

## **CURRICULUM VITAE Susi Kriemler Wiget**

Epidemiology, Biostatistics and Prevention Institute, University of Zürich  
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### **PERSONAL DATA**

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born March 18<sup>th</sup>, 1961 in St. Gallen, Switzerland, married to Urs Wiget, 2 children (Sophie 1999, Tom 2001)

### **1. CURRENT POSITIONS**

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2013- Senior Researcher, Epidemiology, Biostatistics and Prevention Institute, Dpt of Epidemiology  
2015- President of the German Society for Children's Sports Medicine

### **2. EDUCATION**

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2016 Titular Professorship at University of Zürich in Epidemiology  
2008 Habilitation in Pediatrics: Physical activity in children with chronic disease, University of Basel  
1999 Swiss Board Certification in Sports Medicine (Specialty degree, subtitle)  
1994 Swiss Board Certification in Pediatrics (FMH)  
1989 Medical doctorate at University of Zürich (Prof. O. Oelz): Gas exchange in Acute Mountain Sickness

### **3. PROFESSIONAL AND ACADEMIC EXPERIENCE**

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2013- Senior researcher at the Epidemiology, Biostatistics and Prevention Institute, University of Zürich, Switzerland  
Group Leader for the group "Children, Physical Activity and Health"  
2010 Course in Clinical effectiveness at Harvard School of Public Health, Boston, USA  
2009-2013 Senior researcher at the Swiss Tropical and Public Health Institute, University of Basel including study coordination of a large national cohort study (Sapaldia)  
2006-2011 Research assistant at the Institute of Exercise and Health Science, University of Basel.  
Acting leader of the medical division from 2006 - 2009  
2002-2006 Research assistant at the Institute of Exercise Physiology, ETH/University of Zürich  
1998-2003 Sports medicine clinic for young athletes, Dept. Of Pediatrics, Triemli Hospital, Zürich  
1996-2002 Senior Registrar in Pediatrics, Dept. of Pediatrics, Stadtspital Triemli, Zürich  
1996 Visiting doctor, Children's Hospital Boston, Harvard Medical School, Dept of Orthopedic Surgery and Sports Medicine (Director: Prof. L. M. Micheli)  
1994-96 Postdoctoral fellowship, Children's Exercise and Nutrition Centre, McMaster University, Hamilton, Ontario/Canada (Director: Prof. Dr. O. Bar-Or)  
1988-1994 Residency and Internship at Children's University Hospital of Zürich

### **4. RESEARCH PROJECTS AS LEADING INVESTIGATOR**

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I have during the last 12 years worked as leading scientist in the field of physical activity/fitness and health in children and young adults. Total received Grants as PI ~4.3 Mio CHF, from SNSF ~2.7 Mio CHF, as Co-investigator ~7.8 Mio CHF

My main interest and expertise is the study of influences of physical activity and fitness on health in healthy children and young adults and in those with chronic health conditions which is reflected in the funded research listed below.

#### **SNSF grants**

- CRSII3\_147673/1 Relationship of stress and physical activity with psychological and physiological health in young children" (four PIs)
- 320030\_144175 Effects of a 6-months partially supervised conditioning program in cystic fibrosis: an international multi-centre, randomized controlled trial (ACTIVATE-CF), Co-PI for the Swiss arm, in collaboration with the PI Helge Hebestreit, Children's University Hospital of Würzburg, Germany
- 324730-124976 3-year follow up of a multicomponent physical activity intervention (KISS) in primary school"
- 3200B0-116837 Influence of a multidisciplinary lifestyle intervention in kindergarten children on body

fatness, fitness, physical activity, metabolic and psychological parameters"

- PMPD33-114401 Effect of a school-based physical activity intervention on fitness and health in children (Marie Heim-Vögtlin)

#### **Others**

- Physical Activity and Fitness among Childhood Cancer Survivors – a multicentre international observational study, funded by the Norwegian Cancer Ligue; Co-applicant; main applicant Ellen Ruud, Oslo University Hospital,
- Effect of a 1-year partially supervised exercise programme in childhood cancer survivors – a randomized controlled trial, main investigator, in collaboration with Nicolas von der Weid, UKBB Basel and Corina Rüegg, University of Oslo.

## **5. PROMOTION OF YOUNG SCIENTISTS**

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I have mentored about 45 Master, 7 PhD theses and 2 Postdoctoral Fellowships

#### **Postdoctoral Fellowships**

- *Thomas Radtke (2014-18)*: Effects of a 6-months partially supervised conditioning program in cystic fibrosis: an international multi-centre, randomized controlled trial (ACTIVATE-CF)
- *Cornelia Rebholz (2013-14)*: Relationship of stress and physical activity with psychological and physiological health in young children

#### **PHD Theses**

- *Ruedi Jung (ongoing)*: Effects of a 1-year partially supervised exercise programme in child cancer survivors (SURFit) – a randomized controlled trial
- *Simeon Zürcher (ongoing)*: Physical activity and exercise and bone health in healthy children and in childhood cancer survivors
- *Einat Schmutz (2014-18)*: *Physical activity behavior in preschool children*
- *Claudia Aschmann (2013-18)*: Physical activity and fundamental movement skills in 3- to 5-year-old children
- *Anina Zysset (2013-18)*: Motor Skills, Cognitive Skills and Executive Functions in Preschool Children
- *Ursina Meyer (2009-2012)*: Three year follow up of a multi-component physical activity intervention on fitness and health in Swiss school-children
- *Iris Niederer (2008-2011)*: Influence of a multidisciplinary lifestyle intervention in kindergarten children on body fatness, fitness, physical activity, metabolic and psychological parameters
- *Flavia Bürgi (2008-2011)*: Influence of a multidisciplinary lifestyle intervention in kindergarten children on body fatness, fitness, physical activity, metabolic and psychological parameters

#### **Medical Dissertations**

- *Andrea Quadri (2016-17)*: Vitamin D and Iron status in Swiss elite athletes
- *Manuela Bründl (ongoing)*: Pulmonary function in children and adults upon fast exposure to 3450m of altitude

## **6. PRIZES, FELLOWSHIPS, MEMBERSHIPS**

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#### **Prizes**

2010	Research Consortium's <b>Research Writing Award</b> of the American Alliance for Health, Physical Education, Recreation and Dance "Effects of Balance Training on Postural Sway, Leg Extensor Strength, and Jumping" published in R Q Exerc Sports
2010	<b>Scientific award</b> of the Swiss Diabetes Foundation for the publication: "Effect of a school-based physical activity program (KISS) on fitness and adiposity in primary school children: a cluster-randomized controlled trial" (10'000 sfr)
2010	<b>Best abstract</b> /oral presentation at the Annual Conference of the Swiss Society of Sports Medicine, Basel ("A school-based physical activity intervention improves fitness and body fat in children – a randomized controlled trial"; 2500 sfr)
2009	<b>Best abstract</b> /oral presentation at the Swiss Public Health Conference, Zürich ("Effect of a school-based physical activity intervention on fitness and body fat in children – a randomized controlled trial"; 2000 sfr)
2007	<b>Takeda Research Award</b> ("Influence of a multidisciplinary lifestyle intervention in kindergarten children on body fatness, fitness, physical activity, metabolic and

- 2006 and 2007      psychologic parameters; 30'000 sfr)  
**Wyeth Grant Award** for the top ranking Research projects for the health of children and adolescents ("Influence of a multidisciplinary lifestyle intervention in kindergarten children on body fatness, fitness, physical activity, metabolic and psychologic parameters; 2x22'000 sfr)
- 2003      **Scientific prize** of the Swiss Society for Sports Medicine (10'000 sfr)

### **Fellowships**

- 2006-2008      **Marie-Heim-Vögtlin subsidy** of the **Swiss National Foundation** (MHV, PMPDB-114401, 229'599 CHF) for the project „Effect of a school-based physical activity intervention on fitness and health in children”
- 1994-96      **Personal grant** of the Swiss National foundation for the post-doc fellowship at the Children's Exercise and Nutrition Center at McMaster University, Hamilton, Canada (57'000 sfr)
- 1994      **Personal subsidy** of the Permedfunds for the postdoc fellowship in Canada (10'000 sfr)

### **Activities in scientific/professional organisations, relevant memberships**

- President of the Society for Pediatric Sports Medicine (since 2015)
- Past President of the Swiss Society of Sports Medicine (presidency 2010-2016)
- International Olympic Commission (IOC) Expert member of a commission for promotion of physical activity and sports in childhood (since 2009)
- Board Member/Vice President of the International Society of Mountain Medicine (2006-2016)
- President of the Educational Commission of the Swiss Society of Sports Medicine (2005-2010)

## **7. ORGANISATION OF CONFERENCES**

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- 15<sup>th</sup> Annual meeting of the German Society of Children's Sports Medicine (since 2015)
- Annual meetings of the Swiss Society of Sports Medicine (2010-16)
- 8<sup>th</sup> Annual meeting of the German Society of Children's Sports Medicine at the Institute of Exercise and Health Sciences, University of Basel, 2008
- Children and Exercise XXIII – the 23<sup>rd</sup> Pediatric Work Physiology Meeting, Gwatt-Thun, 2005

## **8. OUTREACH**

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### **General**

As paediatrician and sports medicine physician and active member of national and international societies in paediatrics, sports medicine and high altitude I have educated lay people, professionals (paediatricians, sports medicine physicians) and students (exercise science and medical) in various fields linked to physical activity and exercise in the child: physiological reactions of exercise on the growing body, paediatric sports medicine, high altitude medicine, preventive aspects of physical activity and exercise in health and disease. I still teach medical students at the university of Zürich in sports medicine, "Hausarztmedizin" and Prevention. As important stakeholder of national and international sports medicine associations I try to spread knowledge and the importance of physical activity for health in the child and adolescent.

### **Editorial Board**

Sports Med

### **Reviewer for scientific journals/organisations**

SNSF, BMJ, J Appl Physiol, Europ Respir J, J Travel Med, High Alt Med Biol, Pediatr Exerc Sci, J Pediatr, Eur J Pediatr, Eur J Appl Physiol, Clin J Sports Med, Bone, Applied Physiology, Nutrition and Metabolism, Arch Dis Child, Respiration, Schweiz Zt Sportmed Sporttraum, Dt Zt für Sportmedizin, Pediatr Exerc Sci, Eur Respir J