

Personal Details

Postdoctoral Research Fellow, Pennington Biomedical Research Center

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Date of Birth: 29 JUL1982 Nationality: Irish

Education

2006 – 2010

Doctor of Philosophy

Department of Physical Education and Sport Sciences, University of Limerick

“Objective Assessment and Modification of Physical Activity and Health Indices in Adolescent Females” Supervisor Prof. Alan Donnelly.

External Examiner: Professor John J. Reilly, University of Glasgow, UK.

2001 – 2005

BSc Sport and Exercise Sciences (Hons)

Department of Physical Education and Sport Sciences, University of Limerick, Limerick, Ireland

Undergrad dissertation: “Impact of Differing Levels of Physical Education and Physical Activity Provision on Health Related Fitness Levels of 5-12 Year Olds”

Awarded a ‘President’s Letter’ (Presidents Honor Roll) for final year grades.

Academic Awards/Funding

2011

National Postdoctoral Association Research Integrity Ambassador Award

2010

PE PAYS Research Forum Award (€200, June 2010 Oral Presentation “Sedentary Levels and Patterns of a Cross-Section of Adolescent Females”)

2007

Awarded the “Roadbridge Research Studentship” worth €60,000 for the duration of Ph.D. program

Research Experience

Sept 2010-Present

Postdoctoral Research Fellow, Pennington Biomedical Research Center, Baton Rouge, Louisiana

Mentor: Dr. Peter Katzmarzyk

- Co-investigator and Project Manager on **Steps Ahead**, a USDA funded physical activity and dietary intervention
- Coordinating Center team member for the International Study of Childhood Obesity and the Environment (**ISCOLE**), a 12 country study

- Analysis of large data sets using body composition, cardiometabolic risk factors, physical activity and other lifestyle data including **NHANES**, the Pennington Center Longitudinal Study (**PCLS**), the **WAIST** study and Growing up in Ireland (**GUI**)

2006-2010

PhD research projects

- Two 8-month school-based physical activity and lifestyle education interventions for adolescent females highlighted as inactive.
- Two lab based validation and calibration studies of the ActivPAL Physical Activity Monitor.
- Cross-section study of the sedentary and physical activity levels of adolescent females in the Limerick city area.

Sept 2009-June 2010 **Research Assistant, Mary Immaculate College, Limerick, Ireland**

Research project: "Evaluation of the Irish Heart Foundation's Bizzy Break Classroom Activity Programme on Physical Activity Levels"

Supervisor: Dr. Elaine Murtagh

June-Aug 2009

Summer Internship, Iowa State University, Iowa, USA

Supervisor: Dr. Gregory Welk

Feb-July 2003

Work Placement, North Western Health Board, Ireland

Assistant to the Physical Activity Promotion Officer Ms. Maura McCallion

Teaching Experience (laboratory, tutorial and assessments)

Winter 2008	Exercise and Health Fitness for BSc. Sport and Exercise Sciences
Spring 2007, 2008	Introduction to Exercise Physiology for MSc. Occupational Therapy
Spring 2008	Psychology of Movement Development: from Infancy to Adolescence for BSc. Sport and Exercise Sciences and BEd. Physical Education
Spring 2007	Introduction to Biomechanics for BSc. Sport and Exercise Sciences
Winter 2006, 2007	Physiology of Muscle in Movement for BSc. Sport and Exercise Sciences and BSc. Physiotherapy

Memberships and Professional Qualifications

2011-Present	Member, American Heart Association
2011-Present	Member, The Obesity Society

2009-2012

Member, American College of Sports Medicine

2003

National Certificate in Exercise and Fitness (NCEF, Ireland)

Service

Journal Peer Reviewer: 'Pediatrics', 'Medicine and Science in Sports and Exercise', 'Pediatric Obesity', 'Journal of Sports Sciences', 'PLoS One' and 'Physiological Measurement' (all 2012).

'Obesity', 'Appetite', 'PLoS One', 'International Journal of Behavioural Nutrition and Physical Activity', 'Pediatric Exercise Science' and 'European Physical Education Reviews' (all 2011).

Research Ethics: Student member of The Obesity Society Ethics Committee <http://www.obesity.org/about-us/ethics-committee.htm>

Postgraduate representative on the Physical Education and Sport Science Department Research Ethics Committee.

Undergrad Assistance: Guided BSc. Sport and Exercise students at the University of Limerick in Final Year Dissertation and Sports Applications projects (08/09) and ERASMUS Mundus International students (07/08).

Outreach: Middle school science fair judge, Speaker at community outreach events.

Sport science support to the Gaelic Athletic Association (GAA), Coaching Ireland and to a Raidió Teilifís Éireann (RTÉ) TV series.

Publications

12. **Harrington D.M.**, A.E. Staiano, S.T. Broyles, A.K. Gupta and P.T. Katzmarzyk. Sex- and ethnic-specific BMI percentiles for the identification of abdominal obesity and metabolic risk in children and adolescents: Evidence in support of the CDC 95th percentile. *European Journal of Clinical Nutrition*. (Accepted for Publication on November 19, 2012).

11. **Harrington D.M.**, A.E. Staiano, S.T. Broyles, A. Gupta and P.T. Katzmarzyk. Anatomic site of waist circumference measurement does not affect the relationship with depot-specific adiposity in children. *Pediatric Obesity*. (First Published Online November 21, 2012).

10. Staiano A.E., **D.M. Harrington**, S.T. Broyles, A.K. Gupta and P.T. Katzmarzyk. Television, adiposity, and cardiometabolic risk in children and adolescents. *American Journal of Preventive Medicine*. (Accepted for Publication on September 8, 2012. To appear in January 2013 issue with editor's choice for Videocast of the Month).

9. Dowd, K.P., **D.M. Harrington**, A.K. Bourke, J. Nelson and A.E. Donnelly. The measurement of sedentary patterns and behaviours using the ActivPAL™ Professional physical activity monitor. *Physiological Measurement* 2012; 33(11):1887-1899.
8. Dowd, K.P., **D.M. Harrington** and A.E. Donnelly. Criterion and Concurrent Validity of the activPAL™ Professional Physical Activity Monitor in Adolescent Females. *PLoS One* 2012; 7(10): e47633.
7. **Harrington, D.M.**, K.P. Dowd, C. Tudor-Locke and A.E. Donnelly. A steps/minute value for moderate intensity physical activity in adolescent females. *Pediatric Exercise Science* 2012; 24(3):399-408.
6. Barreira T.V., A.E. Staiano, **D.M. Harrington**, S.B. Heymsfield and P.T. Katzmarzyk. Anthropometric correlates of total body fat, abdominal adiposity, and cardiovascular disease risk factors in a biracial sample of men and women. *Proceedings of the Mayo Clinic* 2012; 87(5):452-460.
5. Katzmarzyk P.T., T.V. Barreira, **D.M. Harrington**, A.E. Staiano, S.B. Heymsfield and J.M. Gimble. Relationship between abdominal fat and bone mineral density in White and African American adults. *Bone* 2012;50(2):576-9.
4. **Harrington, D.M.**, K.P. Dowd, A.K. Bourke and A.E. Donnelly. Cross-sectional analysis of levels and patterns of objectively measured sedentary time in adolescent females. *International Journal of Behavioural Nutrition and Physical Activity* 2011; Oct 28(8):120
3. Barreira T.V., **D.M. Harrington**, A.E. Staiano, S.B. Heymsfield and P.T. Katzmarzyk. Body adiposity index, body mass index and body fat in White and African American adults. *Journal of the American Medical Association (JAMA)* 2011;306(8):828-830.
2. **Harrington, D.M.**, C. Tudor-Locke, C.M. Champagne, S.T. Broyles, D.W. Harsha, B.M. Kennedy, W.D. Johnson, R. Allen and P.T. Katzmarzyk. Step-based translation of physical activity guidelines in the Lower Mississippi Delta. *Applied Physiology, Nutrition and Metabolism* 2011; 36(4):583-585.
1. **Harrington, D.M.**, G.J. Welk, and A.E. Donnelly. METs and Step Count in Females Using the ActivPAL Physical Activity Logger. *Journal of Sports Sciences* 2011; 29(6):627-633.

Papers Under Revision

- **Harrington, D.M.**, C.K. Martin, E. Ravussin and P.T. Katzmarzyk. The Relationship Between Activity Related Energy Expenditure and Subjective Measures of Hunger and Satiety. *Appetite* (Submitted for Publication on September 19, 2012)

- Maher C., Mire E., **Harrington D.**, Staiano A.E., Katzmarzyk P.T. The combined risk of physical activity and sedentary behavior for overweight and obesity in adults: NHANES 2003-2006. *Obesity*. (Submitted for Publication on September 18, 2012).

Papers Under Review

- **Harrington D.M.**, T.V. Barreira, A.E. Staiano, P.T. Katzmarzyk. The descriptive epidemiology of sitting among US adults, NHANES 2009/2010. *International Journal of Behavior, Nutrition, and Physical Activity*. (Submitted for Publication on November 2, 2012).
- Staiano A.E., **D.M. Harrington**, T.V. Barreira, P.T. Katzmarzyk. Self-reported sitting time and cardiometabolic risk in U.S. adults, NHANES 2007-2010. *British Journal of Sports Medicine*. (Submitted for Publication on October 15, 2012).

Papers in Preparation

- **Harrington, D.M.** and P.T. Katzmarzyk. Higher Television Viewing Relates to Less Exercise in a Representative Sample of Irish 9 Year Olds.
- **Harrington, D.M.** and A.E. Donnelly. Physical Activity Interventions in Irish Secondary Schools.
- Tudor-Locke C., T.V. Barreira, C. Earnest, M. Hamilton, **D.M. Harrington**, D. Ingram, D. Johannsen, N. Johannsen, C. Martin, V. Myers, R. Newton, E. Ravussin, A.E. Staiano, D. Swift. Gathering of a perfect storm: Correlates and determinants of gait speed in older adults. *Sports Medicine*.

Refereed Abstracts

17. **Harrington D.M.**, A.E. Staiano, B.A. Reeder, S. Elliott, M.R. Joffres, P. Pahwa, S.A. Kirkland, G. Paradis and P.T. Katzmarzyk. Ideal cardiovascular health criteria are inversely related to cardiovascular disease and all-cause mortality in a sample of Canadian adults. American Heart Association Joint Conference – Cardiovascular Disease Epidemiology and Prevention and Nutrition, Physical Activity and Metabolism, New Orleans, Louisiana, March, 2013.
16. **Harrington, D.M.** and P.T. Katzmarzyk. Ideal Cardiovascular Health and Abdominal Obesity in a Biracial Sample of Children. American Heart Association Joint Conference – Cardiovascular Disease Epidemiology and Prevention and Nutrition, Physical Activity and Metabolism, New Orleans, Louisiana, March, 2013
15. Barreira, T. V., **D.M. Harrington** and P.T. Katzmarzyk. Accelerometer measured physical activity differs based on ideal cardiovascular health level: NHANES 2003-2006. American Heart Association Joint Conference – Cardiovascular Disease Epidemiology and Prevention and Nutrition, Physical Activity and Metabolism, New Orleans, Louisiana, March, 2013

14. Staiano A.E., **D.M. Harrington**, S.T. Broyles, A.K. Gupta and P.T. Katzmarzyk. Television and cardiometabolic risk in children and adolescents. *Journal of Science and Medicine in Sport* 2012;15(S1). Biennial meeting of the International Congress on Physical Activity and Public Health, Sydney, Australia, October, 2012.
13. **Harrington D.M.**, A.E. Staiano, S.T. Broyles, A.K. Gupta and P.T. Katzmarzyk. No association between sleep duration and adiposity in a biracial sample of children and adolescents. 659-P [2012 Abstracts](#), Annual Meetings of the Obesity Society, San Antonio, TX, September, 2012.
12. **Harrington, D.M.** and P.T. Katzmarzyk. Higher Television Viewing Relates to Less Exercise in a Representative Sample of Irish 9 Year Olds. *Circulation* 2012;125:AMP029. American Heart Association Joint Conference – Cardiovascular Disease Epidemiology and Prevention and Nutrition, Physical Activity and Metabolism, San Diego, California, March, 2012.
11. **Harrington D.M.**, A.E. Staiano, S.T. Broyles, A. Gupta and P.T. Katzmarzyk. Comparison of waist circumference measured at different anatomic sites with depot-specific adiposity in children. *Obesity* 2011;19(1):S220. Annual Meetings of the Obesity Society, Orlando, FL, October, 2011.
10. **Harrington, D.M.**, C. Martin, E. Ravussin, J.C. Rood, D.N. Shepard, S.R. Smith and P.T. Katzmarzyk. Physical Activity and Measure of Hunger and Satiety. *Obesity* 2011;19(1): S200 Annual Meetings of the Obesity Society, Orlando, FL, October, 2011.
9. Barreira T.V., **D.M. Harrington**, A.E. Staiano, S.B. Heymsfield, J.M. Gimble and P.T. Katzmarzyk. Bone mineral density and depot-specific adiposity in white and African American adults. *Obesity* 2011;19(1):S146. Annual Meetings of the Obesity Society, Orlando, FL, October, 2011.
8. **Harrington, D.M.**, C. Tudor-Locke, C.M. Champagne, S.T. Broyles, D.W. Harsha, B.M. Kennedy, W.D. Johnson, R. Allen and P.T. Katzmarzyk. Step-based translation of physical activity guidelines in the Lower Mississippi Delta. *Medicine and Science in Sport and Exercise* 2011: 43(5). American College of Sports Medicine Annual Meeting and World Congress on Exercise is Medicine Denver, Colorado, USA June 2011.
7. **Harrington D.M.**, K.P., Dowd, C. Tudor-Locke and A.E. Donnelly. Cadence (steps/minute) Patterns in High And Low Active Adolescent Females. *Medicine and Science in Sport and Exercise* 2011: 43(5). American College of Sports Medicine Annual Meeting and World Congress on Exercise is Medicine Denver, Colorado, USA June 2011.

6. **Harrington, D.M.**, J.P. Joyce, K.P. Dowd and A.E. Donnelly. Older Adult Office Workers: Active Yet Sedentary. International Conference on Ambulatory Monitoring of Physical Activity and Movement Glasgow, UK May 2011.

5. Horner, K., **D. Harrington**, A.E. Donnelly and A. Shafat. Gastric emptying, energy intake, body mass index and objectively measured sedentary levels in adolescent females. *Obesity Research & Clinical Practice* 2010; 4:S44. Asia Oceania Association for the Study of Obesity Annual Meeting Australia, 2010.

4. **Harrington, D.M.** and Donnelly, A.E. 24-Hour Objectively Measured Sedentary Behaviours in Adolescent Females. *Medicine and Science in Sport and Exercise* 2010: 42(5), S148. American College of Sports Medicine Annual Meeting and World Congress on Exercise is Medicine Baltimore, MD USA June 2010.

3. Dowd, K., **D.M. Harrington** and Donnelly, A.E. The Examination of Accelerometer Output: Age/Non-Age Specific Thresholding and Bout Duration. *Medicine and Science in Sport and Exercise* 2010: 42(5), S337. American College of Sports Medicine Annual Meeting and World Congress on Exercise is Medicine Baltimore, MD USA June 2010.

2. **Harrington, D.** and A. Donnelly. A Physical Activity and Lifestyle Education Intervention in Irish Adolescent Females. *Medicine and Science in Sport and Exercise* 2009: 41(5), S119. American College of Sports Medicine Annual Meeting Seattle, Washington, USA May 2009.

1. **Harrington D.** and A. Donnelly. Comparison of two Physical Activity Monitors in Measuring Energy Expenditure in Females During Walking. European College of Sports Science Annual Meeting Estoril, Portugal July 2008.

Selected Oral Presentations

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| September 2012 | <p>Invited Speaker at the Louisiana Governor's Safety and Health Conference, Baton Rouge, Louisiana.</p> <p>"Physical Activity and Your Job- Making it Work without Feeling like Work!"</p> |
| January 2012 | <p>Invited Speaker at the University of Phoenix Wellness Day, Baton Rouge, Louisiana</p> <p>"As Fit as a Phoenix! A health rebirth with physical activity".</p> |

- June 2010 **Oral Presentation at the PE PAYS Research Forum: A Shared Vision for PE, Physical Activity and Youth Sport**, Limerick, Ireland.
“Sedentary Levels and Patterns of a Cross-Section of Adolescent Females”. [PE PAYS Proceedings 2010](#)
- March 2010 **Oral Presentation at the 2010 Physical Activity Measurement Satellite Meeting**, Bath, UK
“The Measurement of Sedentary Levels using the ActivPAL Physical Activity Logger”
- Jan 2008/2009 **Oral Presentation at the 2008 and 2009 CORE Research Exchange Meetings**, Glasgow Caledonian University, Glasgow, Scotland
“Physical Activity Monitoring in Adolescent Females: Some problems and solutions”
- June 2008 **Oral Presentation at the PE PAYS Research Forum: Engaging Young People in Physical Activity and Sport**, Limerick, Ireland.
“Physical Activity Levels of Sedentary Adolescent Females Using Accelerometry”