lou, Y., Abrami, P. C., **Spence, J. C.**, d'Apollonia, S., Chambers, B., & Poulsen, C. (1996, April). *A meta-analysis of the effects of homogeneous vs. heterogeneous group ability composition on student achievement: Looking at the "best" evidence*. Paper presented at the Annual AERA Conference, New York, NY.
169. Mummery, W. K., & **Spence, J. C.** (1996, October). *Results of the 1995 Alberta Sport and Recreation Injury Survey (ASRIS)*. Paper presented at the 6th Annual Injury in Alberta Conference, Kananaskis, AB.

1995

170. **Spence, J. C.**, Gauvin, L., & Sellers, W. R. (1995, October). *The effects of moderately intense daily physical activity on the feeling states of healthy elderly persons*. Paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Vancouver, BC.
171. **Spence, J. C.**, & Gauvin, L. (1995, June). *The role of outcome expectancies in predicting social and performance-enhancing drug use in Canadian inter-university athletes*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Asilomar, CA.*
172. Lou, Y., Abrami, P. C., **Spence, J. C.**, Chambers, B., Poulsen, C., & d'Apollonia, S. (1995, April). *To group or not to group? A meta-analysis on the effects of within-class grouping on student achievement*. Paper presented at the Annual AERA Conference, San Francisco, CA.

1994

173. **Spence, J. C.**, & Gauvin, L. (1994, October). *Drug and alcohol use among CIAU athletes: A national survey*. Paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Hamilton, ON.

174. **Spence, J. C.**, & Gauvin, L. (1994, April). *Anabolic-androgenic steroid use and high density lipoproteins: A meta-analysis*. Poster presented at the Society for Behavioral Medicine - Fifteenth Annual Meeting, Boston, MA.*
175. **Spence, J. C.**, Gauvin, L., & Butterfield, K. (1994, June). *Psychological outcomes of anabolic-androgenic steroid use: A meta-analysis*. Poster presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Clearwater, FL.*

1991-1993

176. **Spence, J. C.** (1993, October). *Mood and anabolic steroid use: An "experience sampling" study*. Young Scientist Award paper presented at the Annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Montreal, QC.
177. Gauvin, L., Ricci, J., O'Halloran, A., **Spence, J. C.**, & Cote, C. (1991, October). *Exploration of the role of exercise in the hierarchy of corporate employees' everyday behavior*. Paper presented at the Annual AAASP Conference, Savannah, GA.
178. Gauvin, L., Ricci, J., **Spence, J. C.**, & O'Halloran, A. (1991, June). *The impact of chronic exercise on the physical and psychological well-being of corporate employees*. Paper presented at the North American Society for the Psychology of Sport and Physical Activity (NASPSPA) Conference, Asilomar, CA.*

Invited Presentations

1. **Spence, J. C.** (2017, February). *Promoting physical activity in Canada: A living lab example*. Invited keynote presentation at My Life in a Petri dish: Covenant Health as a living lab, Covenant Health, Edmonton, AB.
2. **Spence, J. C.** (2016, January). *What's the dirt on outdoor play?* Invited presentation, Ever Active Schools, Vitamin (D)irt Workshop, Kananaskis, AB.
3. **Spence, J. C.** (2016, January). *Sitting is the New Smoking: Sedentary Behaviour in the Workplace*. Invited presentation, Western Economic Diversification Canada, Edmonton, AB.
4. **Spence, J. C.** (2015, December). *Tax credit or subsidy? Fiscal policies to increase physical activity*. Invited presentation at Healthy Canada: Financial Models and Fiscal Incentives in Health and Health Care, Toronto, ON.
5. **Spence, J. C.** (2015, January). *"Just the Facts": The evidence to increase physical activity in youth*. Invited presentation, Ever Active Schools, Kananaskis, AB.

6. **Spence, J. C.** (2014, December). *Get Up, Stand Up: Is sedentary behaviour really the new smoking?* Invited presentation, Public Health, Faculty of Health Sciences, University of Lethbridge, Lethbridge, AB.
7. **Spence, J. C.** (2014, November). *Get Up, Stand Up: Sedentary behaviour in the workplace.* Invited presentation, Council on Workplace Health, Calgary, AB.
8. **Spence, J. C.** (2014, May 7). *Get Up, Stand Up: A public health perspective on sedentary behavior.* Alberta Centre for Active Living 2014 Physical Activity Forum, Calgary, AB.
9. **Spence, J. C.** (2014, May 6). *Get Up, Stand Up: A public health perspective on sedentary behavior.* Alberta Centre for Active Living 2014 Physical Activity Forum, Edmonton, AB.
10. **Spence, J. C.** (2014, February). *Understanding obesogenic environments in Alberta and Canada.* Invited panel presentation at Building Communities that Create Health Edmonton Regional Session hosted by The Office of the Chief Medical Officer of Health, Alberta Health, Edmonton, AB.
11. **Spence, J. C.** (2013, October 9). *Next steps for the built environment and physical activity: Can we walk the talk?* PARC (Physical Activity Resource Centre) Webinar.
12. **Spence, J. C.** (2013, May). *Take a walk on the wild side: Where we live, work and play has an influence on physical activity.* Invited presentation, 2013 PARC (Physical Activity Resource Centre) Symposium, Ophea, Toronto, ON.
13. **Spence, J. C.** (2013, March). *The Children's Fitness Tax Credit: A tale of how Boss Tweed Bought the Emperor Some New Clothes.* Invited presentation at Advancing the Use of Evidence in Nutrition, Physical Activity, and Built Environment Policies Promoting Cancer and Chronic Disease Prevention, A National Workshop of The Canadian Partnership Against Cancer, Montreal, QC.
14. **Spence, J. C.** (2012, October). *There is no time like right now to get up and get moving: Children in the early years (aged 0-4 years).* Invited presentation, The Second Annual CS4L Conference, The Kamloops Sports Council, Kamloops, BC.
15. **Spence, J. C.** (2011, December). *Promoting physical activity among children: The role of tax credits.* Invited presentation, Journées annuelles de santé publique, Montreal, QC.
16. **Spence, J. C.** (2011, October). *Restricting and promoting physical activity of Canadian children: Examples of bylaws and tax credits.* Invited presentation, University of Newcastle, Newcastle, NSW, Australia.
17. **Spence, J. C.** (2011, October). *Restricting and promoting physical activity of Canadian children: Examples of bylaws and tax credits.* Invited presentation, University of British Columbia, Kelowna, BC.

18. **Spence, J. C.** (2011, May). *Promoting physical activity for young children in developing countries*. Invited presentation, Early Life Opportunities for the Prevention of Non-communicable Diseases in Developing Countries, World University Network (WUN), Shanghai, China.
19. **Spence, J. C.** (2011, April). *Restricting and promoting physical activity of Canadian children: Examples of bylaws and tax credits*. Invited presentation, Consensus for Change: Using Policy to Protect and Promote the Health of Children, Montreal, QC.
20. **Spence, J. C.** (2011, March). *A longitudinal study of environmental determinants of overweight among children: The shapes of things to come*. Invited presentation, Heart and Stroke Foundation of Canada Built Environment Workshop.
21. **Spence, J. C.** (2011, March). *An ecological examination of obesity: Is it time to rage against the machine?* Invited presentation, International School on Obesity Research and Management (ISORAM), Lake Louise, AB.
22. **Spence, J. C.** (2011, January). *Physical inactivity in the 21st century: Is it time to rage against the machine?* Invited presentation, Alberta Policy Coalition for Cancer Prevention Built Environment Forum, Edmonton, AB.
23. **Berry, T., & Spence, J. C.** (2010, December). *How does the built environment impact health?* Invited presentation, Minister's Action on Wellness Forum, Alberta Health and Wellness, Edmonton, AB.
24. **Spence, J. C.** (2010, October). *Obesity and urban form in Alberta: A research perspective*. Invited presentation, Pan-Canadian Built Environment Indicator Workshop, Public Health Agency of Canada, Toronto, ON.
25. **Spence, J. C.** (2010, October). *Addressing the Obesity epidemic: A public health perspective*. Invited presentation, Canadian Council for Integrated Healthcare Session XXII, Montreal, QC.
26. **Spence, J. C.** (2010, October). *Obesity and urban form: Where you live and what you weight ARE connected*. Invited presentation, Health, Leisure, and Human Performance Research Institute Seminar Series, University of Manitoba, Winnipeg, MB.
27. **Spence, J. C.** (2010, February). *Physical activity of Canadian children: Prevalence and determinants*. Invited presentation, University of Botswana, Gaborone, Botswana.
28. **Spence, J. C.** (2009, January). *Obesogenic environments: Physical activity*. Invited presentation, ICMR-CIHR Workshop on Childhood Obesity and Non-Communicable Diseases, Manesar, Haryana, India.

29. **Spence, J. C.** (2008, September). *Addressing physical inactivity among youth in Alberta.* Invited presentation, Alberta Active Living Partners Networking Meeting, Edmonton, AB.
30. **Spence, J. C.** (2008, March). *How does the obesogenic environment influence our bodies?* Invited presentation, Alberta CON-SNP Research Day, University of Calgary, Calgary, AB.
31. **Spence, J. C.** (2007, December). *How the built environment contributes to childhood obesity.* Invited presentation, Southern Alberta Child and Youth Health Network (SACYHN), University of Alberta Hospital, Edmonton, AB.
32. **Spence, J. C.** (2006, October). *The role of the environment in promoting physical activity and proper food choices among Canadian Children.* Invited presentation, 3rd International Symposium on Making Children Healthy in the 21st Century, Juntendo University, Sakura, Japan.
33. **Spence, J. C.** (2006, October). *Addressing childhood obesity in Canada: Does where a child live make a difference?.* Invited presentation, Department of Sport and Leisure Studies, Yonsei University, Seoul, South Korea.
34. **Spence, J. C.** (2006, August). *Urban environments and children's physical activity.* Invited presentation, Healthy Cities and Towns – Healthy People workshop, Premier's Physical Activity Taskforce, Perth, Australia.
35. **Spence, J. C.** (2006, August). *Physical activity and obesity among children: The role of the environment.* Invited presentation, Central Queensland University, Rockhampton, Australia.
36. **Spence, J. C.** (2006, August). *Promotion of a Healthy Weight: Where's the Policy?* Invited presentation, Obesity Boot Camp, Quebec City, QC.
37. **Spence, J. C.** (2006, August). *Addressing the Obesity Epidemic: Population Interventions.* Invited presentation, Obesity Boot Camp, Quebec City, QC.
38. **Spence, J. C.** (2005, December). *Physical inactivity in the 21st century: Is it time to rage against the machine?* Invited presentation, Speaker Series, Faculty of Physical Education and Recreation, University of Alberta.
39. **Spence, J. C.** (2005, October). *The built environment and physical inactivity: Recognizing the health implications of urban planning.* Invited presentation, Research Forum: Emerging Leisure Landscapes - Ideas For Action, 2005 National Parks & Recreation Conference, Edmonton, AB.
40. **Spence, J. C.** (2005, April). *Media influences on physical activity and nutrition.* Symposium on Media influences on Physical Activity and Nutrition, University of Alberta, Edmonton, AB.

41. **Spence, J. C.** (2005, March). *Environmental factors associated with physical activity among children and youth*. Invited presentation at the “Tools and Strategies for an Edmonton Solution to Increase Childhood Physical Activity” symposium, Edmonton, AB.
42. **Spence, J. C.** (2004, November). *Childhood and adolescent physical activity*. Invited presentation at the 2004 International Conference on Physical Activity and Fitness Promotion, National Society of Physical Education in Taiwan, National Taiwan University, Taipei City.
43. **Spence, J. C.** (2004, November). *Environmental factors associated with physical inactivity and diet: Addressing the obesity epidemic*. Invited presentation at the 2004 International Conference on Physical Activity and Fitness Promotion, National Society of Physical Education in Taiwan, National Taiwan University, Taipei City.
44. **Spence, J. C.** (2004, October). *The built environment and obesogenic behaviours: If you build it, they will sit and eat*. Invited presentation at the Confronting Obesity: Research, Policy, and Practice conference, Centre for Health Promotion Studies, University of Alberta, Edmonton, AB.
45. **Spence, J. C.** (2004, May). *Physical activity in Alberta: Children and adolescents*. Invited presentation, DPA Initiative Evaluation Working Group, Alberta Learning, Edmonton, AB.
46. **Spence, J. C.** (2004, February). *An evolutionary perspective on obesity*. Paper presented at the Cancer Prevention Research Centre, Brisbane, QLD, Australia.
47. **Spence, J. C.** (2004, February). *An evolutionary perspective on obesity*. Paper presented at Auckland University of Technology, Auckland, New Zealand.
48. **Spence, J. C.** (2002, April). *Physical activity in schools*. Invited presentation, Capital Health Authority (CHA) and Edmonton Public School Board, Edmonton, AB.
49. **Spence, J. C.** (2001, October). *Healthy aging and seniors wellness strategy: Optimizing physical functioning*. Invited presentation, Alberta Health, Healthy Aging Forum, Edmonton, AB.
50. **Spence, J. C.** (2001, September). *Physical activity promotion in Alberta: The role of the physician?* Invited presentation, Calgary Regional Health Authority (CRHA) and Cochrane Health Centre, Cochrane, AB.
51. **Spence, J. C.** (2001, January). *Physical activity promotion in Alberta: The role of the physician?* Invited presentation, Calgary Regional Health Authority (CRHA) and 8th & 8th Health Centre, Calgary, AB.

52. **Spence, J. C.** (2000, January). *Publication bias in behavioral research: The games we play*. Research Symposia Series, Centre for Health Promotion Studies, University of Alberta, Edmonton, AB.
53. **Spence, J. C.** (1999, November). *A social ecological framework for understanding physical activity*. Presentation to the Alberta Centre for Well-Being, Edmonton, AB.
54. **Spence, J. C.** (1999, February). *Anabolic steroids*. Presentation to students at Victoria Comprehensive High School, Edmonton, AB.
55. **Spence, J. C.** (1998, December). *The logistics of meta-analysis*. Workshop, Canadian Fitness and Lifestyle Research Institute, Ottawa, ON.
56. **Spence, J. C.** (1998, October). *The hows and how nots of meta-analysis*. Workshop, Faculty of Health Science, Central Queensland University, Rockhampton, Queensland, Australia.
57. **Spence, J. C.** (1998, October). *Anabolic-androgenic steroids: A series of meta-analyses*. Invited lecture, Faculty of Health Science, Central Queensland University, Rockhampton, Queensland, Australia.
58. **Spence, J. C.** (1998, March). *Determinants of physical activity and leisure*. Invited lecture, Graduate Students Research Day, School of Health and Human Performance, Dalhousie University, Halifax, NS.
59. **Spence, J. C.** (1997, November). *Anabolic steroids*. Presentation to students at Leduc Junior High School, Leduc, AB.
60. Quinney, H. A., Rodgers, W., **Spence, J. C.**, & Courneya, K. (1998, January). *Physical activity interventions: Moving from research to practice*. Panel presentation, University of Alberta, Edmonton, AB.

SERVICE SUMMARY

Journal: Editorial Board

International Journal of Behavioral Nutrition and Physical Activity (2008-2015)

Journal: Guest Reviewer

American Journal of Health Promotion
American Journal of Preventive Medicine
American Journal of Public Health
Annals of Behavioral Medicine
Canadian Journal of Public Health
Health Education and Research
Health and Place
Health Psychology
Health Reports
International Journal of Behavioral Nutrition and Physical Activity
International Journal of Obesity
International Journal of Pediatric Obesity
JAMA
Journal of Adolescent Health
Journal of Aging and Physical Activity
Journal of the American College of Nutrition
Journal of Applied Sport Psychology
Journal of Pediatric Psychology
Journal of Physical Activity and Health
Journal of Science and Medicine in Sport
Journal of Sport and Exercise Psychology
Obesity Reviews
Pediatric Exercise Science
PLoS ONE
Preventive Medicine
Psychology of Sport and Exercise
Research Quarterly for Exercise and Sport
Social Science and Medicine
The Sport Psychologist

Granting Agency: Review Panel

Canadian Diabetes Association (CDA)
Canadian Institutes of Health Research (CIHR), PB2 (Chair, 2013-2015)
Heart and Stroke Foundation of Canada (HSFC)
Heart and Stroke Foundation, Ontario
National Institutes of Health (NIH)

Granting Agency: Reviewer

Alberta Heritage Foundation for Medical Research (AHFMR)
Canadian Diabetes Association (CDA)
Canadian Institutes of Health Research (CIHR)
Cancer Research UK
Centre for Urban Health Initiatives (CUHI)
Dutch Diabetes Research Foundation
Economic & Social Research Council, UK
Hampton Fund Research Grant, University of British Columbia
Health Canada, Population Health Fund
Health Research Council of New Zealand
Heart and Stroke Foundation of Canada (HSFC)
Medical Research Council, UK
National Institutes of Health (NIH)
Research Grants Council (RGC) of Hong Kong
Saskatchewan Health Research Foundation
Social Sciences and Humanities Research Council of Canada (SSHRC)

Conference Abstract Reviewer

Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS)
International Congress of Physical Activity and Public Health (ICPAPH)
International Society for Behavioral Nutrition and Physical Activity (ISBNPA)
Society for Behavioral Medicine

PROFESSIONAL MEMBERSHIPS

Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS)
International Society for Behavioral Nutrition and Physical Activity (ISBNPA)

RESEARCH INTERESTS

Determinants of Physical Activity
Physical Activity and Psychological Well-Being
Ecological Models, Behaviour, and Childhood Obesity
Technology and Sedentary Behaviour
Quantitative Synthesis and Research Methods