

Connie VanVrancken Tompkins, PhD

Campus Mailing Address:
106 Carrigan Drive
Suite 310- D
Burlington, VT 05405

Office: 802-656-3817
Cell: 504-913-4157

Connie.Tompkins@med.uvm.edu

Education

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

Work Experience

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

Postdoctoral Researcher
Department of Endocrinology, Tulane University Health Sciences Center, School of Medicine,
New Orleans 71502, Louisiana

Research Associate I and II

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

Coordinated and assisted with multiple clinical trial studies in the pediatric obesity section including diabetic studies, nutritional supplement studies for Nestle® Co., and other metabolic testing studies

Coordinated weekly clinics and all activities for the Trim Kids Weight Management program in the pediatric obesity research section

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

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

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

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

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

Mentoring Grants

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

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

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

McLeod V, **Tompkins CL**. Role: Mentor. Dietary habits and inhibitory control in healthy weight and obese adolescents. A grant proposal submitted to the Summer Research Grant program at the University of Vermont. Period: 06/2013 to 08/2013. Total costs: \$1,775. T 1 4 (,) l e e (1

Peer-Reviewed Publications:

28. Laurent J, Martin AR, **Tompkins, CL**. Persistent and Unsuccessful Attempts to Cut Down on Ultra-Processed Foods and the Associated Challenges for Dietary Adherence. *Current Addiction Reports*, 2022, 9: 275-281. <https://doi.org/10.1007/s40429-022-00418-7>
27. Peterson NE, Zera JN, **Tompkins CL**, Rothermel MA, Davidson C, Mandla S, Jeffreys-Heil R, Shirazi Z, Stuhr RM, Winters CS. Exercise is Medicine on Campus: A Scoping Review of Evidence 2009 to 2021 and Call to Action, *Current Sports Medicine Reports*, 2022, 21(8).
26. Bai Y, **Tompkins C**, Gell N, Dione D, Zhang T, Byun W. Comprehensive comparison of Apple Watch and Fitbit monitors in a free-living setting. *PLoS One*, 2021, 16(5).
25. **Tompkins CL**, Shoulberg EK, Meyer LE, Martin CP, Dennis M, Krasner A, Cook H, Hoza B. Variations in Preschoolers' Physical Activity across the School Year. *Translational Journal of the American College of Sports Medicine*, 2021, 6(3).
24. Hoza B, Shoulberg EK, **Tompkins CL**, Meyer LE, Martin C, Krasner A, Dennis M, Cook H. Meeting a Physical Activity Guideline in Preschool and School Readiness: A Program Evaluation. *Child Psychiatry & Human Development*, 2021, 52(4):719-727.
23. Laurent J, **Tompkins CL**, Cioffredi LA, Wollenburg E, Fontaine E. Are We Underestimating Overweight and Obesity Prevalence in Children? *Public Health Nursing*, 2020, 37:655-662.
22. Hoza B, Shoulberg EK, **Tompkins CL**, Martin C, Krasner A, Dennis M, Meyer LE, Cook H. Moderate-to-vigorous physical activity and processing speed: Predicting adaptive change in ADHD levels and related impairments in preschoolers. *Journal of Child Psychology and Psychiatry*, 2020, 61:1380-1387.
21. Meyer LE, Hoza B, Martin C, Shoulberg EK, **Tompkins CL**, Dennis M, Krasner A. CATs to Kiddie CATs: Transforming an elementary physical activity curriculum for preschoolers. *American Journal of Health Education*, 2020, 51:4: 203-214.
20. **Tompkins CL**, Shoulberg EK, Meyer LE, Martin CP, Dennis M, Krasner BS, Hoza B. Distinct Methods for Assessing Compliance with a Physical Activity Guideline for Children in Preschools. *Journal of Physical Activity & Health*, 2019, Oct 16(10): 902-907.
19. **Tompkins CL**, Laurent JL, Brock DW. Food Addiction: A Barrier for Effective Weight Management for Obese Adolescents. *Childhood Obesity*, 2017, Dec 13(6) 432-469. Commentary Response: **Tompkins CL**, Laurent JL, Brock DW. Food Addiction: Not All Individuals Attempting to Lose Weight Are Addicts nor Are All Athletes Either. *Childhood Obesity*, 2018, Jun 14(4):237.
18. Anti E, Laur (W)1(e)1(i)2(y)1(s)deighTn33T.002 T50.001 Tc ,TBS, Hoa:

17. Brock DW, Kokinda N, **Tompkins CL**. Primary care referral for exercise evaluation and prescription in obese populations: an empirical case for exercise physiologists. *Advances in Obesity, Weight Control, and Management*, 2015, 2(1).
16. **Tompkins CL**, Flanagan T, Lavoie J, Brock DW. Heart rate and perceived exertion in healthy weight and obese children during a self-selected, physical activity program. *Journal of Physical Activity and Health*, 2015, Jul; 12(7):976-81.
15. **Tompkins CL**,

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

Invited Publications

1. UVM voices offer advice on staying active in isolation. Invited contributor for article in The Vermont Cynic. April 24, 2020. [d.lo20.33/CS1 cs2\(/0 c301 \(v\)o\)n7nt /Link <1 S-ont0-2\(, T 6/0 /0 c](#)

55. **Tompkins CL**, Shoulberg EK, Meyer LE, Martin CP, Dennis M, Krasner A, Cook H, Hoza B. Comparison of Anthropometric Methods and Physical Activity in Preschoolers. *Medicine and Science in Sports and Exercise*, 52(5S):451. Poster presentation at the annual meeting of the American College of Sports Medicine, May 2020, San Francisco, CA.
54. **Tompkins CL**, Shoulberg E, Meyer LE, Martin C, Krasner A, Dennis M, Hoza B. Variations in Preschoolers' Physical Activity Across the School Year. *Medicine and Science in Sports and Exercise*, 51(6S):17

46. Meyer LE, **Tompkins CL**, Shoulberg EK, Martin C, Dennis M, Krasner A, Hoza B. Investigating the physical activity behaviors of children with disabilities. Poster presented at the Conference for Research Innovations in Early Intervention, March 2018, San Diego, CA.
45. Meyer LE, **Tompkins CL**, Shoulberg EK, Martin C, Dennis M, Krasner A, Hoza B. *Kiddie CATs on the Move*: Findings from pilot year study. Poster presented at the Society of Health and Physical Educators of Vermont America Eastern District Conference, January 2018, Burlington, VT.
44. Hoza B, Meyer L, Shoulberg EK, **Tompkins C**, Martin C, Dennis M, Krasner A. Promoting physical activity in preschoolers: Introducing *Kiddie CATs on the Move*. Presented at the annual conference of the Society of Health and Physical Educators (SHAPE) of Vermont, October 2017, Killington, VT.
43. **Tompkins CL**, Meyer LE, Shoulberg EK, Pirog A, Martin C, Hoza B. Evaluation of a Teacher-Led Physical Activity Intervention in Preschool Children. *Medicine and Science in Sports and Exercise*, 49(5S):876. Poster presentation at the annual meeting of the American College of Sports Medicine, May 2017, Denver, CO.
42. Meyer LE, Martin C, Pirog A, Hoza B, Shoulberg EK, **Tompkins CL**. Facilitating Feedback to Increase Physical Activity Engagement for all Children. Poster presentation at The Division for Early Childhood Annual International Conference, October 2016, Louisville, KY.
41. **Tompkins CL**, Brock DW. Relationship among anticipated affect to exercise, physical activity, and fitness in obese adolescents. *Medicine and Science in Sports and Exercise*, 48(5S1): 306. Thematic poster presentation at the annual meeting of the American College of Sports Medicine, May 2016, Boston, MA.

L C 40. **Tompkins CL**, Laurent JS 28.08893. **Tompkins CL** (,Oul),D1(WB),R2(S)pt6.11(b)(1)(n)(C)5(s a)1(1 L

36. Laurent JS, Nickerson A, Brock DW, **Tompkins CL**. Preliminary support for the identification of food addiction in obese youth. *Obesity*, 16 Suppl 1. Poster presentation at the national meeting of The Obesity Society, Nov 2013, Atlanta, GA.
35. Kien CL, Bunn JY, **Tompkins CL**, Dumas JA, Crain KI, Ebenstein DB, Koves TR, Muoio DM. Substituting dietary monounsaturated fat for saturated fat is associated with increased daily physical activity and resting energy expenditure and with changes in mood. *The Journal of the Federation of American Societies for Experimental Biology*, 27:1068.1. Poster presentation at the Experimental Biology annual meeting, Apr 2013, Boston, MA.
34. **Tompkins CL**, Flanagan T, Benay J, Brock DW. Similar physiological and perceived variables observed in obese and healthy weight children during unstructured, sustained vigorous physical activity. *Obesity*, Suppl 146.

27. Allerton T, Bennett B, **VanVrancken-Tompkins C**, Loftin J, Sothorn M. Physical Activity has Positive Effect on Bone Mineral Density in Prepubertal Youth, *Medicine and Science in Sports and Exercise*, 40(5):S463. Poster presentation at the annual meeting of the American College of Sports Medicine, May 2008, Indianapolis, IN.
26. **VanVrancken-Tompkins C**, Volafova J, Bennett B, Ravussin E, Goran M, Chalew S, Soros A, Cefalu W, Gordon S, Loftin M, Levitan L, Sothorn M. The Influence of Race, Breastfeeding, Birth Weight and Mother's Pregnancy Weight on Potential Markers for the Metabolic Syndrome in Prepubertal Youth, *Obesity*, 15(Suppl):A206. Poster presentation at the national meeting of The Obesity Society, Oct 2007, New Orleans, LA.
25. Bennett B, **VanVrancken-Tompkins C**, Volafova J, Chalew S, Cefalu W, Gordon S, Levitan L, Larson-Meyer E, Newcomer B, Loftin M, Sothorn M. The Influence of Race and Physical Activity on Lipid Profiles and Blood Pressure in Prepubertal Youth, *Obesity*, 15(Suppl):A131. Poster presentation at the national meeting of The Obesity Society, Oct 2007, New Orleans, LA.
24. **VanVrancken-Tompkins, C.**, Bennett, B., Loftin, M., Sothorn, M. Maximal oxygen uptake in overweight and severely overweight children and adolescents, *Medicine and Science in Sports and Exercise*, 39(5):S40. Oral presentation at the annual meeting of the American College of Sports Medicine, May 2007, New Orleans, LA.
23. Sothorn M, **VanVrancken-Tompkins C**, Chalew S, Cefalu W, Larson-Meyer E, Newcomer B, Volafova J. Racial differences in the relationship of birth weight to the metabolic syndrome in prepubertal youth, *Medicine and Science in Sports and Exercise*, 39(5):S59. Oral presentation at the annual meeting of the American College of Sports Medicine, May 2007, New Orleans, LA.
22. **VanVrancken-Tompkins C**, Loftin J, Volafova J, Lambert T, Clark-Lebeouf M, Sothorn M. Gender and Racial Differences in VO₂max Measures in Overweight Children and Adolescents, *Obesity*, 14(Suppl):1-317, A222. Poster presentation at the national meeting of The Obesity Society, Oct 2006, Boston, MA.
21. Sothorn M, Chalew S, Larson-Meyer E, Newcomer B, Goran M, Cefalu W, **VanVrancken-Tompkins C**, Volafova J, Ravussin E. Markers for the metabolic syndrome in normal and overweight, (2008) 17(11), 1070-1075. Poster presentation, 7

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

Non-refereed Presentations

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

13. Donahue J, Brock DW, Page J, Coggins S, Ford M, Flanagan T, Lavoie J, **Tompkins CL**. Consumption of Fruit and Fruit Juice in Healthy Weight and Obese Children. Abstract presented at the 2013 UVM Student Research Conference and 2013 UVM CNHS Zeigler Research Forum.
12. Ford M, Brock DW, Coggins S, Flanagan T, Lavoie J, Donahue J, Page J, **Tompkins CL**. Comparing Moderate to Vigorous Physical Activity between Healthy Weight, Overweight and Obese 3rd-5th graders. Abstract presented at the 2013 UVM Student Research Conference and 2013 UVM CNHS Zeigler Research Forum.
11. Flanagan T, Brock DW, Desai P, Lavoie J, Donahue J, Page J, **Tompkins CL**. Parent vs Child Perception of HRQOL in Healthy Weight and Overweight Children. Abstract presented at the 2013 UVM CNHS Zeigler Research Forum.
10. Bellavance DL, Brock DW, Flanagan T, Parker M, Loquine E, Benay J, **Tompkins CL**. Obese, Pre-pubertal Children Display Significant Health Risk Factors According to Adult Metabolic Disease Risk Standards. Presented at the 2012 UVM Student Research Conference and 2012 UVM CNHS Zeigler Research Forum.
9. Desai PS, Brock DW, Wilder H, **Tompkins CL**. Child vs Parent Perception of HRQOL in Healthy Weight and Obese Children. Presented at the 2012 UVM Student Research Conference and 2012 UVM CNHS Zeigler Research Forum.
8. Seablom M, Brock, DW, **Tompkins CL**. Parental Perception of Child's Body Weight. Presented at the 2012 UVM CNHS Zeigler Research Forum.
7. Leugers KM, Brock DW, Goddard L, Laquerre M, **Tompkins CL**. Incorporation of a skills-based PA curriculum in a high school health class. Presented at the 2012 UVM Student Research Conference and 2012 UVM CNHS Zeigl TchHS Zeigler Research Fos

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

Grant Reviewer

BioMed Central Public Health
Journal of Obesity and Weight Loss Therapy
Proceedings of the National Conference on Undergraduate Research