

Melissa Potestio PhD, MSc, BSc

Education / Training/ Academic Position

Adjunct Assistant Professor (current)

Department of Community Health Sciences
Cumming School of Medicine
University of Calgary

Postdoctoral Fellowship (2011-2013)

Department of Pediatrics, University of Calgary
Supervisor: Dr. David Johnson

PhD (Health Research/Population Health; 2011)

Department of Community Health Sciences, University of Calgary
Title: Determinants of childhood weight status in Canadian boys and girls.
Supervisors: Dr. Lynn McIntyre, Dr. Lindsay McLaren

MSc (Health Research/Epidemiology; 2005)

Department of Community Health Sciences, University of Calgary
Title: Childhood obesity: Perceptions of the Calgary public.
Supervisors: Dr. Ardene Vollman, Dr. Lindsay McLaren

BSc (Biomedical Physiology and Kinesiology; 2002)

Simon Fraser University
Undergraduate research project supervisor: Dr. Diane Finegood

Scholarships / Awards / Distinctions

President's Excellence Award for Outstanding Achievements in Research (2013)

No monetary value

RDC Student Incentive Grant (February, 2009)

\$2,000

Doctoral Fellowship (May 2008 – May 2011)

Canadian Institutes for Health Research (CIHR)
\$ 21,000 salary per annum and research allowance

Obesity Research Initiative Student Scholarship (July 2007)

\$10,000

Match funding from the Petro-Canada Young Innovator Award in Community Health, awarded to L. McLaren (July 2007)

\$10,000

Obesity Research Initiative Student Scholarship (July 2006)

\$10,000

Match funding from the Glanville, McIntyre, Hobson grant Impact of diet quality on body mass index: interrelationship among food choice behaviours, physical activity and food security status, Canadian Institutes of Health Research. (July 2006)

\$10,000

Alberta Advanced Education's Achievement Scholarship (April 2005)

Alberta Ministry of Advanced Education

\$2,000

Graduate Research Scholarship (January 2005)

Faculty of Graduate Studies

\$2,050

Faculty of Graduate Studies Fee Scholarship (January 2004)

\$1,000

Inducted into Golden Key Honours Society (June 2000)

Simon Fraser University

No monetary value

Research Grants/Contracts

Grants:

Development and evaluation of a family-partnered care pathway for critically ill older patients. (CIHR Team Grant)

Stelfox, HT., Heyland, DK, **Potestio, ML** on behalf of larger team (**co-investigator**).

April 2016 - March 2020; \$1,388,754

The purpose of this study is to generate new evidence and synthesize existing evidence in order to create a family-partnered care pathway to define the best care that older patients should receive in ICU, and as they recover from their critical illness.

Fluoridation discontinuation in Calgary: a natural experiment to identify implications for child health and oral health equity. (CIHR and Alberta Health)

McLaren, L., McIntyre, L., McNeil, D., Patterson, S., Shwart, L., Faris, P., & **Potestio, ML** (**co-investigator**).

April 2013 – March 2015; \$445,749 Total; \$195,749 (CIHR) 250,000 (AH)

The purpose of this study is to examine the implications of discontinuation of drinking water fluoridation (a population health intervention) for child oral health and oral health equity.

Pathways to weight: The influence of neighbourhood environments on the weight status of adults. (CIHR operating grant)

McCormack, G., Csizmadi, I., Friedenreich, C., McLaren, L., Nettel-Aguirre, A., **Potestio, M. (co-investigator)**, Sandalack, B.

April 2013 – March 2017; \$85,256/year operating grant

The purpose of this study is to investigate the extent to which food-and physical activity-related environmental and socioeconomic conditions influence physical activity, dietary behaviour and weight status among Canadian adults.

Learning Modules:

Potestio, ML., Johnson, D., Travossos, G. (2014). The Alberta Acute Childhood Pathways Teaching Website. <http://pert.ucalgary.ca/pathways>

Robinson Vollman, A. & **Potestio, ML** (2003). Supportive environments for health. Prepared for Department of National Defense (Ottawa) as part of a contract with the Canadian Consortium for Health Promotion Research Centres, M. Hills, Ed., University of Victoria Health Promotion Centre, Victoria BC.

Research Experience/Positions

Interim Scientific Director

Population, Public and Indigenous Health
Strategic Clinical Network
Alberta Health Services
Present

The Scientific Director (SD) is a key leadership position within AHS. As the most senior provincial research leader of the Population, Public and Indigenous Health (PPIH) SCN and with expertise in population health research areas aligned with the SCN's mandate, the PPIH SD is a key member of the SCN's core strategy and leadership group. Through processes that engage health researchers, front-line staff and knowledge users (e.g. patients, clinicians, policy makers, community leaders and organizations, and others), the SD is responsible for developing, implementing, and assessing the impact of a research and knowledge translation strategy that will support the SCNs overall mandate and objectives. The SD is responsible for directing the implementation of innovative scientific solutions to complex and diverse issues and making decisions on complex and highly sensitive issues/concerns based on scientific, ethics, and AHS strategies.

The PPIH SD champions a broad provincial health research agenda that addresses the health needs of the SCN's populations with a focus on generating and applying research

evidence to achieve the SCN's priorities. The SD also enables the success of both individual researchers and groups of researchers within the SCN to facilitate the creation of an efficient and effective research network in the province; one that successfully attracts national peer reviewed funding as well as funding from other local, provincial, and national sources. The SD is expected to advocate for, and be the champion of, the mission of the SCNs with the various research communities, universities, hospitals, governments, non-governmental organizations, health charities, industry, and the public. In addition, the SD is accountable for the SCN's successful adaptation of innovative evidence-based interventions and, wherever possible, enabling new innovations to be translated into action in Alberta.

Senior Scientist

Alberta Cancer Prevention Legacy Fund (ACPLF)

Alberta Health Services

Present

The ACPLF Senior Scientist oversees the applied research in three of the six ACPLF innovation streams Surveillance, Acute Care and Primary Care. The position is responsible and accountable for providing senior leadership and expertise in the planning, delivery, and coordination of applied research, knowledge exchange, and decision support strategies to support innovative intervention projects related to cancer prevention and screening. The position ensures that projects and applied research activities are aligned with ACPLF priorities and standards of excellence by providing insight into project development and oversight of the applied research to ensure it meets the highest scientific standards. The position also contributes to ACPLF strategic and business planning and oversees and mentors a team of Scientists, Research Associates/Assistants, and Analyst(s). This position also: (1) Leads scientific teams and is relied upon for deep unique knowledge and expertise in scientific concepts, principles, and methods; (2) Is responsible for overseeing both internal and external project and stakeholder engagement; (3) Ensures scientific rigor and quality of all projects; (4) Provides guidance in the selection of priority opportunities for investigation; (5) Applies scientific and leadership expertise to unique and complex situations and uses significant judgment in leading teams to achieve departmental goals and (6) Co-leads the development of innovation streams (which involve external experts, scientists, and executive leadership).

Assistant Scientific Director

Critical Care Strategic Clinical Network (CCSCN)

Alberta Health Services

2013-2015

The ASD is a provincial position responsible for supporting the Critical Care Strategic Clinical Network, through collaborative relationships, to develop,

implement and evaluate their research and knowledge translation (KT) strategies in alignment with AHS strategic priorities, the AHS Research and Innovation Strategy, and the Alberta Health Research and Innovation Strategy (AHRIS). The position provides essential recommendations to enhance the scientific rigour of CCSCN priorities by critically integrating theory, scientific evidence, and practice based on best evidence. The ASD supports the creation of a provincial research community for the Strategic Clinical Network (SCN) in collaboration with the Scientific Director and the SCN Leadership Team. As such, the ASD develops and maintains relationships and partnerships with provincial, national, and international partners to advance the SCN's research priorities, including those of other SCNs, relevant colleagues across AHS, government departments, academic partners, private sector partners, non-governmental organizations, Alberta Innovates – Health Solutions and the Canadian Institutes of Health Research. This position contributes to the SCN Research Strategic Plan which has a broad impact on the AHS organization and provincial health programmes and policy. Recommendations made may impact the research priorities of the SCN, including research program development (i.e., funding applications), and implementation (i.e., knowledge translation). The ASD is responsible for sharing knowledge through publications, presentations and other knowledge exchange mechanisms. The ASD also manages all relevant human and financial resources.

Scientist (promoted from Research Analyst in 2013)

Population, Public and Indigenous Health
 Research and Innovation
 Alberta Health Services
 2008- 2013

The Scientist is a key scientific leadership role. This position is responsible and accountable for leading and providing direction for research initiatives in support of the vision, mission, and business plan of Alberta Health Services. The Scientist, is a contributor of major ideas and innovations that advance the evidence-based decision making goals of the Population and Public Health portfolio. The Scientist provides expert scientific counsel to directors, senior analysts and analysts in Surveillance and Health Status Assessment, on all aspects related to scientific principles, frameworks, concepts, approaches, methods, analytics, and metrics that inform evidence-based decision making. This position establishes and maintains positive relationships with key local, provincial and national representatives and health care stakeholders including government departments and officials. Current areas of focus include health equity, social determinants of health, community surveillance and measurement.

Post-Doctoral Fellow/Researcher

Pediatric Emergency Research Team (PERT)
 July 2007 (roles progressed with time)

The fellow provides leadership for various knowledge synthesis and exchange projects focused on treating common childhood illnesses (e.g., asthma, gastroenteritis). The fellow is responsible for synthesizing complex research findings from the scientific literature and translating such evidence into usable formats for a variety of different audiences (e.g., web modules for parents and clinicians). Other responsibilities include being the project lead as such pathways are developed, implemented, and evaluated throughout Alberta. The fellow must establish and maintain positive relationships with key local stakeholders at several clinical sites across Alberta. This role also involves managing and directing several clinical research studies conducted by PERT as well as translating evidence for informed collaborative decision making. This role also functions as manager and mentor to all student research associates enrolled in the Pediatric Emergency Research Associates Program.

Senior Research Analyst

Population, Public and Indigenous Health
Public Health Innovation and Decision Support
Alberta Health Services
October 2008 – August 2011

Responsibilities included providing research support to initiatives related to cancer and chronic disease prevention with a specific focus on obesity prevention. This role involved leading proposal development, data collection, data analysis, and interpretation of research findings (quantitative and qualitative). This position was also responsible for ensuring that research and evaluation initiatives conform to sound scientific and ethical principles and project timelines. This required working in close collaboration with other members of the research team as well as other AHS units.

Selected Conference Presentations

Dayem K, Nummi M, Modgill G, Shen-Tu G, Duhaney T, Chow A, Friesen B, Davidson T, **Potestio ML**. Building a Tobacco Cessation Model in Alberta: Using a Cancer Diagnosis as a Teachable Moment. 9th Annual Ottawa Conference: State of the Art Clinical Approaches to Smoking Cessation, Ottawa, Ontario. January 20-21, 2017.

Yamada J, Cave A, **Potestio ML**, Sharpe H, Johnson D, Grimshaw J. Barriers and enablers to pediatric asthma prescribing practices in primary care settings. Accepted to the 44th *North American Primary Care Research group (NAPCRG) Annual Meeting*. November 12-16, 2016, Colorado Springs, Colorado.

Yamada J, **Potestio ML**, Sharpe H, Cave A, Presseau J, Patey A, Johnson D, Grimshaw J. Barriers and enablers to paediatric asthma management in primary care settings: application of the theoretical domains framework. *KT Canada Scientific Meeting*. June 13-14, 2016, Toronto, Ontario.

Potestio, ML (2015 invited speaker). Reassessing daily care practices in the care of critically ill patients: Building capacity and methodology to identify and close evidence-care gaps. *Canadian Society for Respiratory Therapists*, Calgary, AB.

Potestio ML. Research Portfolio of the Critical Care Strategic Clinical Network. *Strategic Clinical Network Connects, Towards Becoming the Best: Embedding Patient-Oriented Research and Innovation in Alberta's SCNs*; 2014 September 11-13; Banff, Alberta.

Potestio ML. Highlights of the Critical Care Strategic Clinical Network. *Strategic Clinical Network Connects, Towards Becoming the Best: Embedding Patient-Oriented Research and Innovation in Alberta's SCNs*; 2014 September 11-13; Banff, Alberta.

Stelfox T, McKenzie E, Bagshaw S, Gill M, Oxland P, Boulton D, Oswell D, **Potestio ML**, Niven D. A novel patient and community engagement research method to understand patient and family experiences with critical care. *35th International Symposium on Intensive Care and Emergency Medicine*; 2015 March 17-20; Brussels, Belgium.

Stelfox T, McKenzie E, Bagshaw S, Gill M, Oxland P, Boulton D, Oswell D, **Potestio ML**, Niven D. A novel patient and community engagement research method to understand patient and family experiences with critical care. *International Forum on Quality & Safety in Healthcare*; 2015 April 21-24; London, UK.

Stelfox T, Niven D, Bagshaw S, McKenzie E, **Potestio ML**, Clement F, Zygun D. Stakeholder engagement to identify priorities for improving the quality and value of care provided to critically ill patients. *35th International Symposium on Intensive Care and Emergency Medicine*; 2015 March 17-20; Brussels, Belgium.

Stelfox T, Niven D, Bagshaw S, McKenzie E, **Potestio ML**, Clement F, Zygun D. Integrated knowledge translation to develop priorities for improving care of critically ill patients. *International Forum on Quality & Safety in Healthcare*; 2015 April 21-24; London, UK.

Potestio, ML (2014 invited speaker). Exploring dental health inequities with the Pampalon Deprivation Index. *Alberta Dental Public Health Conference*, Edmonton, AB.

McIntyre, L., **Potestio, ML** (2012). Extracting gender from the "sex" variable in national datasets. *Advancing Excellence in Gender, Sex, and Health Research*, Montreal, QC.

Thawer, S., McLaren, L., Shwart, L., McNeil, D., Faris, P., Lorenzetti, D., McIntyre, L., Patterson, S., & **Potestio, ML**. (2012) Strategic synthesis of oral health surveillance systems: informing provincial oral health surveillance in Alberta. *Canadian Association of Public Health Dentistry*, Prince Edward Island, NS.

McIntyre, L., Bartoo, AC., **Potestio, ML.** (2011 oral presentation). Coping with child hunger in Canada: Have household strategies changed over a decade? *Canadian Public Health Association Conference*, Montreal, QC.

Potestio, ML. McLaren, L. (2010 invited speaker). Family social environment and weight status of Canadian children: Exploring the role of gender. *2nd Canadian Student Obesity Meeting*, Ottawa, Ontario June 9-12th, 2010.

Potestio, ML. (2009 invited speaker). Symposium titled: Canadian Community Health Survey (CCHS 2.2): Opportunities for Nutritional Epidemiology, Lecture titled: The value of the CCHS 2.2 for studying diet quality and obesity in children. *Canadian Society for Epidemiology and Biostatistics*, Ottawa, Ontario May 28th, 2009.

Potestio, ML. (2009 invited speaker). Introduction to SPSS workshop. *Health Research Methods Conference*, Calgary, Alberta April 30th, 2009.

Potestio, ML. Patel, A., Powell, C. McNeil, D., Jacobson, D., McLaren, L. (2008 invited speaker). Understanding the association between spatial access to park/green space and childhood obesity in Calgary, Canada. *Canadian Obesity Network National Student Meeting*, Quebec City, Quebec, June 4th-6th, 2008.

Potestio, ML. Patel, A., Powell, C. McNeil, D., Jacobson, D., McLaren, L. (2008 invited speaker). Is park/green space associated with childhood overweight in Calgary, Canada? *Canadian Obesity Network Student and New Professionals Conference*, Calgary, Alberta, March 20th, 2008.

McIntyre, L., **Potestio, ML.** (2007). Teachers' Perceptions of Child Neglect. Poster Presentation at *Atlantic Networks for Prevention Research Conference*, Assessment and Action for Healthy Settings. St. John's, Newfoundland & Labrador, July 4 - 6, 2007.

McIntyre L, **Potestio ML.** (2007). Comparison of teacher and parental reports of child hunger: Perceptions are not reality. *Canadian Society for Epidemiology and Biostatistics Conference 2007*, Calgary AB, May 28-31, 2007.

Potestio ML, McIntyre, L. (2007). Does childhood hunger play a role as a mediator of body weight? Poster presentation at the student pre-conference, *Canadian Society for Epidemiology and Biostatistics*, Calgary, A.B.; May 27, 2007.

Potestio ML, McIntyre, L. (2007 invited speaker). Socioeconomic Disadvantage versus Hunger: Different associations with body mass index (BMI) in Canadian children. One of eight presentations among student submissions to the entire meeting of the annual Western Obesity Summit meeting of the *Canadian Obesity Network*, Kananaskis, A.B.; May 6-8, 2007.

Potestio ML, McLaren, L, Vollman A, Doyle-Baker, T. (2005). Childhood Obesity: Perceptions held by the public in Calgary, Canada. Poster presentation at the annual scientific meeting *North American Association for the Study of Obesity*; Vancouver, B.C.; October 2005.

Published Manuscripts

Shi C, Faris P, McNeil DA, Patterson S, **Potestio ML**, Thawer S, McLaren L. Ethnic disparities in children's oral health: findings from a population-based survey of grade 1 and 2 schoolchildren in Alberta, Canada. *BMC Oral Health*, 2018.

Yamada, J., **Potestio, ML**, Sharpe, H., Patey, A., Presseau, J., Cave, A., Johnson, DJ. Using the Theoretical Domains Framework to identify barriers and enablers to pediatric asthma management in primary care settings. *Journal of Asthma*, 2017.

McLaren L, Patterson S, Thawer S, Faris P, McNeil D, **Potestio ML**. Fluoridation cessation: More science from Alberta. *Community Dent Oral Epidemiol*;45:503–505. <https://doi.org/10.1111/cdoe.12346>, 2017.

McCormack, GR., Friedenreich, C., McLaren, L., **Potestio, ML.**, Sandalack, B., Csizmadi, I. Interactions between neighbourhood urban form and socioeconomic status and their associations with anthropometric measurements in Canadian adults. *Journal of Environmental and Public Health*, 2017.

Oczkowski SJ., Au S., Roze des Ordons, A., Gill M, **Potestio, ML.**, Smith, Sinuff, T., Stelfox, HT., Fox-Robichaud, AE. A Modified Delphi Process to Identify Clinical and Research Priorities in Patient and Family Centred Critical Care. *Journal of Critical Care*, August 2017.

McKenzie, E., **Potestio, ML**, Boyd, J., Niven, D., Brundin-Mather, R., Bagshaw, SM., Stelfox, HT. Reconciling patient and provider priorities for improving the care of critically ill patients: A consensus method and qualitative analysis of decision making. *Health Expectations*, April 2017.

McLaren L, Patterson S, Thawer S, Faris P, McNeil D, **Potestio ML**, Shwart L. Exploring the short-term impact of community water fluoridation cessation on children's dental caries: A natural experiment in Alberta, Canada. *Public Health (Elsevier)*, 146, February 2017.

Bagshaw, S., Opgenorth, D., **Potestio, ML**; Hastings, S, Hepp, SL, Gilfoyle, Elaine, McKinlay, D Boucher, P., Meier, M., Parsons-Leigh, J. Gibney, N., Zygun, D., Stelfox, HT. Health care provider perceptions of causes and consequences of Intensive Care Unit capacity strain in a large publicly-funded integrated health region: A qualitative study. *Critical Care Medicine*, doi: 10.1097/CCM.0000000000002093, September 2016.

Gill, M., McKenzie, E., Oxland, P., Oswell, D., Boulton, D., **Potestio, ML.**, Shklarov, S., Marlett, N., Bagshaw SM., Stelfox, HT. On Behalf of the Critical Care Strategic Clinical Network. Patient and Family Member-Led Research in the Intensive Care Unit: A Novel Approach to Patient-Centered Research, PLoS ONE 11(8): e0160947. doi:10.1371/journal.pone.0160947, August 2016.

McInerney, M., Csizmadi, I, Friedenreich CM., PhD; Uribe, FA, Nettel-Aguirre, McLaren, M; **Potestio, ML**, Sandalack, B. McCormack, GR. Associations between the neighbourhood food environment, neighbourhood socioeconomic status, and diet quality: An observational study BMC Public Health, August 2016.

Cave, A., Sharpe, H., Anselmo, M., Defus, D., Davey, C., Drummond, N., Graham, J., Green, L., Grimshaw, G, **Potestio, ML.**, Johnson, DJ. Primary Care pathway for childhood asthma: Protocol for a randomized cluster-controlled trial. JMIR Research protocol; March, 2016.

McLaren L, McNeil D, **Potestio ML.**, Patterson, Thawer S, Faris P, Shi C, Shwart L. Equity in children's dental caries before and after cessation of community water fluoridation: differential impact by dental insurance status and geographic material deprivation. Int J Equity Health; February 2016.

McLaren, L., Patterson, S., Thawer, S., Faris, P., McNeil, D., **Potestio, ML.**, Shwart, L. Measuring the short-term impact of fluoridation cessation on dental carries in Grade 2 children using tooth surface indices. Community Dentistry and Oral Epidemiology; February 2016.

Potestio, ML., Boyd, J., Bagshaw SM., Heyland, D., Oxland, P., Zygun, D, Stelfox HT. Engaging the public to identify opportunities to improve critical care: A qualitative analysis of an open community forum. PLOS ONE; November 18, 2015.

Stelfox, T., Niven, D., Clement, F., Bagshaw, S., Cook, D., McKenzie, E., **Potestio, ML.**, Doig, C., Sonnenberg, B., Zygun, D. Stakeholder engagement to identify priorities for improving the quality and value of healthcare for critically ill patients. PLOS ONE; October 2015.

Buchner, D., Bagshaw, S., Dodek, P., Fowler, RA., Turgeon, AF., **Potestio, ML.**, Stelfox, HT. Prospective cohort study protocol to describe the transfer of patients from intensive care units to hospital wards. BMJ Open; May 2015.

McIntyre, L., Bartoo, A., Pow, J., **Potestio, ML** (2012) Coping with child hunger in Canada: Have household strategies changed over a decade? The Canadian Journal of Public Health; 103(6):428-32.

Kirkpatrick, S., McIntyre, L., **Potestio, ML** (2010) Child hunger and long-term adverse consequences for health. Archives of Pediatric & Adolescent Medicine, 164(8):754-762.

Potestio, ML. Patel, AB., Powell, CD. McNeil, DA., Jacobson, DR., McLaren, L. (2009) Is there an association between spatial access to parks/green space and childhood overweight/obesity in Calgary, Canada?. *International Journal of Behavioural Nutrition and Physical Activity*, 77(6).

Potestio, ML, McLaren, L, Vollman A, Doyle-Baker, T. (2008). Childhood Obesity: Perceptions held by the public in Calgary. *The Canadian Journal of Public Health*, 99(2) 86-90.

Teaching Experience

Full Instructor

Undergraduate Course: *Health Services and Health Systems*, Bachelor of Health Sciences Program (Health & Society Option), University of Calgary, January-April 2018.

Undergraduate Course: *Health Services and Health Systems*, Bachelor of Health Sciences Program (Health & Society Option), University of Calgary, January-April 2017.

Undergraduate Course: *Health Services and Health Systems*, Bachelor of Health Sciences Program (Health & Society Option), University of Calgary, January-April 2016.

Undergraduate Course: *Health Services and Health Systems*, Bachelor of Health Sciences Program (Health & Society Option), University of Calgary, January-April 2015.

Undergraduate Course: *Health Services and Health Systems*, Bachelor of Health Sciences Program (Health & Society Option), University of Calgary, January-April 2014.

Undergraduate Course: *Health Services and Health Systems*, Bachelor of Health Sciences Program (Health & Society Option), University of Calgary, January-April 2013.

Undergraduate Course: *Health Services and Health Systems*, Bachelor of Health Sciences Program (Health & Society Option), University of Calgary, January-April 2012.

Undergraduate Course: *Health Services and Health Systems*, Bachelor of Health Sciences Program (Health & Society Option), University of Calgary, January-April 2011.

Undergraduate Course: *Introduction to Health and Society*, Bachelor of Health Sciences Program (Health & Society Option), University of Calgary, September-December 2010.

Undergraduate Course: *Health Services and Health Systems*, Bachelor of Health Sciences Program (Health & Society Option), University of Calgary, January-April 2010.

Guest Lecturer

Undergraduate Course: Health and Society 201, Bachelor of Health Sciences Program, Career planning for undergraduates, University of Calgary, November, 2014.

Graduate Course: Health Research Methods, Graduate program in Community Health Sciences, *Data Screening and Cleaning*, University of Calgary, March 2012.

Undergraduate Course: Health Services and Health Systems, Bachelor of Health Sciences Program (Health & Society Option), *Health Promotion*, University of Calgary, April 2009.

Undergraduate Course: Health Services and Health Systems, Bachelor of Health Sciences Program (Health & Society Option), *What is Population Health*, University of Calgary, March 2009.

Undergraduate Course: Health Services and Health Systems, Bachelor of Health Sciences Program (Health & Society Option), *Understanding Canadian Obesity Trends*, University of Calgary, February 2009.

Graduate Course: The Social Determinants of Health, Department of Community Health Sciences, *Acting on the Social Determinants of Health*, University of Calgary, January 2009.

Undergraduate Course: Intro to Health and Society, Bachelor of Health Sciences Program (Health & Society Option), *The Research Process – a lived experience.*, University of Calgary, September 2008.

Undergraduate Course: Health Services and Health Systems, Bachelor of Health Sciences Program (Health & Society Option), *Current trends in Obesity*, University of Calgary, February 2008.

Undergraduate Course: Health Services and Health Systems, Bachelor of Health Sciences Program (Health & Society Option), *Population Health: Why are some people Healthy?*, University of Calgary, February 2008.

Undergraduate Course: Health Services and Health Systems, Bachelor of Health Sciences Program (Health & Society Option), *Review Session*, University of Calgary, April 2007.

Undergraduate Course: Health Services and Health Systems, Bachelor of Health Sciences Program (Health & Society Option), *Obesity from a Population Health Perspective*, University of Calgary, February 2007.

Undergraduate Course: Bachelor of Health Sciences Program (Health & Society Option), *Introduction to SPSS*, University of Calgary, Jan 2006.

Graduate Teaching Assistant

Health Services and Health Systems 311 (undergraduate course), in Bachelor of Health Sciences Program (Health & Society Option), Jan 2009- April 2009.

Health Services and Health Systems 311 (undergraduate course), in Bachelor of Health Sciences Program (Health & Society Option), Jan 2008- April 2008.

Health Services and Health Systems 311 (undergraduate course), in Bachelor of Health Sciences Program (Health & Society Option), Jan 2007- April 2007.

Additional Education / Training**Johns Hopkins Graduate Summer Institute of Epidemiology and Biostatistics**

This summer institute provided graduate students with intensive training in epidemiologic methods, and statistical methods applied to epidemiologic research. This summer program included courses in obesity epidemiology, social epidemiology, critical appraisal, and data analysis. The program was designed to develop advanced understanding of concepts and principles in epidemiological research.

Scientist Knowledge Translation Training Workshop

This training course was developed on the premise that scientists are agents of change in creating research impact, promoting research utilization, and ensuring their research findings reach the appropriate audiences. There is a skill set surrounding KT practice, and it is these competencies that the training course was designed to impart. Participants improved their understanding and built competencies in the practice of knowledge translation; specifically plain language writing, communication with media and policy makers, and KT planning and grant writing.

Knowledge Translation Canada Summer Institute

The purpose of this Summer Institute was to provide participants with the opportunity to increase their understanding of knowledge translation research as well as opportunities and challenges in this field. The Summer Institute provided participants with the chance to network with colleagues including national and international KT experts.

CIHR's Institute of Gender and Health

This summer institute allowed participants to gain a greater understanding of: The mechanisms through which gender and sex influence health; The research designs and tools that can be used to investigate these mechanisms; How inter- and multi-disciplinary approaches and collaborations can be used to investigate the influence of gender and sex on health; and How these concepts, theories, designs and approaches can be applied to their own research projects/programs of research.

Alberta Public Health Agency Summer School: Taking Action on the Determinants of Health

This summer school focused on increasing the capacity of participants to promote healthy living and reduce health disparities using tools, resources, and strategies to act upon the determinants of health.

Western Statistical Seminar Hierarchical Linear Modeling

This one week seminar provided participants with the opportunity to understand the conceptual framework of multilevel models, operate software programs to analyze multilevel data, and interpret and report findings from a multilevel analysis.

Statistical Skills

SPSS software

Solid understanding of various multivariate procedures.

STATA software

Solid understanding of various multivariate procedures.

HLM software

Solid understanding of using HLM software for multilevel modeling

Volunteer Work

- Volunteer for Pet Access League Society (PALS) from 2003 to present
- Promoted to team leader for PALS (June 04)
- Volunteer at the Calgary Humane Society

Contact Information

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