

Melinda S. Sothern, Ph.D., C.E.P.  
Director of Behavioral Health/Professor of  
Research/Clinical Exercise Physiologist  
Professor



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### Degrees:

University of New Orleans New Orleans, LA	Ph.D.	1997	Exercise Physiology/Curriculum & Instruction
University of New Orleans New Orleans, LA	M.Ed.	1991	Exercise Physiology
University of New York Regents College New York, NY	B.S.	1990	Arts and Sciences
Nicholls State University Thibodaux, LA	B.A.	1989	Health and Physical Education

### Biography:

Melinda S. Sothern, PhD, CEP is a licensed clinical exercise physiologist and currently serves as Academic Program Director and Professor with tenure and is the recipient of the Jim Finks Endowed Chair in Health Promotion in Behavioral and Community Health Sciences at the Louisiana State University (LSU) Health Sciences Center, School of Public Health in New Orleans, LA and the Prevention of Childhood Obesity Laboratory at the LSU Pennington Biomedical Research Center in Baton Rouge. Dr. Sothern's research is widely published in a multitude of peer-reviewed scientific journals and in two scientific textbooks, *The Handbook of Pediatric Obesity: Clinical Management* (Taylor and Francis, 2006) and *The Handbook of Pediatric Obesity: Etiology, Pathophysiology and Prevention* (Taylor and Francis, 2005). She also senior-authored a popular press book for parents to use in conjunction with their pediatrician or family physician entitled *Trim Kids* (2001, Harper Collins). The *Trim Kids* program is recognized by the National Cancer Institute as a Research Tested Intervention Program and is acknowledged by the U. S. Surgeon General for its community dissemination in YMCA centers in Louisiana. Dr. Sothern was the 2009 recipient of the Obesity Society's Oded Bar Or Award for Excellence in Pediatric Obesity Research. In 2008 she received the Cecil J. Picard Award for Excellence in Education to Prevent Childhood Obesity in Louisiana and was selected as one of the Top Ten Female Achievers in New Orleans by New Orleans magazine. She recently co-founded and chaired the Louisiana Childhood Obesity Research Consortium (LA CORC).

Dr. Sothern is currently serving as Principal Investigator on two National Institute of Health (NIH)-sponsored studies entitled, *Exploring Mechanisms of the Metabolic Syndrome in African American and Caucasian Youth* and *Obesity and Asthma: Determinants of Inflammation and Effects of Intervention*. She also serves as Principal Investigator of a Louisiana Office of Public Health Maternal and Child Health

sponsored study, *An Intervention to Promote Environmental Changes in Pre-school Centers to Prevent Childhood Obesity (NAP SACC)*, and co-investigator on the NIH-sponsored study, *Anthropometric Assessment of Abdominal Obesity and Health Risk in Children and Adolescents (RC1)*. Dr. Sothorn previously served as a principal Investigator on another NIH-sponsored study entitled, *Insulin Sensitivity in Children with Low Birth Weight*, and co-investigator on the NIH-sponsored, 6-year study entitled, *Increasing Physical Activity Patterns in Adolescent Girls: the TAAG Study*, with seven other sites nationwide. She also previously directed the physical activity intervention of the NIH-sponsored study, *Environmental Approaches for the Prevention of Weight Gain: The Wise Mind Study*, and served as Co-PI and/or mentor of three additional NIH-funded studies: 1) *Environmental Determinants of Physical Activity in Parks (K01)*, 2) *Training translational researchers in Louisiana (COBRA)*, 3) *Measurement of Sedentary Behavior in African American Adults (K01)*. Dr. Sothorn also served as consultant to several NIH funded projects including, a school based study entitled, *LA Health* at the LSU PBRC.

Dr. Sothorn co-authored a position paper and serves as faculty for the *American Dietetic Association* pediatric weight management certification program. She is considered a national spokesperson for overweight youth and has been featured extensively in national and international television, radio and print media including: *Good Morning America*, *The Today Show*, *CNN International*, *Fox News TV*, *48 Hours*, *Nicolodeon TV*, *The Oprah Show*, *Discovery Channel*, *NPR Radio*, *Yorkshire TV*, *British Broadcasting Co.*, *USA Today*, *Associated Press – World News*, *The Washington Post*, *Wall Street Journal*, *National Geographic*, *LA Times*, *Parents Magazine*, *Parenting*, *Better Homes and Garden*, *Prevention Magazine*, *Psychology Today*, *WebMD*, and many others.

Dr. Sothorn led her field in establishing standardized guidelines for prescribing exercise for children with increasing levels of obesity and is best known for her work in promoting active play as a means of preventing and treating childhood obesity. In acknowledgement of her achievements, she received the University of New Orleans Dr. Vane Wilson Award in recognition of excellent work and service in the field of human performance and health promotion in May of 2000. She has been a member of the American College of Sports Medicine (ACSM) and The Obesity Society for more than eighteen years, is a fellow and former council member of The Obesity Society and a member of the Annual Scientific Program Planning and Education committees. In 2007, Dr. Sothorn served as Chairman of the Publications committee and supervised the transition of the scientific journal entitled, *Obesity*, to publication in the Nature Publishing Group. She co-founded the Pediatric Obesity Interest Group, which is now formally integrated into The Obesity Society as the Pediatric Obesity Section. Dr. Sothorn was a scientific presenter for The Obesity Society Distinguished Lecture Series in 2004, the Southeast American College of Sports Medicine Distinguished Lecturer in the Fall of 2007 and was chosen as the Delta Omega Honorary Society in Public Health Faculty inductee for outstanding public health performance in scholarship, teaching, research and publications in October, 2007. In June of 2011, she provided the keynote lecture for the US Public Health Service Commissioned Officer Scientific and Training Symposium. Dr. Sothorn is also a member of the American Heart Association/Clinton Foundation Advisory Board and is a Scientific Advisory Board Member for the Windward Islands Research and Education Foundation, St. George's University, School of Medicine, Grenada. During the past 22 years she provided over 200 invited scientific lectures to universities, medical centers and scientific meetings. She is a reviewer for the National Institutes of Health, numerous pediatric, obesity and exercise scientific journals and provides scientific advice to several major national and international corporations including Gerber Foods, Kraft Foods, Nestle International, Knoll Pharmaceuticals, Health Nutrition Technology, Susan Dell Foundation and the Disney Corporation.

#### **Clinical Interests:**

- Children's Hospital: Pediatric Obesity Treatment Intervention: Clinical Exercise Physiologist. 1991-to present.
- Children's Hospital: Director, Pediatric Obesity Treatment Intervention and clinical exercise physiologist. 1991-2000.
- University Hospital: Clinical exercise physiologist, 1991-2000.
- West Jefferson Medical Center: Director, Pediatric Obesity Treatment Intervention and clinical exercise physiologist. 1997-2000.

## **Teaching:**

- Health Promotion Program Development (Spring, 2005; Spring, 2006; Spring, 2008; Spring, 2009)
- Independent Study: Spring, 2007; Spring, 2011; Spring, 2012; Summer, 2012
- Health Disparities (Spring, 2007)
- Capstone Supervision (Fall, 2007; Spring, 2008; Spring, 2009, Spring, 2010, Spring, 2011, Spring, 2012)

## **Committees & Administrative Responsibilities:**

### International

- Reviewer: Joint WHO/FAO expert consultation on Diet, Nutrition and the Prevention of Chronic Diseases.

### National

- October, 2009 to present – committee member – Planning – Scientific Meeting, The Obesity Society
- January, 2008 to present – committee member, Childhood Obesity Working Group, The Obesity Society
- November, 2006 to October, 2008 – committee member, Education Committee, The Obesity Society
- November, 2006 to October 2007 – Chair, Publications Committee, NAASO: The Obesity Society
- February, 2005 to present – Representative for LSUHSC School of Public Health, Association of Schools of Public Health, Maternal and Child Health Council.
- March, 2005 to present – Member, Advisory Council: Clinton Foundation/American Heart Association Joint Committee on Childhood Obesity
- November, 2004 to present – Elected Council Member, NAASO: The Obesity Society
- Spring, 2003 to present Faculty member: American Dietetic Association Certification in Pediatric Obesity Treatment
- August, 2003 – Appointed to the North American Association for the Study of Obesity Publication Committee.
- March, 2002 – Appointed to the North America Association for the Study of Obesity Public Affairs Committee.
- January, 2001 – Elected Chairman of the Pediatric Obesity Interest Group.
- October, 1998 – Co-founded the Pediatric Obesity Interest Group
- Member of the Centers for Disease Control Ad Hoc Expert Committee on the Prevention and Treatment of Obesity, 1998 to present.
- Staff trainer/Technical Consultant for the State of Illinois Department of Public Health Youth Health Initiative for the prevention and treatment of child and adolescent obesity.

### Local:

- Co-founder and Chair, Louisiana Childhood Obesity Research Consortium (LA CORC), 2009-2010
- Member and Lecturer: Louisiana's Report Card on Children's Health-related Physical Activity
- Member of the State of Louisiana, Department of Health and Hospitals, Ad Hoc Committee on the Prevention and Treatment of Obesity.
- State Alliance of YMCA's – Trim Kids Pediatric Weight Management Program dissemination, November, 2008-to present
- Greater New Orleans Region YMCA's – Trim Kids Pediatric Weight Management Program dissemination, July 2007 to present.

- Scientific Consultant: Louisiana State Senate – Senator Paulette Irons,
- Scientific Consultant: Louisiana State House of Representatives
- Scientific Consultant, Adolescent School Health Program, Louisiana State Office of Public Health
- Volunteer after school exercise instructor – New Orleans Public Schools
- Volunteer instructor for New Orleans Public Schools Physical Education teachers: How to exercise obese children safely and effectively.
- Vice-president and founder, Metairieville Civic Association, Metairie, LA. 1999 to 2001.

#### Institution – University Service:

- Member, Promotion and Tenure Committee, LSUHSC, School of Public Health, May 2008 to present.
- Member, Curriculum and Evaluation Committee, LSUHSC, School of Public Health, August, 2004 to 2007 and 2008-2009.
- Chair and Member, Curriculum and Evaluation Committee, Department of Behavioral and Community Health, LSUHSC, School of Public Health, February, 2005 to present
- Member, Student Admissions Committee, Department of Behavioral and Community Health, LSUHSC, School of Public Health, February, 2005 to present
- Member, Advisory Board, The Wellness Place, LSUHSC, School of Public Health, April, 2005 to present
- Member, Faculty Recruitment Committee, LSUHSC, School of Public Health, August, 2004 to present
- Co-Mentor, *Training translational researchers in Louisiana* (COBRA): Lauren Keely Carlisle, MD, MS, Stanley S. Scott Cancer Center, LSUHSC, June, 2004 to present
- Participant, Cancer Center's Epidemiology, Prevention and Control (EPC) program, June, 2004 to present
- Faculty Member: LSUHSC, Department of Pediatrics, Division of GI Nutrition, Fellowship Program, June, 2004 to present.
- Faculty Member: LSUHSC, Department of Pediatrics, Division of Endocrinology, Fellowship Program, June, 2004 to present.
- Adjunct Faculty Member: Clinical Nutrition Research Unit, Pennington Biomedical Research Center, November, 2004 to present.
- Supervision of post doctoral nutrition fellowship for the Department of Pediatrics, LSUHSC
- Supervision of practicum students and graduate assistants for the Department of Human Performance and Health Promotion University of New Orleans – 1992 to present.
- Supervision of internships of graduate students from the Department of Kinesiology, University of Minnesota, Minnesota, MN, 2000 to present.
- Supervision of graduate students from the Department of Kinesiology, Louisiana State University, Baton Rouge, LA. 1998 to present.
- Supervision of graduate students from the Department of Kinesiology, Northwestern University, 1999 to present.
- Member, Search Committee – Associate Vice Chancellor of Research, LSUHSC, July, 2005 to 2007.

#### **Selected Publications:**

##### In Print

- LeBlanc, M., Martin, C., Han, H., Newton, R. Jr, **Sothorn**, M., Webber, L., et. al. (2012). Adiposity and physical activity are not related to academic achievement in school-aged children. *Journal of Developmental & Behavioral Pediatrics*. 2012 May 21. [Epub ahead of print]
- Bennett, Bennett, B, Larson-Meyer, E, Ravussin, R, Volaufova, J, Soros, A, Cefalu, W, Chalew, S, Gordon, S, Smith, S, Newcomer, B, Goran, M, **Sothorn** M. *Impaired Insulin Sensitivity and Elevated Ectopic and Visceral Fat in Obese Versus Non-Obese Healthy Prepubertal Children, Obesity*, 2011, (E-10.1038/oby.2011.264)

- Larson-Meyer, E., Newcomer, B., Ravussin, E., Volaufova, J., Bennett, B., Chalew, S. Cefalu, W., and **Sothorn** M. *Intrahepatic and Intramyocellular Lipid are Determinants of Insulin Resistance in Pre-pubertal Children*, Diabetologia, 2011, 54 (4): 869-75.
- Krishnapuram, R, Dhurandhar, E., Dubuisson, O, Kirk-Ballard, H., Bajpeyi, S, Butte, N., **Sothorn**, M, et al., *A Template to Improve Glycemic Control without Reducing Adiposity or Dietary Fat*. American Journal of Physiology - Endocrinology and Metabolism, 2011 (E-00703-2010R1).
- Newton RL, Han H, **Sothorn** M, Webber, L., Ryan DH & Williamson, DA. *Accelerometry measured ethnic differences in activity in rural adolescents*. Journal of Physical Activity and Health, 2011, 8(2):287-95.
- Affuso, O, Stevens, J, Catellier, D. McMurray, R. Ward, D., Leslie, L. **Sothorn**, M. Young D. *Validity of self-reported leisure-time sedentary behavior in adolescents*. J Negat Results Biomed, 2011; 10:2 (E-10.1186/1477-5751-10-2).
- Larson-Meyer, DE., Newcomer, BR., VanVrancken-Tompkins, CL., **Sothorn**, MS. *Feasibility of assessing muscle and liver lipid in prepubertal children*. Diabetes Technology and Therapeutics, 2010, 12(3): 207-212.
- Newton RL, Han H, Anton S, Martin CK, Stewart TM, Lewis L, Champagne C, **Sothorn** M, Ryan DH & Williamson, DA. *An environmental excess weight gain prevention program in African American students: a pilot study*. American Journal of Health Promotion, 2010, 24: 340-343.
- Rung, A., Broyles, S., Mowen, A., Gustat, J., **Sothorn**, M. *Escaping to and Being Active in Neighborhood Parks: Park Use in a Post-Disaster Setting, Disasters: The Journal of Disaster Studies, Policy and Management*, 2010, 6:45-54.
- Tompkins, CL., Cefalu, Ravussin, E., Goran, M., Soros, A., Volaufova, J., Vargas, A., **Sothorn**, MS. *Feasibility of Frequently Sampled Intravenous Glucose Tolerance Testing Prior to Puberty*; International Journal of Pediatric Obesity, 2009 Jul 4: 1747-7174.
- Loftin, M., **Sothorn**, M., Tuuri, G., Tompkins, C., Koss, C. and Marc Bonis M. *Gender Comparison of Physiologic and Perceptual Responses in Recreational Marathon Runners*, International Journal of Sports Physiology and Performance, 2009; 4:307-316.
- Williamson, D. A., Champagne, C. M., Han, H., Harsha, D., Martin, C. K., Newton, R. L., Ryan, D. H., **Sothorn**, M. S., Stewart, T. M., & Webber, L.S., 2009; *Increased obesity in children living in rural communities of Louisiana*. International Journal of Pediatric Obesity 4, 160-165.
- Bedimo-Rung AL, Thomson JL, Mowen AJ, Gustat J, Tompkins BJ, Strikmiller PK, **Sothorn** MS. *The Condition of Neighborhood Parks Following Hurricane Katrina: Development of a Post-Hurricane Assessment Instrument*. Journal of Physical Activity and Health. 2008; 5:45-57.
- Loftin, M., **Sothorn**, M., Koss, C., Tuuri, G., Vanrancken, C., Kontos, A., Bonis, M. *Energy expenditure and influence of physiologic factors during marathon running*, Journal of Strength and Conditioning Research, 2007; 21(4), 1188-1191.
- Daniels, S., Long, B., Crow, S., Styne, D., **Sothorn**, M., Vargas-Rodriguez, I., Harris, L., Walch, J., Jasinsky, O., Cwik, K., Cwik, K., Hewkin, A., Blakesley, V., for the Sibutramine Adolescent Study Group, *Cardiovascular Effects of Sibutramine in the Treatment of Obese Adolescents: Results of a Randomized, Double-Blind, Placebo-Controlled Study* , Pediatrics, 2007; 120: 147-157.
- Loftin, M. Nichols, J., Going, S., **Sothorn**, M., Schmitz, K., Ring, K., Georgianna Tuuri, G., Stevens' J. *Comparison of the Validity of Anthropometric and Bioelectric Impedance Equations to Assess Body Composition in Adolescent Girls*. International Journal of Body Composition Research, 2007; 5-1:1-8.
- Williamson, D. A., Copeland, A. L., Anton, S. D., Champagne, C., Han, H., Lewis, L., **Sothorn**, M., et al, 2007; *Wise Mind project: a school-based environmental approach for preventing weight gain in children*. Obesity, 15(4), 906-917.
- Martin, C. K., Newton, R. L., Jr., Anton, S. D., Allen, H. R., Alfonso, A., Han, H., **Sothorn**, M. (2007). *Measurement of children's food intake with digital photography and the effects of second servings upon food intake*. Eating behaviors, 8(2), 148-156.
- Ritchie, L., Crawford, P., Hoelsteter, D, **Sothorn**, M. *Position Paper: Individual-, Family-, School- and Community Based Interventions for Pediatric Overweight*. Journal of the American Dietetic Association, 2006; 106: 925-945.

- Anton, S., Newton, R., **Sothorn**, M., Martin, C., Stewart, T., Williamson, D. *Association of Depression with Body Mass Index, Sedentary Behavior, and Maladaptive Eating Attitudes and Behaviors in 11 to 13-Year Old Children*, Eating and Weight Disorders, 2006, 11(3): e102-e108.
- Lohman, T., Ring, K., Schmitz, K., Treuth, M., Loftin, M., Yang, S., **Sothorn**, M., Going, S. *Associations of Body Size and Composition with Physical Activity in Adolescent Girls*. Medicine & Science in Sports & Exercise: 2006, 38(6):1175-1181.
- Berkowitz RI, Fujioka K, Daniels SR, Hoppin AG, Owen S, Perry AC, **Sothorn** MS, Renz CL, Pirner MA, Walch JK, Jasinsky O, Hewkin AC, Blakesley VA; *Sibutramine Adolescent Study Group*. *Effects of sibutramine treatment in obese adolescents: a randomized trial*. Ann Intern Med, 2006;145(2):81-90.
- Loftin, M, Heusel, L., Bonis, M., **Sothorn**, M. *Oxygen uptake kinetics and oxygen deficit in obese and normal weight adolescent females*, Journal of Sports Science and Medicine, 2005, 4, 430-436.
- Loftin, M., **Sothorn**, M., Warren, B., Udall, J. *Comparison of VO<sub>2</sub> Peak during treadmill and bicycle ergometry in severely overweight youth*, Journal of Sports Science and Medicine, 2004, 3:254-260.
- Loftin, M., **Sothorn**, M., VanVrancken, C., Udall, J. *Low heart rate peak in obese female youth*. Clinical Pediatrics, 2003, 42(6): 505-510.
- **Sothorn**, M., Schumacher, H., von Almen, T., Carlisle, L., & Udall, J. *Committed to Kids: an integrated, four level team approach to weight management in adolescents*. Journal of the American Dietetic Association, 2002, 102 (3):S81-S85.
- Loftin, M., **Sothorn**, M., Trosclair, L., O'Hanlon, A., Miller, J. & Udall, J. *Scaling modes of VO<sub>2</sub> peak in obese and nonobese girls*. Obesity Research, 2001, 9:290-296.
- **Sothorn**, M., Udall, J. Suskind, R., Vargas, A., & Blecker, U. *Weight loss and growth velocity in obese children after very low calorie diet, exercise and behavior modification*. Acta Paediatrica, 2000; 89(9): 1036-43.
- **Sothorn**, M., Loftin, M., Blecker, U., Suskind, R., & Udall, J. *The impact of significant weight loss on maximal oxygen uptake in obese children and adolescents*, Journal of Investigative Medicine, 2000; 48(6): 411-416.
- **Sothorn**, M., Despeney, B., Brown, R., Suskind, R., Udall, J. and Blecker, U. *Lipid profiles of obese children and adolescents before and after significant weight loss: differences according to sex*. Southern Medical Journal, 2000; 93: 278-282.
- **Sothorn**, M., Loftin, M., Udall, J., Suskind R., Ewing, T., Tang, S., & Blecker, U. *Safety, feasibility and efficacy of a resistance training program in preadolescent obese children*. American Journal of the Medical Sciences, 2000; 319: 370-375.
- Brown, R., **Sothorn**, M., Suskind, R., Udall, J., & Blecker U. *Racial differences in the lipid profiles of obese children and adolescents before and after significant weight loss*. Clinical Pediatrics, 2000; 39: 427-431.
- Suskind, R., Blecker, U., Udall, J., von Almen, T., Schumacher, H., Carlisle, L, **Sothorn**, M. *Recent advances in the treatment of childhood obesity*. Pediatric Diabetes, 2000; 1:23-33.
- **Sothorn**, M., Loftin, M., Suskind, R., Udall, J. *The impact of significant weight loss on resting energy expenditure in obese youth*. Journal of Investigative Medicine, 1999, 47 (5), 222-226.
- **Sothorn**, M., Loftin, J., Ewing, T., Tang, S., Suskind, R., & Blecker, U. *The inclusion of resistance exercise in a multi-disciplinary obesity treatment program for preadolescent children*. Southern Medical Journal, 1999, 92 (6), 585-592.
- **Sothorn**, M., Hunter, S., Suskind, R, Brown, R., Udall, J. & Blecker, U. *Motivating the obese child to move: The role of structured exercise in pediatric weight management*. Southern Medical Journal, 1999, 92 (6), 577-584.
- **Sothorn**, M., von Almen, K., Schumacher, R.D., Suskind, R., & Blecker, U. *A Multidisciplinary Approach to the Treatment of Childhood Obesity*. Delaware Medical Journal, 1999, 71(6): 255-261.
- Blecker, U., **Sothorn**, M. Udall, J. *El papel de la infeccion por Helicobacter pylori en la enfermedad gastrointestinal infantil*. Pediatr Intergral, 1999, 3, 475-485.
- Loftin, J., Strikmiller, P., Warren, B., Myers, L., Schroth, L., Pittman, P., Harsha, D., **Sothorn**, M. *Comparison and relationship of VO<sub>2</sub> Peak and physical activity patterns in elementary and high*

school females. *Pediatric Exercise Science*, 1998, 10-2, 153-163.

- Escobar, O., Mizuma, H., **Sothorn**, M., Blecker, U., Udall, J., Suskind R., Hilton, C., & Vargas, A. *Hepatic insulin clearance increases after natural weight loss in obese children and adolescents. The American Journal of the Medical Sciences*, 1999, 317-5, 282-286.
- Chung, W., Power-Kehoe, L., Chua, M., Chu, F., Aronne, L., Huma, Z., **Sothorn**, M., Udall, J., Kahle, B., Leibel, R. *Exonic and intronic sequence variation in the human receptor gene (LEPR). Diabetes*. 1997, 46(9), 1509-1511.

## Books

- **Sothorn**, M. Safe and Effective Exercise for Overweight Youth, 2013, Taylor and Francis, Boca Raton, FL (in press).
- Sothorn, M. Schumacher, H. & Von Almen, TK. Trim Kids: The Proven Plan that has Helped Thousands of Children Achieve a Healthier Weight, 2001, Harper Collins Publishers, New York, NY.
- **Sothorn**, M., Gordon, S., & von Almen, K. (Eds) Handbook of Pediatric Obesity: Clinical Management, 2006, Taylor and Francis, Boca Raton, FL.
- Goran, M. and **Sothorn**, M. (Eds) Handbook of Pediatric Obesity: Etiology, Pathophysiology and Prevention, 2005, Taylor and Francis, Boca Raton, FL.

## Chapters in Books and Review Papers:

- Katz, D., Daniels, S., Gardner, C., Goodman, E., Hassink, S., **Sothorn**, M. What we don't know: Unanswered questions about childhood obesity. Childhood Obesity, 2012, 8(1): 7-12
- **Sothorn**, M, Caprio, S., Daniels, S., Gordon, S., Ludwig, D. *New ways to overcome old barriers: Engaging Pediatricians and primary care physicians in obesity prevention and intervention.* Childhood Obesity, 2010, 6(5): 240-246.
- **Sothorn**, M. *Tobacco, formula, and frequent pregnancies: the obesity trinity.* Childhood Obesity, 2010, 6(4): 166.
- Bennett, B. and **Sothorn**, M. *Diet, Exercise, Behavior: The Promise and Limits of Lifestyle Change*, Seminars in Pediatric Surgery, 2009, 18:152-158.
- Tompkins, C., Soros, A., **Sothorn**, M., Vargas, A. *Effects of physical activity on diabetes management and lowering risk for type 2 diabetes.* Am J of Health Education, 2009, 40(5): 286-290.
- VanVrancken-Tompkins CL, **Sothorn** MS. *Preventing obesity in children birth to five years.* In Encyclopedia on Early Childhood Development. Centre of Excellence for Early Childhood Development Website, (2006)\*  
[http://www.excellenceearlychildhood.ca/liste\\_theme.asp?lang=EN&act=32](http://www.excellenceearlychildhood.ca/liste_theme.asp?lang=EN&act=32)
- **Sothorn**, M., and Gordon, S. *Family-based weight management in the pediatric health care setting.* Obesity Management, 2005, 1(5):197-202.
- Carlisle, L., Gordon, S., **Sothorn**, M. *Can obesity prevention work for our children?* Journal of the LA State Medical Society, 2005, 157: S34-S-41.
- **Sothorn**, M. *The Business of Pediatric Weight Management* in Handbook of Pediatric Obesity: Clinical Management, Ed. Sothorn, M., von Almen, TK, Gordon, S., 2006, Taylor and Francis, Boca Raton, FL.
- VanVrancken-Tompkins, C., **Sothorn**, M., Bar-Or, O. *Strengths and Weaknesses in the Response of the Obese Child to Exercise* in Handbook of Pediatric Obesity: Clinical Management, Ed. Sothorn, M., von Almen, TK, Gordon, S., 2006, Taylor and Francis, Boca Raton, FL.
- Krebs, N., **Sothorn**, M. *Diagnosis, Medical Testing, Monitoring and Follow-up* in Handbook of Pediatric Obesity: Clinical Management, Ed. Sothorn, M., von Almen, TK, Gordon, S., 2006, Taylor and Francis, Boca Raton, FL.
- **Sothorn**, M. VanVrancken-Tompkins, C., Carlisle, L. *Dietary Approaches: A Survey of the Options* in Handbook of Pediatric Obesity: Clinical Management, Ed. Sothorn, M., von Almen, TK, Gordon, S., 2006, Taylor and Francis, Boca Raton, FL.

- Schumacher, H., VanVrancken-Tompkins, C., **Sothorn**, M. *Nutrition Education* in Handbook of Pediatric Obesity: Clinical Management, Ed. Sothorn, M., von Almen, TK, Gordon, S., 2006, Taylor and Francis, Boca Raton, FL.
- **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.
- von Almen, TK, **Sothorn**, M., Schumacher, H. *Inter-disciplinary, Interactive, Group Instruction* in Handbook of Pediatric Obesity: Clinical Management, Ed. Sothorn, M., von Almen, TK, Gordon, S., 2006, Taylor and Francis, Boca Raton, FL.
- **Sothorn**, M. *Obesity Prevention in Children: Physical Activity and Nutrition*, Nutrition, 2004. 20(7-8):704-708.
- Udall, J., & **Sothorn**, M. *Obesity in Childhood and Adolescence*, in Obesity Surgery, ed. Martin, L., (2004) McGraw Hill, Ontario, Canada.
- **Sothorn**, M., and Gordon, S. *Prevention of obesity in young children: A Critical Challenge for the Medical Professional*, Clinical Pediatrics, 2003, 42(2):101-111.
- **Sothorn**, M. *Encouraging Outdoor Physical Activity in Overweight Elementary School Children*. In Wellhousen, K. (2002) *Outdoor Play Every Day: Innovative Play Concepts for Early Childhood*, Delmar Publishers, Albany, NY.
- **Sothorn**, M. *Exercise as a modality in the treatment of childhood obesity*. Pediatric Clinics of North America, 2001. 48(4):995-1015.
- Blecker, U., Mehta, D., Davis, R., **Sothorn**, M. & Suskind, R. *Nutritional problems in patients who have chronic disease*. Pediatrics in Review, 2000, 21: 29-32.
- Boettcher, M., Davis, R., **Sothorn**, M. Clark-Forsyth, S, Suskind, R. Blecker, U. *Protein calorie malnutrition*. Pediatrics in Review, 2000, 24, 34-38.
- **Sothorn**, M., Loftin, M., Blecker, M., Suskind R., & Udall, J. *Physiologic function and childhood obesity*. International Journal of Pediatrics, 1999, 14(3): 1-5.
- **Sothorn**, M., Loftin, M., Blecker, M., Suskind R., & Udall, J. *Health benefits of physical activity in children and adolescents: Implications for chronic disease prevention*. European Journal of Pediatrics, 1999, 158: 271-274.

**Additional Info:**

Link to curriculum vita (pdf fle)