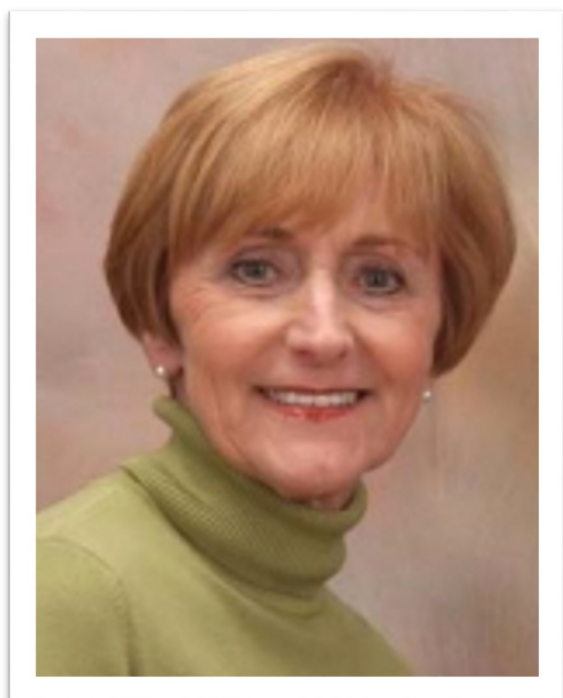


## DEPARTMENT OF EPIDEMIOLOGY FALL 2018 SEMINAR

### Topics in Epidemiology: Research and Career Pathways

**Lora Burke, PhD, MPH,  
FAHA, FAAN**

**Professor of Nursing and Epidemiology,  
Clinical Translational Science Institute  
Former Director, Hub for Excellence in  
eHealth Research,  
University of Pittsburgh School of Nursing**



Lora E. Burke is Professor of Nursing and Epidemiology at the University of Pittsburgh. Dr. Burke has a long-standing interest in behavioral strategies to improve adherence to treatment regimens for cardiovascular disease risk reduction and long-term weight loss. She has a long-standing record of NIH funding for a series of clinical trials testing these strategies, to support lifestyle changes and cardiovascular risk reduction. She has incorporated the use of mobile technology to validate self-report measures, and was the first to document actual patterns of self-monitoring among participants undergoing behavioral treatment for weight loss.

She built on this work in a subsequent trial, comparing different modes of self-monitoring of diet and exercise in a behavioral weight loss intervention trial. She recently completed a prospective observational study, EMPOWER, that used smartphones for the daily collection of ecological momentary assessment (EMA) data (assessing behavior, mood, emotions in real time in one's natural environment) to examine the micro-processes of relapse following intentional weight loss over 12 months. Here, she used an array of technology to objectively measure sleep (actigraph), physical activity (accelerometer), daily weight (wireless scales), and to assess sleep apnea in the home (ApneaLink.)

Dr. Burke also serves as a senior faculty member on several T32 training grants, and is actively engaged in national leadership roles in the American Heart Association.

## **mHealth: Its Use in Weight Management and CV Risk Reduction**

**November 1st**

**G23 Public Health Auditorium 12:00 - 1:00 pm**