

**Current Appointment:**

Associate Professor (2004 to present), Faculty of Physical Education and Recreation, University of Alberta

**Areas of Expertise:**

Obesity in children, health psychology, physical activity, behaviour, meta-analysis, environment

---

**Selection of Current Grants and Contracts Held**

- 2009-2010 (PI) **Spence, J. C.**, Elliott, C., Storey, K., Faulkner, G., Berry, T., & LeBel, J. Assessing the impact of the Health Check Food Information Program. *Heart and Stroke Foundation of Canada* (\$349,502).
- 2007-2010 (PI) **Spence, J. C.**, Frank, L., Boule, N., Ball, G., & Predy, G. A longitudinal study of environmental determinants of overweight among children: The SHAPEs of things to come. *Team Grants in the Area of Built Environment, Obesity and Health - Heart and Stroke Foundation of Canada and the Canadian Institutes of Health Research* (\$433,500).
- 2009 (PI) **Spence, J. C.**, Washington, M., Ball, G., & Malete, L. Planning and developing a study on the determinants of childhood obesity in Botswana. *Canadian Institutes of Health Research* (\$10,086).
- 2007-2010 (Co-I) Berry, T., **Spence, J. C.**, Nykiforuk, C., Blanchard, C., Predy, G., & Marko, J. A longitudinal examination of the relationship between the built environment, physical activity, and social factors within the Capital Health Region of Alberta. *Team Grants in the Area of Built Environment, Obesity and Health - Heart and Stroke Foundation of Canada the Canadian Institutes of Health Research* (\$353,410).
- 2006-2009 (Co-I) Berry, T., & **Spence, J. C.** An examination of automatic processes underlying physical activity choices: Attentional bias, stereotypes and habitual behavior. *Standard Research Grant – Social Sciences and Humanities Research Council of Canada* (\$66,791).
- 2008-2011 (Co-I) Blanchard, C. M., Dechman, G., Hernandez, P., **Spence, J. C.**, McGannon, K., & Rhodes, R. E. (2007). Explaining gender differences during and after pulmonary rehabilitation using a mixed-methods social ecological approach. *Standard Research Grant, Social Sciences and Humanities Research Council of Canada* (\$146,000).

**Selection of Published Refereed Papers ( since 2005)**

1. **Spence, J. C.**, Burgess, J. A., Rodgers, W. & Murray, T. (in press). Effect of pretesting on intentions and behaviour: A pedometer and walking intervention. *Psychology and Health*.
2. **Spence, J. C.**, Blanchard, C., Clark, M., Plotnikoff, R. C., Storey, K. E., Kennedy, L. E., & McCargar, L. (in press). The role of self-efficacy in explaining gender differences in physical activity among adolescents: A multilevel analysis. *Journal of Physical Activity and Health*.
3. Berry, T. R., & **Spence, J. C.** (in press). Beware the couch potato: Automatic activation of exercise and sedentary stereotypes. *Research Quarterly for Exercise and Sport*.
4. Burgess, J. A. **Spence, J. C.**, & Wild, T. C. (in press). Reducing overestimated intentions and expectations for physical activity: The effect of a corrective entreaty. *Psychology and Health*.

5. Cutumisu, N., & **Spence, J. C.** (in press). Exploring associations between urban environments and children's physical activity: Making the case for space syntax. *Journal of Science and Medicine in Sport*.
6. Forbes, L. E., Storey, K. E., Fraser, S. N., **Spence, J. C.**, Plotnikoff, R. C., Raine, K. D., & Hanning, R. M. (in press). Dietary patterns associated with glycemic index and glycemic load among Alberta adolescents. *Applied Physiology, Nutrition and Metabolism*.
7. Holt, N. L., Cunningham, C.-T., Sehn, Z. L., **Spence, J. C.**, Newton, A. S., Ball, G. D. C., Lerner, R. M. (in press). Perceptions of neighborhood physical activity opportunities for inner-city youth. *Health & Place*.
8. McCormack, G. R., **Spence, J. C.**, Berry, T., & Doyle-Baker, T. (in press). Does perceived behavioral control mediate the association between perceptions of neighbourhood walkability and moderate and vigorous-intensity leisure-time physical activity? *Journal of Physical Activity and Health*.
9. Plotnikoff, R. C., Karunamuni, N., **Spence, J. C.**, Storey, K. E., Forbes, L. E., Raine, K., & McCargar, L. (in press). The prevalence of chronic disease-related lifestyle risk factors among youth in Alberta. *Journal of Adolescent Health*.
10. Plotnikoff, R. C., Pickering, M. A., Flaman, L. M., & **Spence, J. C.** (in press). The role of self-efficacy on the relationship between the workplace environment and physical activity: A longitudinal mediation analysis. *Health Education and Behavior*.
11. Karvinen, K. H., Courneya, K. S., Plotnikoff, R. C., **Spence, J. C.**, Venner, P., & North, S. (2009). A prospective study of the determinants of exercise in bladder cancer survivors using the theory of planned behavior. *Supportive Care in Cancer*, 17, 171-179.
12. **Spence, J. C.**, Cutumisu, N., Edwards, J., & Evans, J. (2008). Influence of neighbourhood design and access to facilities on overweight and obesity among preschool children. *International Journal of Pediatric Obesity*, 3, 109-116.
13. Hemphill, E., Raine, K., **Spence, J. C.**, & Smoyer-Tomic, K. (2008). Exploring obesogenic food environments in Edmonton, Canada: Are socioeconomic factors related to fast-food access? *American Journal of Health Promotion*, 22, 426-432.
14. Holt, N. L., **Spence, J. C.**, Sehn, Z. L., & Cutumisu, N. (2008). Neighborhood and developmental differences in children's perceptions of opportunities to play and be physically active. *Health and Place*, 14, 2-14.
15. Holt, N. L., Moylan, B. A., **Spence, J. C.**, Lenk, J. M., Sehn, Z. L., & Ball, G. D. C. (2008). Treatment needs and preferences of overweight children and their parents. *Qualitative Health Research*, 18, 1206-1219.
16. Smoyer-Tomic, K., **Spence, J. C.**, Raine, K., Amrhein, C., Cameron, N., Yasenovskiy, V., Cutumisu, N., Hemphill, E., & Healy, J. (2008). The relationship between neighbourhood-level socioeconomic characteristics and supermarket and fast food accessibility. *Health & Place*, 14, 740-754.
17. Taylor, L. M., Leslie, E., Plotnikoff, R. C., Owen, N., & **Spence, J. C.** (2008). Associations of perceived community environmental attributes with walking in a population-based sample of adults with type 2 diabetes. *Annals of Behavioral Medicine*, 35, 170-178.

18. Thomson, M., **Spence, J. C.**, Raine, K., & Laing, L. (2008). The association of television viewing with snacking behavior and bodyweight among young adults. *American Journal of Health Promotion*, 22, 329-335.
19. Tremblay, M. S., Shephard, R. J., Brawley, L. R., Adams, R., Cameron, C., Craig, C. L., Duggan, M., Esliger, D., Hearst, W., Hicks, A., Janssen, I., Katzmarzyk, P. T., Latimer, A. E., Martin Ginis, K. A., McGuire, A., Paterson, D. H., Poirier, R., Sharratt, M., **Spence, J. C.**, Timmons, B., Warburton, D., Young, K., Zehr, L. (2007). Physical activity guidelines and guides for Canadians: Facts and future. *Applied Physiology, Nutrition and Metabolism*, 32, S18-S24.
20. Berry, T., Fraser, S., **Spence, J. C.**, & Garcia Bengoechea, E. (2007). Pedometer ownership, motivation, and walking: Do people walk the talk? *Research Quarterly for Exercise and Sport*, 78, 369-374.
21. Plotnikoff, R. C., Brunet, S., Courneya, K., **Spence, J. C.**, Birkett, N., & Marcus, B. (2007). The efficacy of stage-matched and standard public health materials for promoting physical activity in the workplace: The physical activity workplace study (PAWS). *American Journal of Health Promotion*, 21, 501-509.
22. Witcher, C. S. G., Holt, N. L., **Spence, J. C.**, & O'Brien Cousin, S. (2007). A case study of physical activity among older adults in rural Newfoundland, Canada. *Journal of Physical Activity and Aging*, 15, 166-183.
23. **Spence, J. C.**, Plotnikoff, R. C., Rovniak, L. S., Martin Ginis, K., Rodgers, W., & Lear, S. A. (2006). Perceived neighbourhood correlates of walking among participants visiting the *Canada on the Move* website. *Canadian Journal of Public Health*, 97(Suppl. 1), S39-S44.
24. Smoyer-Tomic, K., **Spence, J. C.**, & Amrhein, C. (2006). Food deserts and supermarket redlining in the prairies? Grocery store accessibility and neighborhood need in Edmonton, Canada. *Professional Geographer*, 58, 307-326.
25. **Spence, J. C.**, McGannon, K. R., & Poon, P. (2005). The effect of exercise on global self-esteem: A quantitative review. *Journal of Sport and Exercise Psychology*, 27, 311-334.
26. Blanchard, C. M., McGannon, K. R., **Spence, J. C.**, Rhodes, R. E., Nehl, E., Baker, F. & Bostwick, J. (2005). Social ecological correlates of physical activity in normal weight, overweight, and obese individuals. *International Journal of Obesity*, 29, 720-726.
27. Duncan, M. J., **Spence, J. C.**, & Mummery, W. K. (2005, September 5). Perceived environment and physical activity: A meta-analysis of selected environmental characteristics. *International Journal of Behavioural Nutrition and Physical Activity*, 2, 11.
28. Fein, A., Plotnikoff, R., Wild, C., & **Spence, J. C.** (2005). An examination of adolescents' perceptions of the school physical environment related to physical activity. *International Journal of Sport and Exercise Psychology*, 3, 179-196.

### Book Chapters

1. Salmon, J., **Spence, J. C.**, Timperio, A., & Cutumisu, N. (2008). Living environments. In S. Biddle, & A. Smith (Eds.). *Youth Physical Activity and Sedentary Behavior: Challenges and Solutions* (pp. 403-428). Champaign, IL: Human Kinetics.

**Published Abstracts**

1. **Spence, J. C.** (2007). The role of the environment in children's physical activity: Where's the Theory? [Abstract] *Journal of Science and Medicine in Sport*, 10 (Suppl. 6), 119.
2. **Spence, J. C.**, Clark, M., Plotnikoff, R., Calengor, K., Kennedy, L., & McCargar, L. (2007). Social cognitive correlates of physical activity among youth: The Web-SPAN Study [Abstract]. *Journal of Science and Medicine in Sport*, 10 (Suppl. 6), 114.
3. McCargar, L. J., Calengor, K., Kennedy, L., Hanning, R., Fraser, S. N., **Spence J. C.**, Plotnikoff, R., & Raine, K. (2007). Diet quality and its association with specific nutrient intakes, meal behaviors and physical activity of adolescents [Abstract]. *Obesity Research*, 15(S), A106.
4. McGannon, K. R., Johnson, C., & **Spence, J. C.** (2007). Adam and Eve in the Garden of Eatin': The politics of gendered narratives and weight loss imperatives in news discourse [Abstract]. *Journal of Sport and Exercise Psychology*, 29, S186.
5. **Spence, J. C.**, Burgess, J., Cutumisu, N., Lee, J.-G., Moylan, B., Taylor, L., & Witcher, C. S. (2006). Self-efficacy and physical activity: A quantitative review [Abstract]. *Journal of Sport and Exercise Psychology*, 28, S172-S173.
6. **Spence, J. C.**, Raine, K., Boule, N., Hemphill, E., Church, J., Gibbons, K., Slater, L., & Marko, J. (2006). State of the evidence review on urban environments and healthy weights [Abstract]. *Obesity Reviews*, 7 (Suppl. 2), 64.
7. Calengor, K., Kennedy, L., Hanning, R., Schwartz, M., **Spence, J.**, Plotnikoff, R., Raine, K., & McCargar, L. (2006). Correlates of overweight among Alberta youth as assessed by a web-survey of physical activity and nutrition (WEB-SPAN) [Abstract]. *Obesity Research*, 14 (Suppl. 9), A254.
8. Calengor, K., Kennedy, L., Hanning, R., Schwartz, M., **Spence J. C.**, Plotnikoff, R., Raine, K., & McCargar, L. (2006). Web-SPAN (Web-Survey of Physical Activity and Nutrition): A preliminary report of Alberta youth [Abstract]. *Applied Physiology, Nutrition and Metabolism*, 31(3), 336.
9. Holt, N. L., **Spence, J. C.**, Sehn, Z. L., Black, D. E., Moylan, B., & Tamminen, K. A. (2006). Children's mental representations of play and physical activity resources in their neighbourhoods [Abstract]. *Journal of Sport and Exercise Psychology*, 28, S86.
10. Lee, J.-G., & **Spence, J. C.** (2006). Developing a Korean version of the Physical Activity Questionnaire for Older Children [Abstract]. *Journal of Sport and Exercise Psychology*, 28, S110.
11. Lenk, J. M., Holt, N. L., **Spence, J. C.**, Sehn, Z. L., & Ball, G. D. C. (2006). Treatment preferences of overweight children and their parents [Abstract]. *Obesity Reviews*, 7 (Suppl. 2), 322.
12. Thomson, M., **Spence, J. C.**, Raine, K., & Laing, L. (2006). The influence of television viewing on snacking behaviour and body weight [Abstract]. *Obesity Reviews*, 7 (Suppl. 2), 265.

### Other Publications

1. Clark M. I., & **Spence, J. C.** (2008, October). ParticipACTION: The comeback kid. *Alberta Centre for Active Living: WellSpring*, 19 (5).
2. Clark M. I., **Spence, J. C.**, & Holt, N. L. (2008, September). In their shoes: Understanding the Physical Activity Experiences of Young Adolescent girls. *Alberta Centre for Active Living: Research Update*, 15 (3).
3. Berry, T., Garcia Bengoechea, E., & **Spence, J. C.** (2005, December). Highlights of the 2005 Physical Activity Survey: Understanding the role of determinants in physical activity behaviour. *Alberta Centre for Active Living: Research Update*, 12(4).

### Conference Presentations

1. **Spence, J. C.**, Blanchard, C., Wild, T. C., Courneya, K., & Cave, A. (2008, November). *A randomized trial of physical activity advice provided by general practitioners*. Paper presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Canmore, AB.
2. **Spence, J. C.**, Burgess, J., & Wild, T. C. (2008, August). *Predicting physical activity in an hypothetical situation: The effect of a corrective entreaty*. Poster presented at the International Congress of Behavioral Medicine, Tokyo, Japan.
3. **Spence, J. C.**, Clark, M., & the ParticipACTION Research Team (2008, May). *Participaction brand awareness and baseline data*. Paper presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
4. Cargill, L., Harber, V., **Spence, J. C.** & Boule, N. G. (2008, May). *Effects of exercise or diet interventions on visceral and subcutaneous abdominal fat: A meta-analysis*. Paper presented at the 16th European Congress on Obesity, Geneva, Switzerland.
5. Carson, V., Cutumisu, N., Cargill, L., & **Spence, J. C.** (2008, October). *The influence of socioeconomic status and body mass index on screen time consumption among pre-school children in Canada*. Poster presented at Childhood and Adolescent Obesity 2008 - How We Live, How We Learn, and How We Work: Implications for the Prevention and Treatment of Childhood Obesity, Vancouver, BC.
6. Carson, V., **Spence, J. C.**, Burgess, J., Cutumisu, N., Lee, J.-G., Moylan, B., Taylor, L., & Witcher, C. S. (2008, May). *A quantitative review of self-efficacy and physical activity among youth*. Poster presented at the International Society for Behavioral Nutrition and Physical Activity (ISBNPA), Banff, AB.
7. Clark, M. I., **Spence, J. C.**, & Holt, N. (2008, November). *In their shoes: Understanding the physical activity experiences of pre-adolescent girls*. Poster presented at the annual Canadian Society for Psychomotor Learning and Sport Psychology (SCAPPS) Conference, Canmore, AB.
8. Cutumisu, N., & **Spence, J. C.** (2008, August). *A comparison of the three Ds of urban form associated with walkability to angular measures of pedestrian movement*. Poster presented at the International Congress of Behavioral Medicine, Tokyo, Japan.