CURRICULUM VITAE
Thessa Irena Maria Hilgenkamp, PhD

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EDUCATION

Postdoctoral fellow University of Illinois at Chicago, Chicago, IL
Department of Kinesiology and Nutrition, Sept 2017-July 2019
K99 phase K99/R00 Career Development Award

Postdoctoral fellow University of Illinois at Chicago, Chicago, IL
Cardiovascular Exercise Physiology, July 2015- July 2015
Mentor: Heleen Evenhuis, M.D., Ph.D.

Ph.D. Erasmus MC University Medical Center Rotterdam, The Netherlan
Intellectual Disability Medicine, January 2008-December 2011
Advisor: Heleen Evenhuis, M.D., Ph.D.
Dissertation (May 9

th 2012)
Physical activity and fitness in older adults with intellectual disabilities
Specialties: Epidemiology, Biostatistics, Public Health

M.S. University of Groningen, Groningen, The Netherlands
Human Movement Sciences, September 2001-January 2005

B.S. University of Groningen, Groningen, The Netherlands
Human Movement Sciences, September 2000-September 2001

12. Schoufour J, Oppewal A, van Maurik M, Hilgenkamp T , Evenhuis H, Elbers R, Maes-Festen D Development and validation of a shortened frailty index for people with intellectual disabilities Accepted JIDR Nov 2021
13. Overwijk A, Hilgenkamp, TIM, van der Schans CP van der, van der Putten AAJ, Waninge A Development of a Dutch training/education program for a healthy lifestyle of people0.002 (a)135 0 26-46raie.002 Twdl10 (de931)2 (/9</MC 6- 4 (20)10 (21)]TJ ET EMC

promotion in support settings for people with intellectual disabilities: Inclusive design of the DIHASID tool International Journal of Environmental Resalon Elign

38. Wouters M, Evenhuis HM, Hilgenkamp TIM Physical fitness of children and adolescents with moderate to severe intellectual disabilities Disabil Rehabil. 2020, 42(18), 2542-2552
39. Willems M, Waninge A, De Jong J, Hilgenkamp T, Van der Schans C Exploration of suitable behaviour change techniques for lifestyle change of individuals with mild ID: A Delphi study 2019 Journal of Applied Research in Intellectual Disabilities, 32, 543-557, 10.1111/jar.12548
40. Weterings S, Oppewal A and Hilgenkamp T

40.

51. Oppewal A, Schoufour JD, van der Maarl HJK, Evenhuis HM, Hilgenkamp TIM , Festen DA. Causes of Mortality in Older People With Intellectual Disability: Results From the HA-ID Study. Am J Intellect Dev Disabil. 2018 Jan;123(1):61-71. doi: 10.1352/1944-7558-123.1.61.
52. Harris L, McGarty A, Hilgenkamp T , Mitchell F, Melville CA, Correlates of objectively measured sedentary time in adults with intellectual disabilities. Prev Med Rep. 2017 Nov 29; 9:12-

63. Dijkhuizen A, Hilgenkamp TI , Krijnen WP, van der Schans CP, Waninge A. 2016 The impact of visual impairment on the ability to perform activities of daily living for persons with severe/profound intellectual disability. Res Dev Disabil. Jan; 48: 35-42
64. Oppewal A, Hilgenkamp TI , van Wijck R, Schoufour JD, Evenhuis HM. 2015

77. Bastiaanse LP, Hilgenkamp TI , Echteld MA, Evenhuis HM. 2012. Prevalence and associated factors of sarcopenia in older adults with intellectual disabilities. Res Dev Disabil. 2012. Nov-Dec;33(6):2004-12.
78. de Winter CF, Bastiaanse LP, Hilgenkamp TI , Evenhuis HM, Echteld MA. 2012. Cardiovascular risk factors (diabetes, hypertension, hypercholesterolemia and metabolic syndrome) in older people with intellectual disability: results of the HA-ID

16. Oppewal A, Hilgenkamp TIM Is Fitness or Fatness Key in Survival in Older Adults with Intellectual Disabilities? IASSIDD 16th World Congress, Glasgow, Scotland
17. Weterings S, Oppewal A, Hilgenkamp TIM Is Responsiveness of Muscle StrengthTests in Adults with Intellectual Disabilities IASSIDD 16th World Congress, Glasgow, Scotland
18. Vlot-van Anrooij K. Naaldenberg J, Hilgenkamp TIM , van der Velden K, Leusink G, Waninge A, 2019 Healthy settings for healthy living of people with intellectual disabilities: Insights from a Concept Mapping and Nominal Group Technique study with experts IASSIDD 16th World Congress, Glasgow, Scotland
19. Hilgenkamp T , Kim JL, 2019 Physical activity and fitness for individuals with Down syndrome: from what we know to what we can do Down Syndrome Medical Interest Group Annual Meeting, Pittsburgh (oral)
20. Oppewal A, Hilgenkamp TIM , 2019 Fitness, Fatness And Survival In Older Adults With Intellectual Disabilities. Which One Is Key? Medic 536.6ne 1.9 (i)n6-2 0 0 12 95.76 550.44 Tm [(s

66. Oppewal A, Hilgenkamp T, 2016 Gait characteristics of adults with intellectual disabilities IASSIDD 15th World Congress Melbourne J Intellect Disabil Res;60(7-8SI):804-804
67. Wouters M, Evenhuis, H. Hilgenkamp T , 2016 Health-related physical fitness of children with moderate to severe intellectual disabilities IASSIDD 15th World Congress Melbourne J Intellect Disabil Res; 60(7-8SI):763-763
68. Wouters M, Hilgenkamp, T , Baynard T, 2016 Children with intellectual disabilities, with or without Down syndrome, have lower peak oxygen uptake than typically developing

80. Bastiaanse L, Hilgenkamp T , Echteld M, Evenhuis H, 2012. Sarcopenia in older adults with intellectual disabilities. J Intellect Disabil Res. Jul 56 (7-8) SI:662-662 (abstract of 2012 IASSID World Congress)
81. Echteld M, (4s) Tc 0 Tw 13.95 0 Td (-)Tj 0.004 Tc -0.004 T012 IASSSS(4s) Tc 0 Tw 13.9

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2021 – present	Board Member Down Syndrome Connections Las Vegas
2021 – 2022	Organizing Committee Las Vegas Down Syndrome Conference October 2022
2020 – ongoing	Science Meets Practice Workhops (monthly, audience: community members)
2019 – present	Advisory Board LetsTalk Therapy Practice

RESEARCH FUNDING

National/ Transnational G overnmental Funding

2022 NIH R03 National Institute on Aging
Role: PI (R03AG078730)
Predictors of mortality and of healthy survival in a large community-based prospective cohort of aging adults with Down syndrome
Sept 2022 – Aug 2024, $ 300,000

2021 NIH COBRE Pilot grant Personalized Medicine in Nevada
Role: Pilot PI (5P20GM121325-05)
Effects of exercise on genetic expression, oxidative stress and vascular function in Down syndrome
June 2021 to May 2022, $ 24,723.

2019 NIH R00 Eunice Kennedy Shriver National Institute of Child Health and Human Development, Role: PI (4R00HD092606-03)
Central and Peripheral Blood Flow in Individuals with Down Syndrome
Sept 2019- Aug 2023, $750,000.

2014 EU FP7-MC-IOF European Union Marie Sklodowska Curie International Outgoing Fellowship, Role: PI (625455)
Intellectual Disability (ID) Physiology
July 2015-June 2017, €173,640.

2011 The Netherlands Organisation for Health Research and Development (ZonMw), Role: Co -PI
Implementation and dissemination grant
Jan 2012-Dec 2013, €400,000.

Private funding

2017 Consort Healthy Aging in Intellectual Disabilities (HA-ID), collaboration of three large Dutch ID care provider organizations, Role: Co -PI
HA-ID 3: 10 year follow up and developing evidence-based expertise
March 2018-Feb 2020, €1,560,540.

2014 Triade (ID care provider organization), Role: PI
Evaluation of a physical activity promotion program
Sept 2014-Aug 2015, €10,000.

2012 Consort Healthy Aging in Intellectual Disabilities (HA-ID, Role: Co -PI
HA-ID 2: Addressing population-specific causes of cardiovascular risk
March 2013- Feb 2018, € 960,000.

2011 Abrona (ID care provider organization), Role: PI
Evaluation of an intervention program to support professional caregivers to support a healthy lifestyle in individuals with intellectual disability
Jan 2012-Dec 2014, € 100,000.

TEACHING AND MENTORING

Co-Advisor or Committee Member PhD students

2022-present Myjae Maloy Robertson,University of Nevada, Las Vegas, Neuroscience (Committee Co-Chair)

2022-present Alison Luongo, University of Arizona, College of Science, Psychology (Committee Member)

2022-present Marissa Shahani, University of Nevada, Las Vegas, Interdisciplinary Health Sciences (Committee Chair)

2021-present Yongquan Jiang, Doctor of Medical Physics student, Graduate College

2021-present Nguyen K, Gosse B, & Zelensky Z, Doctor of Physical Therapy
- present present present

What is the difference in accelerometer counts and energy expenditure during walking between healthy adults with and without intellectual disability? (Published abstract 5th IASSIDD Europe Congress 2018 Athens, Greece)

2017 Anne Boonman, Biomedical Sciences
Radboudumc Nijmegen,

- Sruthi Pichika
- Dept. of Kinesiology & Nutrition Helen Barton Scholarship Awardees: Martin Gibe & Ellie Lai

Teaching experience