

CURRICULUM VITAE
Thessa Irena Maria Hilgenkamp, PhD

Name: Thessa Irena Maria Hilgenkamp

Office address: Department of Physical Therapy
University of Nevada, Las Vegas
Box 453029
4505 S. Maryland Pkwy.
Las Vegas, NV 89154-3029

E-mail: thessa.hilgenkamp@unlv.edu

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-Aug 2016
EU Marie Skłodowska Curie International Outgoing Fellowship
Mentor: Bo Fernhall, Ph.D.

Postdoctoral fellow Erasmus MC University Medical Center Rotterdam, The Netherlands
Intellectual Disability Medicine, January 2012-July 2015
Mentor: Heleen Evenhuis, M.D., Ph.D.

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

PROFESSIONAL EXPERIENCE

- 08/2019 to present Assistant Professor
Department of Physical Therapy, University of Nevada, Las Vegas
- 09/2017 to present Visiting Consultant
Department of General Practice, Intellectual Disability Medicine
Erasmus MC University Medical Center Rotterdam, Rotterdam, The Netherlands
- 10/2016-10/2017 Visiting Research Scholar
Department of Physiology, Integrative Physiology Research Group
(Maria Hopman) Radboudumc Nijmegen, Nijmegen, The Netherlands
- 07/2015-09/2017 Assistant Professor / EU Marie Curie Fellow
EU Marie Skłodowska Curie International Outgoing Fellowship
Department of General Practice, Intellectual Disability Medicine
Erasmus MC University Medical Center Rotterdam, The Netherlands
- 02/2006-12/2007 Research Assistant
Human Movement Sciences, Mentor: Ruud van Wijck
University of Groningen, Groningen, The Netherlands

ADMINISTRATIVE EXPERIENCE

- 07/2015-09/2017 Interim Co-Director Chair of Intellectual Disability Medicine
Department of General Practice
Erasmus MC University Medical Center Rotterdam, The Netherlands

HONORS AND AWARDS

- 2021 NIH Early Career Reviewer Program
- 2021 Training in Grantsmanship for Rehabilitation Research (TIGRR) trainee
- 2018 Nominee Career Development Lecture at Artery 2018, Portugal
- 2018 Top Four Poster Award, Down Syndrome Medical Interest Group Meeting, Dallas, TX
- 2016 Best Abstract Award, North American Artery Society Sixth Annual Meeting, Chicago, IL
- 2014 Scientific College of Physical Therapy Award, the Netherlands
- 2013 Elsevier/Scopus Dutch Young Researcher Award 2013 Nominee (Category: Social Sciences), the Netherlands
- 2012 2nd 'Best scientific publication' Intellectual Disability Care Awards, the Netherlands
- 2011 Travel award Erasmus fund for the 7th Congress of the European Union Geriatrics Medicine Society in Malaga, Spain

SCHOLARLY ACTIVITY

Peer-reviewed published manuscripts

1. Guerrero K, Umagat A, Barton M, Martinez A, Ho KY, Mann S, **Hilgenkamp T**. *The Effect of a Telehealth Exercise Intervention on Balance in Adults with Down Syndrome* Accepted for publication JARID December 2022
2. Overwijk A, **Hilgenkamp TIM**, van der Schans CP, van der Putten AJ, Waninge A, *Development of a Dutch Training/Education Program for a Healthy Lifestyle of People With Intellectual Disability* *Intellect Dev Disabil.* 2022 Apr 1;60(2):163-177. doi: 10.1352/1934-9556-60.2.163.
3. Azar FM, Beck VDY, Matthews AM, Forsha DE, **Hilgenkamp TIM** *Cardiac Structure and Function in Adults with Down Syndrome* *Int. J. Environ. Res. Public Health* **2022**, 19, 12310. <https://doi.org/10.3390/ijerph191912310>
4. **Hilgenkamp T** & Oppewal A. *Physical Activity, Fitness and Exercise: The New Medicine* *Editorial JIDR* Dec 2022, 66, 12, p901-902 <https://doi.org/10.1111/jir.12985>
5. Overwijk A, Krijnen WP, **Hilgenkamp TIM**, Schans CP van der, Putten AAJ van der, Waninge A *A questionnaire to measure direct support professionals' attitude towards healthy nutrition of people with intellectual disabilities* Accepted JIDD July 2022
6. Beck VDY, Wee SO, Lefferts EC, Hibner BA, Burton LC, Baynard T, Fernhall B, **Hilgenkamp TIM** *Comprehensive Cardiopulmonary Profile of Individuals with Down Syndrome* Accepted JIDR May 2022
7. Willems M, de Jong J, Overwijk A, **Hilgenkamp T**, van der Schans CP, Waninge A *Behaviour Change Techniques used in Lifestyle Support of Adults with Mild Intellectual Disabilities* Accepted JARID May 2022
8. **Hilgenkamp T** & Oppewal A. *Physical Activity, Fitness and Exercise* *Editorial*
9. Weterings S, Oppewal A, Bierma-Zeinstra S, **Hilgenkamp TIM**, *The responsiveness of muscle strength tests in adults with intellectual disabilities.* Accepted JIDR April 2022
10. De Leeuw MJ, Oppewal A, Elbers RG, Knulst MWEJ, van Maurik MC, van Bruggen MC, **Hilgenkamp TIM**, Bindels PJE, Maes-Festen DAM *Healthy Ageing and Intellectual Disability study: summary of findings and the protocol for the 10-year follow-up study* Accepted for publication January 2022 *BMJ Open*
11. Overwijk A, **Hilgenkamp TIM**, Schans CP van der, Krijnen WP, Vlot-van Anrooij K, Putten AAJ van der, Waninge A *Implementation of a program to support direct support professionals to promote a healthy lifestyle for people with moderate to profound intellectual disabilities* Accepted *BMC Health Services Research* November 2021

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 people with intellectual disabilities*. Accepted Intellectual and Developmental Disabilities August 2021
14. Overwijk A, **Hilgenkamp TIM**, van der Schans CP van der, van der Putten AAJ, Waninge A *Needs of direct support professionals to support people with intellectual disabilities in leading a healthy lifestyle*. JPPID 2021, 18(4), 263-272.
15. Vlot-van Anrooij K, Naaldenberg J, **Hilgenkamp TIM**, Overwijk A, van der Velden K, Leusink GL. *Gaining actionable knowledge to improve local health promoting capacities of long term care support settings for people with intellectual disabilities*. Accepted Patient Education and Counseling May 2021
<https://doi.org/10.1016/j.pec.2021.05.033>
16. **Hilgenkamp TIM**, Schroeder EC, White DW, Baynard T, Fernhall B *Blunted heart rate and blood pressure response to orthostasis in individuals with intellectual disability* J Appl Physiol 2021, 130, 1778–1785
17. Beck VDY, Baynard T, Schroeder EC, Hibner BA, Fernhall B, **Hilgenkamp TIM** *Anthropometry Does Not Fully Explain Low Fitness Among Adults with Down Syndrome* JIDR 2021, 65 (4), 373-379.
18. Festen DAM, Schoufour JD, **Hilgenkamp TIM**, Oppewal A, *Determining frailty in people with intellectual disabilities in the COVID-19 pandemic* JPPID 2021, 18(3), 203-206
19. Overwijk A, van der Putten A, Van der Schans C, Willems M, **Hilgenkamp TIM**, Waninge A, *Use of Behaviour Change Techniques by direct support professionals to support healthy lifestyle behaviour for people with moderate to profound intellectual disabilities* JARID 2021, 34(4), 1048-1056.
20. Maas S, Festen DAM, **Hilgenkamp TIM**, Oppewal A *The association between medication use and gait in adults with intellectual disabilities* 2020 Journal of Intellectual Disabilities Research 64(10), 793-803
21. Sherman SR, Schroeder EC, Baynard T, Fernhall B, **Hilgenkamp T** *Hemodynamic Response to Isometric Hand Grip Exercise in Adults with Intellectual Disability* Accepted MSSE August 2020
22. Vlot-van Anrooij K, Koks-Leensen MCJ, van der Crujisen A, Jansen H; van der Velden K, Leusink G, **Hilgenkamp TIM**, Naaldenberg J *How can care settings for people with intellectual disabilities embed health promotion?* 2020 Journal of Applied Research in Intellectual Disabilities, 33(6), 1489-1499, doi.org/10.1111/jar.12776
23. Schroeder EC, **Hilgenkamp TIM**, Lefferts WK, Fernhall B *Mild Acute Inflammation does not Impair Maintenance of Blood Pressure during a Hypotensive Stimulus* 2020 Artery Research, 26(3),180-182
24. Oppewal A, **Hilgenkamp TIM** *Is fatness or fitness key for survival in older adults with intellectual disabilities?* Accepted JARID March 2020
25. Vlot-van Anrooij A, **Hilgenkamp T**, Leusink G, van der Crujisen A, Jansen H, Naaldenberg J, van der Velden K *Improving environmental capacities for health*

- promotion in support settings for people with intellectual disabilities: Inclusive design of the DIHASID tool* International Journal of Environmental Research and Public Health, 2020, 17 (3):794. doi: <https://doi.org/10.3390/ijerph17030794>
26. Hibner BA, **Hilgenkamp TIM**, Schroeder EC, Motl RW, Bollaert RE, Griffith G, Baynard T, Fernhall B *Physical Activity and Peak Oxygen Consumption are Associated with Walking in Multiple Sclerosis* Accepted for publication Multiple Sclerosis and Related Disorders Jan 2020
 27. Oppewal A, Maes-Festen DAM, **Hilgenkamp TIM** *Small steps in fitness, major leaps in health for individuals with intellectual disabilities* 2020 Exercise Sport Science Reviews, 48(2) 92-97
 28. Schroeder EC, duBois L, Sadowsky M, **Hilgenkamp TIM** *Hypertension in individuals with intellectual disabilities: prevalence and risk factors*. Am J Prev Med 2020;58(5):630–637.
 29. **Hilgenkamp TIM**, Schroeder EC, Wee SO, Grigoriadis G, Rosenberg AJ, Baynard T, Fernhall B, *Altered Central Hemodynamics in Individuals with Down Syndrome*. 2019 Artery Research, 25(3), 107-112
 30. Weterings S, Oppewal A, **Hilgenkamp T** *The feasibility of vigorous resistance exercise training in adults with intellectual disabilities with cardiovascular disease risk factors*. Journal of Applied Research in Intellectual Disabilities 2020 33(3), 488-495, doi: 10.1111/jar.12690
 31. Schroeder EC, **Hilgenkamp TIM**, Lefferts WK, Robinson NS, Baynard T, Fernhall B *No effect of fitness on brachial or forearm vascular function during acute inflammation in young adults*. American Journal of Physiology-Regulatory, Integrative and Comparative Physiology 317(5), R746-R753, American Physiological Society, 2019/ 9/25
 32. Schroeder EC, Lefferts WK, **Hilgenkamp TIM**, Fernhall B, *Acute systemic inflammation reduces both carotid and aortic wave reflection in healthy adults* Physiol Rep, 7(15), 2019, e14203, <https://doi.org/10.14814/phy2.14203>
 33. Harris L, McGarthy A, **Hilgenkamp T**, Melville C. *Patterns of objectively measured sedentary behaviour in adults with intellectual disabilities* JARID 2019, doi: 201910.1111/jar.12633
 34. Vlot-van Anrooij K, Naaldenberg J, **Hilgenkamp TIM**, Vaandrager L, van der Velden K, Leusink GL *Towards healthy settings for people with intellectual disabilities* Health Promotion International 2019 <https://doi.org/10.1093/heapro/daz054>
 35. Oppewal A., **Hilgenkamp T**. *Physical fitness is predictive for survival over a 5-year follow-up period in older adults with intellectual disabilities – results of the HA-ID study* Journal of Applied Research in Intellectual Disabilities, 2019, 32 (4), p958-966
 36. Boonman AJN, Schroeder EC , Fernhall B , Hopman MTE, **Hilgenkamp TIM** *The cardiopulmonary profile of individuals with intellectual disabilities during maximal exercise* Med Sci Sports Exerc March 2019, 51 (9): 1802-1808 doi: 10.1249/MSS.0000000000001995
 37. Oppewal A, **Hilgenkamp TIM** *Adding meaning to physical fitness test results in individuals with intellectual disabilities* Disabil Rehabil. 2019 Feb 2:1-8. doi: 10.1080/09638288.2018.1527399

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** *A Resistance Exercise Set for a total body workout for adults with an Intellectual Disability, a pilot study* Journal of Applied Research in Intellectual Disabilities 2019, 32, 730-736, doi: 10.1111/jar.12552
41. Oppewal A, **Hilgenkamp TIM** 2017 *The dual task effect on gait in adults with intellectual disabilities: is it predictive for falls?* Disabil Rehabil 2019, 41:1, 26-32, doi: 10.1080/09638288.2017.1370730.
42. Oppewal A, **Hilgenkamp T**, Schäfer Elinder L, Freiberger E, Rintala P, Guerra-Balic M, Giné-Garriga M, Cuesta-Vargas A, Oviedo G, Sansano-Nadal O, Izquierdo-Gómez R, Einarsson I, Teittinen A, Melville C 2018 *Correlates of sedentary behaviour in adults with intellectual disabilities – a systematic review* Int J Environ Res Public Health 5(10) doi: 10.3390/ijerph15102274.
43. **Hilgenkamp TIM**, Wee SO, Schroeder EC, Baynard T, Fernhall B *Peripheral blood flow regulation in response to sympathetic stimulation in individuals with Down syndrome* 2018 Artery Research 24, p16-21, doi.org/10.1016/j.artres.2018.10.001
44. Baynard T, **Hilgenkamp T**, Motl RW, Schroeder EC, Fernhall B *Measures of Adiposity Differentially Correlate with C-Reactive Protein among Patients with Multiple Sclerosis* Multiple Sclerosis and Related Disorders 2018, 25, 1-4p.
45. Vlot-van Anrooij K, Tobi H, **Hilgenkamp TIM**, Leusink GL, Naaldenberg J *Self-reported measures in health research for people with intellectual disabilities: an inclusive study on suitability and reliability* BMC Medical Research Methodology, 2018, 18:80.
46. Wouters M, Evenhuis HM, **Hilgenkamp TIM**. *Physical activity levels of children and adolescents with moderate to severe intellectual disability* JARID, 2018, 32(1), 131-142 doi: 10.1111/jar.12515.
47. Willems M, Waninge A, **Hilgenkamp T**, Van Empelen P, Krijnen W, Van der Schans C, Melville C *Effects of Lifestyle Change Interventions for People with Intellectual Disabilities: Systematic Review and Meta-Analysis of Randomized Controlled Trials*. 2018 JARID, 31, 949-961, doi:10.1111/jar.12463
48. Rosenberg AJ, Lane-Cordova AD, Wee SO, White DW, **Hilgenkamp TIM**, Fernhall B, Baynard T *Healthy Aging and Carotid Performance: Strain Measures May Be Superior to Beta-Stiffness Index*. Journal of Human Hypertension, 2018, 41, p748-755.
49. Oppewal A, **Hilgenkamp T** *The association between gait and physical fitness in adults with intellectual disabilities* JIDR 2018, 62 (5), 454-466.
50. Schoufour JD, Oppewal A, van der Maarl HJK, Hermans H, Evenhuis HM, **Hilgenkamp TIM**, Festen DA. *Multimorbidity, polypharmacy and mortality in older people with intellectual disabilities: 5 year follow up from the HA-ID study*. Am J Intellect Dev Disabil. 2018 Jan;123(1):72-82. doi: 10.1352/1944-7558-123.1.72.

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; 9:12-17. Doi: 10.1016/j.pmedr.2017.11.010
53. **Hilgenkamp T**, Baynard T *Do individuals with intellectual disability have a lower peak heart rate and maximal oxygen uptake?* J Appl Res Intellect Disabil. 2018; 31:785–791. <https://doi.org/10.1111/jar.12430>
54. Hsieh K, **Hilgenkamp TIM**, Murthy S, Heller T, Rimmer JH *Low Levels of Physical Activity and Sedentary Behavior in Adults with Intellectual Disabilities*. 2017 Int J Environ Res Public Health. 2017 Dec 4;14(12). pii: E1503. doi: 10.3390/ijerph14121503
55. Wouters M, van der Zanden A, Evenhuis H & **Hilgenkamp T** 2017 *Feasibility and reliability of tests measuring health-related physical fitness in children with moderate to severe intellectual disabilities*. AJIDD (American Journal on Intellectual and Developmental Disabilities), 122, 5, 422-438 doi 10.1352/1944-7558-122.5.422
56. Schroeder ES, Rosenberg AJ, **Hilgenkamp TIM**, White DW, Baynard T, Fernhall B 2017 *Effect of upper body position on arterial stiffness: Influence of hydrostatic pressure and autonomic function* J Hypertens. 2017 Dec;35(12):2454-2461. 10.1097/HJH.0000000000001481
57. Weterings S, Takken T and **Hilgenkamp T** 2017 *The feasibility of supramaximal verification of peak oxygen uptake of a graded maximal treadmill test in adults with Intellectual Disability (ID)* Cardiopulmonary Physical Therapy Journal, 28, 4, 117-127 doi: 10.1097/CPT.0000000000000057
58. Oppewal A, Maes-Festen DAM, **Hilgenkamp TIM** 2017 *Gait characteristics of adults with intellectual disabilities*. AJIDD 2018; 123(3):283-299. doi: 10.1352/1944-7558-123.3.283.
59. Wouters M, Evenhuis HM, **Hilgenkamp TIM**, 2017 *Systematic review of field-based physical fitness tests for children with intellectual disabilities*. Res Dev Disabil, 61(77-94) <https://doi.org/10.1016/j.ridd.2016.12.016>
60. Melville C, Oppewal A., Schäfer Elinder L, Freiberger E, Guerra-Balic M, **Hilgenkamp TIM**, Einarsson I, Izquierdo-Gómez R, Sansano-Nadal O, Rintala P, Cuesta-Vargas A, Giné-Garriga M. 2017 *Definitions, measurement and correlates of sedentary behaviour in adults with intellectual disabilities – a systematic review* Preventive Medicine , 97, 62-71. <https://doi.org/10.1016/j.ypmed.2016.12.052>
61. Willems M, **Hilgenkamp TIM**, Havik E, Waninge A, Melville CA. 2017 *Use of behaviour change techniques in lifestyle change interventions for people with intellectual disabilities: A systematic review* Res Dev Disabil 60 (256-268) 10.1016/j.ridd.2016.10.008
62. Oppewal A, Schoufour JD, Evenhuis HM, Festen DA, **Hilgenkamp TI** 2016 *[Older adults with intellectual disabilities markedly decline in daily functioning over a 3-year period: Results of the HA-ID study]* Tijdschr Gerontol Geriatr 2016. 45, 6: 258-271.

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 *Physical fitness is predictive for a decline in the ability to perform instrumental activities of daily living in older adults with intellectual disabilities: Results of the HA-ID study*. Res Dev Disabil, Jun-Jul;41-42:76-85
65. Cuesta-Vargas A, **Hilgenkamp T**. 2015 *Reference Values of Grip Strength Measured with a Jamar Dynamometer in 1526 Adults with Intellectual Disabilities and Compared to Adults without Intellectual Disability*. PLoS One. 2015 Jun 8;10(6)
66. Almuhtaseb S, Oppewal A, **Hilgenkamp TI**. 2014. *Gait characteristics in individuals with intellectual disabilities: a literature review*. Res Dev Disabil. 35(11):2858-2883.
67. Oppewal A, **Hilgenkamp TI**, van Wijck R, Schoufour JD, Evenhuis HM. 2014 *Physical fitness is predictive for a decline in daily functioning in older adults with intellectual disabilities: Results of the HA-ID study*. Res Dev Disabil, 35(10):2299-315.
68. Schoufour JD, Mitnitski A, Rockwood K, **Hilgenkamp TI**, Evenhuis HM, Echteld MA. 2014 *Predicting disabilities in daily functioning in older people with intellectual disabilities using a frailty index*. Res Dev Disabil, 35(10):2267-77.
69. Oppewal A, **Hilgenkamp TI**, van Wijck R, Schoufour JD, Evenhuis HM. 2014. *The predictive value of physical fitness for falls in older adults with intellectual disabilities*. Res Dev Disabil.35(6):1317-1325.
70. Oppewal A, **Hilgenkamp TI**, van Wijck R, Evenhuis HM. 2014. *Heart rate recovery after the 10 meter Incremental Shuttle Walking Test in older adults with ID*. Res Dev Disabil. 35(3):696-704.
71. **Hilgenkamp TI**, van Wijck R, Evenhuis HM. 2014. *Subgroups associated with lower physical fitness in older adults with ID: results of the HA-ID study*. Res Dev Disabil. 35(2):439-447
72. Oppewal A, **Hilgenkamp TI**, van Wijck R, Evenhuis HM. 2013. *Cardiorespiratory fitness in individuals with intellectual disabilities – A review*. Res Dev Disabil. 34(9):3301-331
73. Oppewal A, **Hilgenkamp TI**, van Wijck R, Evenhuis HM. 2013. *Feasibility and outcomes of the Berg Balance Scale in older adults with intellectual disabilities*. Res Dev Disabil. 15;34(9):2743-2752
74. de Winter CF, Bastiaanse LP, Kranendonk SE, **Hilgenkamp TI**, Evenhuis HM, Echteld MA. 2013. *Peripheral arterial disease in older people with intellectual disability in The Netherlands using the ankle-brachial index: Results of the HA-ID study*. Res Dev Disabil. Mar 7;34(5):1663-1668.
75. Oppewal A, **Hilgenkamp TI**, van Wijck R, Evenhuis HM. 2013. *The effect of handedness on grip strength in older adults with intellectual disabilities*. Res Dev Disabil. Mar 6;34(5):1623-1629.
76. **Hilgenkamp TI**, van Wijck R, Evenhuis HM. 2013. *Feasibility of eight physical fitness tests in 1,050 older adults with intellectual disability: results of the healthy ageing with intellectual disabilities study*. Intellect Dev Disabil. Feb;51(1):33-47.

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 study*. Res Dev Disabil. Nov-Dec;33(6):1722-31.
79. **Hilgenkamp T**, Van Wijck R, Evenhuis H. 2012. *Measuring physical activity with pedometers in older adults with intellectual disability: reactivity and number of days*. Intellect Dev Disabil. Aug;50(4):343-51.
80. **Hilgenkamp TI**, van Wijck R, Evenhuis HM. 2012. *Low physical fitness levels in older adults with ID: results of the HA-ID study*. Res Dev Disabil. Jul-Aug;33(4):1048-58.
81. **Hilgenkamp TI**, van Wijck R, Evenhuis HM. 2012. *Feasibility and reliability of physical fitness tests in older adults with intellectual disability: a pilot study*. J Intellect Dev Disabil. Jun;37(2):158-62.
82. Evenhuis HM, Hermans H, **Hilgenkamp TI**, Bastiaanse LP, Echteld MA. 2012. *Frailty and disability in older adults with intellectual disabilities: results from the healthy ageing and intellectual disability study*. J Am Geriatr Soc. May;60(5):934-8. (Gerontology, social)
83. **Hilgenkamp TI**, Reis D, van Wijck R, Evenhuis HM. 2012. *Physical activity levels in older adults with intellectual disabilities are extremely low*. Res Dev Disabil. Mar-Apr;33(2):477-83.
84. de Winter CF, Bastiaanse LP, **Hilgenkamp TI**, Evenhuis HM, Echteld MA. 2012. *Overweight and obesity in older people with intellectual disability*. Res Dev Disabil. Mar-Apr;33(2):398-405.
85. van Dijk E, **Hilgenkamp TI**, Evenhuis HM, Echteld MA. 2012. *Exploring the use of actigraphy to investigate sleep problems in older people with intellectual disability*. J Intellect Disabil Res. 2012 Feb;56(2):204-11.
86. **Hilgenkamp TI**, van Wijck R, Evenhuis HM. 2011 *(Instrumental) activities of daily living in older adults with intellectual disabilities*. Res Dev Disabil. Sep-Oct;32(5):1977-87.
87. **Hilgenkamp TI**, Bastiaanse LP, Hermans H, Penning C, van Wijck R, Evenhuis HM. 2011. *Study healthy ageing and intellectual disabilities: recruitment and design*. Res Dev Disabil.32(3):1097-106.
88. **Hilgenkamp TI**, van Wijck R, Evenhuis HM. 2010 *Physical fitness in older people with ID-Concept and measuring instruments: a review*. Res Dev Disabil. Sep-Oct;31(5):1027-38.

Peer-reviewed presentations at scientific conferences

1. Mann S, Hilgenkamp T *Remote Exercise Program is Effective in Improving Fitness and Gait in Individuals with Down syndrome*. Annual Meeting Down Syndrome Medical Interest Group USA June 2022 (virtual)

2. Beck VDY, Wee SO, Lefferts EC, Hibner BA, Burton LC, Baynard T, Fernhall B, Hilgenkamp TIM *Lower Oxygen Uptake Efficiency Slope with similar V_E/V_{CO_2} slope in Individuals with Down Syndrome* American College of Sports Medicine Annual Meeting, May 2022 San Diego
3. Murata A, Wolf E, Crimm J, Lee B, Mann S, Hilgenkamp T *Effects of a Remote Exercise Intervention on Aerobic Endurance in Individuals with Down Syndrome* APTA Combined Sections Meeting February 2022 San Antonio
4. Roys C, Ho KY, Stopka DT, Lum R, Mann S, Hilgenkamp T *Effects of a 12-Week Remote Combined Exercise Program on Gait in Individuals with Down Syndrome* APTA Combined Sections Meeting February 2022 San Antonio
5. Guerrero K, Ho KY, Umagat A, Martinez A, Barton M, Mann S, Hilgenkamp T *The Effects of a Telehealth Exercise Intervention on Balance in Adults with Down Syndrome* APTA Combined Sections Meeting February 2022 San Antonio
6. van Maurik M, Schoufour J, Oppewal A, **Hilgenkamp T**, Elbers R, Maes-Festen D *Developing the ID-Frailty Index Short Form to assess frailty in adults with intellectual disability*. Trinity Health and Education International Research Conference 8 - 10 March 2022
7. *Determining frailty in people with intellectual disabilities during the COVID-19 pandemic* IASSIDD 2021 (Amsterdam, the Netherlands)
8. *Developing the ID-Frailty Index Short Form to assess frailty in adults with intellectual disability* IASSIDD 2021 (Amsterdam, the Netherlands)
9. Schroeder EC, **Hilgenkamp TIM**, Baynard T, Lefferts WK, Fernhall B, 2020 *Blood Pressure Maintained in Response to a Hypotensive Stimulus During Mild Acute Inflammation* Experimental Biology, San Diego, US
10. **Hilgenkamp TIM**, Wee SO, Grigoriadis G, Schroeder EC, Baynard T, Fernhall B, 2019 *Central Hemodynamic Response To Lower Body Negative Pressure In Individuals With Down Syndrome* (Budapest, Hungary)
11. Schroeder EC, Lefferts WK, **Hilgenkamp TIM**, Fernhall B, 2019 *Acute systemic inflammation reduces both carotid and aortic wave reflection in young healthy adults*, Artery Research 25 (10), S128-S128, 2020 (Budapest, Hungary)
12. Hibner BA, Schroeder EC, Lefferts WK, **Hilgenkamp TIM**, Yan H, Horn GP, Smith D, Fernhall B, 2019, *Effect on live-firefighting on ventricular-vascular coupling*, Artery Research 25 (10), S68-S68, 2020 (Budapest, Hungary)
13. **Hilgenkamp TIM**, Schroeder E, Sadowsky M, DuBois L, 2019 *Prevalence of high blood pressure in Special Olympics Athletes* IASSIDD 16th World Congress, Glasgow, Scotland (oral)
14. Maes-Festen DAM, Oppewal A, **Hilgenkamp TIM**, 2019 *The Healthy Aging and Intellectual Disabilities study: 10 years of interdisciplinary research in perspective* IASSIDD 16th World Congress, Glasgow, Scotland
15. De Leeuw M, Knulst M, Maes-Festen D, **Hilgenkamp T**, Oppewal A, 2019 *The next phase of the 'Healthy Aging and Intellectual Disabilities' (HA-ID) study: 10-year follow-up* IASSIDD 16th World Congress, Glasgow, Scotland

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 Strength Tests 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?* *Medicine & Science in Sports & Exercise* 51 (6), American College of Sports Medicine, Orlando
21. Sherman S, **Hilgenkamp T**, Schroeder E, Fernhall B, Baynard T, 2019 *Attenuated Cardiac Autonomic Function in Response to Hand Grip Exercise Among Individuals with Intellectual Disability* *Medicine & Science in Sports & Exercise* 51 (6), American College of Sports Medicine, Orlando
22. Schroeder E, **Hilgenkamp T**, Lefferts W, Sardeli A, Arriola S, Baynard T, Fernhall B, 2019 *Influence of Cardiorespiratory Fitness on Central and Local Arterial Stiffness During Acute Inflammation* *Medicine & Science in Sports & Exercise* 51 (6), American College of Sports Medicine, Orlando
23. **Hilgenkamp T**, Schroeder E, Baynard T, Fernhall B, 2019 *Blood Pressure In Response to Hand Grip Exercise In Individuals With Intellectual Disabilities* *Medicine & Science in Sports & Exercise* 51 (6), American College of Sports Medicine, Orlando
24. McMillan N, Schroeder E, Lefferts W, **Hilgenkamp T**, Fernhall B, 2019 *Influence Of Acute Inflammation On Central Hemodynamics During A Mild Sympathoexcitatory Stimulus* *Medicine & Science in Sports & Exercise* 51 (6), 667-668, 2019, American College of Sports Medicine, Orlando
25. Hibner B, **Hilgenkamp T**, Schroeder E, Fernhall B, 2019 *Feasibility of Stroke Volume Measurement during Treadmill Exercise in Adults with Down syndrome* *Medicine & Science in Sports & Exercise* 51 (6), 71-72, 2019, American College of Sports Medicine, Orlando
26. **Hilgenkamp TIM**, Wee SO, Schroeder EC, Baynard T, Fernhall B, 2019 *Central Hemodynamic Response to Lower Body Negative Pressure in Individuals with Down Syndrome* *North American Artery*, Iowa City
27. Sherman SR, Schroeder EC, Fernhall B, Baynard T, **Hilgenkamp TIM**, 2019 *Blunted Blood Pressure and Baroreflex Sensitivity to Sympathoexcitation Among Individuals with Intellectual Disability* *North American Artery*, Iowa City

28. Hibner B, Schroeder EC, Lane-Cordova A, Lefferts WK, **Hilgenkamp TIM**, Fernhall B, 2019 *Effect of Cardiorespiratory Fitness on Ventricular-Vascular Coupling during Acute Inflammation in Young Healthy Adults* North American Artery, Iowa City
29. Lima NS, Schroeder EC, Hilgenkamp TIM, Lefferts WK, Fernhall B, Baynard T, 2019 *Sex differences in microvascular reperfusion during acute inflammation* North American Artery, Iowa City
30. Schroeder EC, Lefferts WK, Hilgenkamp TIM, Fernhall B, 2019 *Acute Systemic Inflammation Reduces Both Carotid and Aortic Wave Reflection in Healthy Adults* North American Artery, Iowa City
31. Schroeder EC, **Hilgenkamp TIM**, Lefferts WK, Baynard T, Fernhall B *Influence of fitness on vascular function in young adults during acute inflammation* The FASEB Journal 33 (1_supplement), 523.1-523.1, 2019
32. Hibner BA, **Hilgenkamp TIM**, Schroeder EC, Lefferts WK, Fernhall B, 2019. *Validity of Stroke Volume and Cardiac Output Measurement between Finger Photoplethysmography and and Continuous Wave Echocardiography during Treadmill Exercise in Adults with and without Down Syndrome* The FASEB Journal 33 (1_supplement), 536.12-536.12.
33. **Hilgenkamp T**, Wee SO, Hong K, Schroeder E, Baynard T, Fernhall B *Impaired Regulation of Peripheral Blood Flow and Blood Pressure in Adults with Down Syndrome* The FASEB Journal 33 (1_supplement), 746.7-746.7, 2019
34. Sherman SR, **Hilgenkamp TIM**, Schroeder EC, Fernhall B, Baynard B *Sex Differences in Autonomic Response to Hand Grip Exercise Among Individuals with Intellectual Disabilities* The FASEB Journal 33 (1_supplement), 853.2-853.2, 2019
35. Vlot-van Anrooij K, Naaldenberg J, **Hilgenkamp TIM**, Vaandrager L, van der Velden K, Leusink GL, 2019 *Health Promoting setting for people with intellectual disabilities: Developing a conceptual framework* 10th IUHPE European Conference and 4th International Forum for Health Promotion Research, 2018/9/24
36. Schroeder E, **Hilgenkamp T**, Baynard T, Fernhall B, 2018 *Reduction in endothelial, but not microvascular, function during acute inflammation: Preliminary results* Artery Research 24, 102, Artery, Guimaraes, Portugal
37. **Hilgenkamp TIM**, Wee SO, Schroeder EC, Baynard T, Fernhall B, 2018 *Peripheral blood flow regulation in response to sympathetic stimulation in individuals with Down Syndrome* Artery Research 24, 16-21(oral), Artery, Guimaraes, Portugal
38. Weterings S, Oppewal A, **Hilgenkamp TIM**, 2018 *The reliability of measuring muscle strength in adults with an intellectual disability* 5th IASSIDD Europe Congress, Athens, Greece
39. **Hilgenkamp T**, van Maurik M, Oppewal A, 2018 *Accelerometer counts and energy expenditure during walking in healthy adults with and without ID* 5th IASSIDD Europe Congress, Athens, Greece (oral)

40. Oppewal A, **Hilgenkamp T**, 2018 *Gait of adults with intellectual disabilities, and its association with physical fitness and falls* 5th IASSIDD Europe Congress, Athens, Greece
41. **Hilgenkamp TIM**, Wee SO, Baynard T, Fernhall B, 2018 *Peripheral blood flow regulation in response to sympathetic stimulation in individuals with Down Syndrome* Down Syndrome Medical Interest Group Annual Meeting, Dallas
42. Wee SO, Schroeder EC, Grigoriadis G, **Hilgenkamp T**, Baynard T, Fernhall B, 2018 *Hemodynamic response following acute moderate intensity aerobic exercise in individuals with Down Syndrome* Eighth North American Artery, Chicago
43. **Hilgenkamp TIM**, Wee SO, Baynard T, Fernhall B, 2018 *Peripheral blood flow regulation in response to sympathetic stimulation in individuals with Down Syndrome* Eighth North American Artery, Chicago
44. Schroeder EC, **Hilgenkamp TIM**, Baynard T, Fernhall, 2018 *Potential microvascular compensation for the reduction in endothelial function during acute inflammation: preliminary results* Eighth North American Artery, Chicago
45. **Hilgenkamp T**, Boonman A, Schroeder E, Hopman M, Fernhall B, 2018 *Cardiopulmonary Profile Of Individuals With Intellectual Disabilities During Maximal Exercise* American College of Sports Medicine, Minneapolis
46. Hibner B, Griffith G, Schroeder EC, Rosenberg AJ, **Hilgenkamp TIM**, Bollaert RE, Motl RW, Baynard T, Fernhall B, 2018 *Impact of Aerobic Capacity, Age and Duration of Disease on Arterial Function in Individuals with Multiple Sclerosis* Experimental Biology, San Diego
47. **Hilgenkamp T**, Schroeder EC, White DW, Baynard T, Fernhall B, 2018 *Blunted blood pressure to hand grip exercise in individuals with intellectual disabilities: preliminary results* Experimental Biology, San Diego
48. **Hilgenkamp T**, Lloyd M, 2017 *A lifespan approach to understanding obesity in individuals with IDD* IASSIDD Health Special Interest Research Group Belfast (oral)
49. **Hilgenkamp TI**, Schroeder EC, White DW, Baynard T, Fernhall B, 2017 *Blunted Autonomic Response To Orthostasis In Individuals With Intellectual Disabilities Compared To Controls: Preliminary Results* 2017 Medicine & Science in Sports & Exercise 49 (5S), 408 (ACSM, Denver) 10.1249/01.mss.0000518000.91679.47
50. Griffith G, **Hilgenkamp T**, Rosenberg A, Grigoriadis G, Bunsawat K, Wee SO, Schroeder E, Saed B, Baynard T, 2017 *Treadmill vs. Cycle Ergometry Graded Exercise Test Responses in Multiple Sclerosis Patients: 2152 Board# 165 June 1 3* Medicine & Science in Sports & Exercise 49 (5S), 596 (ACSM Denver) 10.1249/01.mss.0000518559.90579.3b
51. **Hilgenkamp T**, Schroeder EC, White DW, Baynard T, Fernhall B, 2017 *Blunted autonomic response to head up tilt in individuals with intellectual disabilities: preliminary results* The FASEB Journal 31 (1 Supplement), 708.1-708.1 (Experimental Biology, Chicago)
52. Schroeder EC, **Hilgenkamp TIM**, Rosenberg AJ, White DW, Baynard T, Fernhall B, 2017 *Effect of Upper Body Position on Arterial Stiffness: Influence of Hydrostatic Pressure and Autonomic Function* The FASEB Journal 31 (1 Supplement), 720.2-720.2v (Experimental Biology, Chicago)

53. Grigoriadis G, Rosenberg AJ, Wee SO, Schroeder EC, **Hilgenkamp TI**, Griffith G, Baynard T, 2017 *Effects of Aerobic Capacity on Arterial Stiffness in Individuals with Multiple Sclerosis* The FASEB Journal 31 (1 Supplement), 840.30-840.30 (Experimental Biology, Chicago)
54. AJ Rosenberg, SO Wee, EC Shroeder, G Grigoriadis, BM Sandroff, Bunsawat K, **Hilgenkamp TI**, Griffith GJ, Motl R, Baynard T, 2017 *The Effects of Acute Aerobic Exercise on Cerebral Blood Flow and Cognition in Persons with Multiple Sclerosis* The FASEB Journal 31 (1 Supplement), 842.4-842.4 (Experimental Biology, Chicago)
55. **Hilgenkamp T**, Griffith G, Motl RW , Baynard T , Fernhall B, 2016 *Poor sleep quality related to worse vascular function in individuals with multiple sclerosis*. Artery Copenhagen <https://doi.org/10.1016/j.artres.2016.10.048>
56. Griffith G, **Hilgenkamp T**, Klaren R, Wee SO, Motl RW, Baynard T, Fernhall B, 2016 *Multiple sclerosis patients experience more decrements in carotid artery functional properties with aging than age-matched peers* Sixth Annual Meeting North American Artery Chicago
57. Bunsawat K, Grigoriadis G, **Hilgenkamp T**, Fernhall B, Baynard T, 2016 *Central hemodynamics and arterial stiffness in young obese adults: the preliminary findings* Sixth Annual Meeting North American Artery, Chicago
58. **Hilgenkamp T**, Griffith G, Motl RW , Baynard T , Fernhall B, 2016 *Sex differences in vascular structure and function in individuals with multiple sclerosis and healthy controls* Oral presentation Sixth Annual Meeting North American Artery Chicago (oral)
59. Schroeder EC, **Hilgenkamp TIM**, Rosenberg AJ, White DW, Baynard T, Fernhall B, 2016 *Body mass index as an independent predictor of change in arterial stiffness parameters with change in body position* Sixth Annual Meeting North American Artery Chicago
60. Wouters M, **Hilgenkamp T**, Baynard T, 2016 *Prediction of maximum heart rate in children with intellectual disabilities* IASSIDD 15th World Congress Melbourne J Intellect Disabil Res 2016;60(7-8SI):821-821
61. **Hilgenkamp T**, Baynard T, Fernhall B, 2016 *New insights into physiological responses to exercise in people with ID: Translating research in people with Down syndrome to people with ID without DS* IASSIDD 15th World Congress Melbourne 2016 J Intellect Disabil Res;60(7-8SI):682-682 (oral)
62. **Hilgenkamp T**, 2016 *Involving professional caregivers in promoting physical activity: Determinants and strategies* IASSIDD 15th World Congress Melbourne J Intellect Disabil Res; 60(7-8SI):682-682 (oral)
63. **Hilgenkamp T**, 2016 *Measuring physical fitness and physical activity as an outcome for intervention studies in people with ID: Benefits and pitfalls* IASSIDD 15th World Congress Melbourne J Intellect Disabil Res; 60(7-8SI):682-682 (oral)
64. Maes-Festen D, Valstar M, Bohmer M, Hamers P, Hermans H, **Hilgenkamp T**, 2016 *Disruption of the circadian rhythm in adults with intellectual disabilities* IASSIDD 15th World Congress Melbourne 2016 J Intellect Disabil Res; 60(7-8SI):699-699
65. Oppewal A, **Hilgenkamp T**, Evenhuis H, 2016, *Physical assessment in older adults with intellectual disabilities: Results of the HA-ID study* IASSIDD 15th World Congress Melbourne J Intellect Disabil Res; 60(7-8SI):717-717

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 children* IASSIDD 15th World Congress Melbourne J Intellect Disabil Res; 60(7-8SI):821-821
69. **Hilgenkamp T** Evenhuis HM, 2016 *Increasing habitual physical activity of people with ID through changing the behavior of caregivers: 484 Board #319 June 1, 11.00 am – 12.30 pm* Medicine & Science in Sports & Exercise. 48 (5S) 138
10.1249/01.mss.0000485413.78401.bd
70. Baynard T, **Hilgenkamp T**, 2016 *Lower peak heart rate and oxygen uptake in individuals with intellectual disabilities: 2579 Board #102 June 3, 9.30 am – 11.00 am* Medicine & Science in Sports & Exercise. 48 (5S) 715-116
10.1249/01.mss.0000487148.75719.fe
71. Rosenberg A, White D, Schroeder E, **Hilgenkamp T**, Fernhall B, Baynard T, 2016 *Gravitational effects on clinical assessment of arterial stiffness with Cardio-Ankle Vascular Index: 3659 Board #98 June 4, 9.30 am – 11.00 am* Medicine & Science in Sports & Exercise. 48 (5S) 1018
10.1249/01.mss.0000488062.17806.25
72. Rosenberg AJ, White DW, Schroeder EC, **Hilgenkamp TI**, Fernhall B, Baynard T, 2016 *Height correction for carotid blood pressure measurement during positional change is important to account for gravitational effects when assessing arterial stiffness* Experimental Biology
73. Grigoriadis G, Bunsawat K, **Hilgenkamp TI**, Baynard T, 2016 *Females have altered hemodynamics during exercise recovery with caffeine consumption* Experimental Biology
74. **Hilgenkamp T**, Evenhuis H, 2015, *Increasing habitual physical activity of people with ID, through changing the behaviour of caregivers* ISBNPA Edinburgh (oral)
75. **Hilgenkamp TIM**, 2014 *Physical changes in older adults with intellectual disabilities* 10th EUGMS Congress Rotterdam(oral)
76. **Hilgenkamp TIM**, Evenhuis HM, 2014 *Increasing habitual physical activity of people with ID, through changing the behaviour of caregivers* EUCAPA Madrid
77. **Hilgenkamp T.**, van Wijck R, Evenhuis H, 2012 *Physical activity levels in older adults with ID are extremely low.* J Intellect Disabil Res. Jul 56 (7-8) SI:757-757 (Meeting abstract of 2012 IASSID World Congress) (oral)
78. **Hilgenkamp T**, van Wijck R, Evenhuis H, 2012 *Low physical fitness in older adults with ID: results of the HA-ID study.* J Intellect Disabil Res. Jul 56 (7-8) SI:757-757 (Meeting abstract of 2012 IASSID World Congress) (oral)
79. Evenhuis H, Hermans H, **Hilgenkamp T**, Bastiaanse L, Echteld M, 2012. *Frailty according to cardiovascular health study criteria.* J Intellect Disabil Res. Jul 56 (7-8) SI:661-661 (Meeting abstract of 2012 IASSID World Congress)

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 (Meeting abstract of 2012 IASSID World Congress)
81. Echteld M, **Hilgenkamp T**, Bastiaanse L, Schoufour J, Evenhuis H, 2012. *Prevalence of cardiovascular risk factors older adults with an ID in The Netherlands* J Intellect Disabil Res. Jul 56 (7-8) SI:754-754 (Meeting abstract of 2012 IASSID World Congress)
82. Echteld M, **Hilgenkamp T**, Bastiaanse L, Schoufour J, Evenhuis H, 2012. *Frailty, sarcopenia and weight loss: How are these concepts related?* J Intellect Disabil Res. Jul 56 (7-8) SI:662-662 (Meeting abstract of 2012 IASSID World Congress)
83. Bastiaanse L, **Hilgenkamp T**, 2012. *Physical activity and fitness: Results of the Healthy Ageing and Intellectual Disability study (HA-ID)* J Intellect Disabil Res. Jul 56 (7-8) SI:757-757 (Meeting abstract of 2012 IASSID World Congress)
84. **Hilgenkamp T**, van Wijck R, Evenhuis H, 2012. *Feasibility of eight physical fitness tests in 1050 older adults with ID: Results of the HA-ID study* J Intellect Disabil Res. Jul 56 (7-8) SI:764-764 (Meeting abstract of 2012 IASSID World Congress)
85. **Hilgenkamp T**, van Wijck R, Penning C, Evenhuis H, 2010. *Feasibility and reliability of tests to measure physical fitness in older adults with ID* J Appl Res Intellect. 23(5) 412-412 (Meeting abstract 3rd European congress IASSID)
86. **Hilgenkamp T**, van Wijck R, Evenhuis H, 2010. *Preliminary results of physical fitness assessment in older adults with ID*. J Appl Res Intellect. 23(5) 412-412 (Meeting abstract 3rd European congress IASSID)

Book chapters

1. Bo Fernhall, **Thessa Hilgenkamp**, Tracy Baynard *Chapter 28: Intellectual Disability*, in the Oxford Textbook of Children's Sport and Exercise Medicine (Editors: Neil Armstrong and Willem van Mechelen), in press April 2022.

Organized symposia at international scientific conferences

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| 2018 | Symposium 'Physical fitness and activity in persons with intellectual disabilities' 5 th IASSIDD (International Association of the Scientific Study on Intellectual and Developmental Disabilities) Europe Congress 2018 Athens, Greece |
| 2018 | Symposium: 'Measuring physical fitness in people with intellectual disabilities' IASSIDD 15th World Congress 2016 Melbourne, Australia |
| 2016 | Symposium: 'Challenging implicit assumptions of interventions to improve physical activity and fitness levels in people with ID: the impact of physiological differences' IASSIDD 15th World Congress 2016 Melbourne, Australia |

Invited presentations

- 2021 NIH INCLUDE Project Workshop ‘Exercise Physiology in Adults with Down syndrome’ October 13 2021
- 2021 Spring Seminar Nevada Institute of Personalized Medicine ‘Cardiovascular physiology in individuals with Down syndrome’, February 4 2021.
- 2020 Webinar ‘Physical Activity and Fitness for Individuals with Learning Disability: From what we know → What we can do!’ organized by Wiltshire Care and Health, NHS Trust and ACPPLD in the UK, July 22 2020
- 2020 “Finding a Job: When, Where & What” at the Career Symposium: Your New Job - Finding one, Negotiating & Navigating Issues, May 27 2020, virtual Experimental Biology 2020 Conference
- 2018 Career Development Lecture at Artery 2018, Portugal
- 2017 IASSIDD Health SIRG Annual Meeting June 2017 ‘A lifespan approach to understanding obesity in individuals with intellectual and developmental disabilities’ Belfast, Ireland
- 2016 Research colloquium, Departments of Kinesiology and Nutrition and of Disability and Human Development of University of Illinois at Chicago on “Physical Activity, Fitness and Health in Older Adults with ID” on 27th of January 2016.
- 2012 Dutch National Association of Physical Therapists for people with Intellectual Disabilities, Annual conference 2012, The Netherlands

Editorial Board Scientific Journals

- 2022 – now Editorial Board International Journal of Environmental Research and Public Health, section Disabilities (IF 3.390, Q1, 41/176 Public, Environmental & Occupational Health)
- 2021-2022 Guest Editor Special Issue Journal of Intellectual Disability Research on ‘Physical activity, Exercise and Fitness’
- 2020 – now Editorial Board Journal of Intellectual Disability Research (IF 1.941, Q1, 4/38 Special Education, 10/70 Rehabilitation)

Reviewer Scientific Journals

- Medicine and Science in Sports and Exercise (IF 4.478, Q1, 6/82 Sport Sciences)
- Disability and Rehabilitation (IF 2.054, Q1, 13/70 Rehabilitation)
- American Journal on Intellectual and Developmental Disabilities (IF 1.901, Q1, 7/38 Special Education, 18/70 Rehabilitation)
- Journal of Intellectual Disability Research (IF 1.941, Q1, 4/38 Special Education, 10/70 Rehabilitation)
- Research in Developmental Disabilities (IF 1.872, Q1, 8/38 Special Education, Q2, 19/70 Rehabilitation)
- Research in Autism Spectrum Disorders (IF 1.799, Q2, 12/38 Special Education)
- Intellectual and Developmental Disabilities (IF 1.582, Q2, 10/38 Special Education, Q2 20/70 Rehabilitation)
- Brazilian Journal of Physical Therapy (IF 1.892, Q3, 40/65 Rehabilitation)

- Physical Therapy (IF 3.043, Q1, 17/191 Physical Therapy, Sports Therapy and Rehabilitation)

Service

University:

2022 Judge 24th Annual Graduate & Professional Student Research Forum
 2021 Judge 23rd Annual Graduate & Professional Student Research Forum
 2020-present Top Tier Graduate Faculty and Student Support Committee (Graduate College)
 2020 Judge 22nd Annual Graduate & Professional Student Research Forum

School:

2022-present Chair of the Bylaws Committee School of Integrated Health Sciences
 2021-2022 Bylaws Committee School of Integrated Health Sciences
 2020-present Executive Committee Neuroscience Ph.D. program, IHS Representative

Department:

2022-present Academic Review Committee
 2019-2021 Departmental Tenure-Track Faculty Search Committee
 2019-2021 Departmental PhD Program Committee

Professional memberships / networks

2020 – present Team Leader ‘Lifestyle and Weight Management’ Team within the Down Syndrome Medical Interest Group
 2019 – present Member Down Syndrome Medical Interest Group
 2019 – present Member-at-large Executive Board of the Health Special Interest Group of IASSIDD (International Association of the Scientific Study on Intellectual and Developmental Disabilities)
 2019 – present American Physiological Society
 2018 – present North American Artery
 2017 – present Down Syndrome Medical Interest Group USA
 2017 – present IASSIDD Health Special Interest Research Group
 2015 – present ACE BrainMotion (Academic Center of Excellence Erasmus MC)
 2014 – present ENPARID (founder, European Network of Physical Activity Research in Individuals with Intellectual Disabilities)
 2013 – present American College of Sports Medicine (ACSM)
 2008 – present International Association for the Scientific Study of Intellectual and Developmental Disabilities (IASSIDD)
 2008 – present IASSIDD Aging Special Interest Research Group
 2003 – present Netherlands Society of Human Movement Sciences

Community Service

2022 – present Clinical Director Special Olympics Healthy Athletes FunFitness
 2021 – present Member Start Up Team GiGi’s Playhouse Las Vegas

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 Governmental Funding

2022	NIH R03 National Institute on Aging Role: PI (R03AG078730) <i>Predictors of mortality and of healthy survival in a large community-based prospective cohort of aging adults with Down syndrome</i> Sept 2022 – Aug 2024, \$ 300,000
2021	NIH COBRE Pilot grant Personalized Medicine in Nevada Role: Pilot PI (5P20GM121325-05) <i>Effects of exercise on genetic expression, oxidative stress and vascular function in Down syndrome</i> 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) <i>Central and Peripheral Blood Flow in Individuals with Down Syndrome</i> Sept 2019- Aug 2023, \$750,000.
2018	US Department of Defense, PI: Bo Fernhall, Role: Co-I (MS170080) <i>Mechanisms of Low Physical Work Capacity, Fatigue, and Reduced Mobility in Multiple Sclerosis</i> Feb 2018 – Jan 2020, \$227,133.
2017	NIH K99 Eunice Kennedy Shriver National Institute of Child Health and Human Development, Role: PI (1 K99 HD092606-01) <i>Central and Peripheral Blood Flow in Individuals with Down Syndrome</i> Sept 2017- Aug 2019, \$200,000
2016	The Netherlands Organisation for Health Research and Development (ZonMw), Role: Co-PI (80-84500-98-118) <i>Supporting a healthy lifestyle of people with intellectual disabilities: joint forces</i> Jan 2017-Dec 2020, €400,000.

- 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

Representative for Culminating Experience Committee

- 2021-present Alice Matthews, University of Nevada, Las Vegas, Neuroscience (Committee Chair)
- 2021-present Victor Beck, University of Nevada, Las Vegas, Interdisciplinary Health Sciences (Committee Chair)
- 2017-present Annelies Overwijk, Hanze University of Applied Sciences, Groningen, The Netherlands (Member PhD Committee)
Professional caregivers supporting a healthy lifestyle of individuals with ID
Expected end: December 2021
- 2017-2021 Kristel Vlot-van Anrooij, Radboudumc Nijmegen, Nijmegen, The Netherlands (Member PhD Committee)
Health-supporting environment for individuals with ID
- 2016-present Stijn Weterings, Erasmus MC University Medical Center Rotterdam, Rotterdam, The Netherlands (Primary co-advisor)
Feasibility of progressive resistance exercise in individuals with ID
Expected end: December 2021
- 2016-2019 Mariël Willems, Hanze University of Applied Sciences, Groningen, The Netherlands (Member PhD Committee)
Physical activity behaviour change in individuals with intellectual disabilities
- 2014-2018 Marieke Wouters, Erasmus MC University Medical Center Rotterdam, Rotterdam, The Netherlands (Primary co-advisor)
Physical fitness in children with intellectual disabilities
- 2012-2017 Sang-Ouk Wee, University of Illinois at Chicago, USA (Member PhD Committee)
Effect of Aerobic Exercise on Cerebral Blood Flow and Cognitive Function in Persons with Down Syndrome
- 2012-2014 Alyt Oppewal, Erasmus MC University Medical Center Rotterdam, The Netherlands (Primary co-advisor)
Measuring physical fitness in older adults with intellectual disabilities

Advisor Doctoral Research Projects

- 2021-present Lorza-Lopez J, Schroder S, Sagava J, & Zink P, Doctor of Physical Therapy
Effects of supportive footwear on posture, balance and gait in adults with Down syndrome

- 2021-present Nguyen K, Gosse B, & Zelensky Z, Doctor of Physical Therapy
Effects of supportive footwear on posture, balance and gait in adults with Down syndrome
- 2020-present Lacap F, Lacap A, & Russell I, Doctor of Physical Therapy
Developing the Physical Therapy Protocol of a Multidisciplinary Clinic for Adults with Down Syndrome
- 2020-present Aquino AL, Daugherty S, & Palko A, Doctor of Physical Therapy
Effects of Exercise on Gait in Adults with Down syndrome
- 2020-present Cadio S, Kotake K, Prudencio J, & Kaes N, Doctor of Physical Therapy
Effects of Exercise on Balance in Adults with Down syndrome
- 2020-present Gutierrez E, Nogra JJ, Sparks CA, & Voels B Doctor of Physical Therapy
Development of a Multifactorial Virtual Fall Prevention Tool for Community Dwelling Older Women
- 2019-present Fadi Azar, Doctor of Medicine, UNLV Kirk Kerkorian School of Medicine
Cardiac Structure and Function in Adults with Down syndrome
- 2019-2022 Murata A, Wolf E, Crimm J, & Lee B, Doctor of Physical Therapy
Effects of a Remote Exercise Intervention on Aerobic Endurance in Individuals with Down Syndrome
- 2019-2022 Roys C, Souza T, Stopka D, & Lum R, Doctor of Physical Therapy
Effects of a 12-Week Remote Combined Exercise Program on Gait in Individuals with Down Syndrome
- 2019-2022 Guerrero K, Umagat A, Martinez A, & Barton M, Doctor of Physical Therapy
The Effects of a Telehealth Exercise Intervention on Balance in Adults with Down Syndrome

Master Theses Advisees

- 2019 Victor Beck, Biomedical Sciences
Radboudumc Nijmegen, Nijmegen, The Netherlands
The relationship between anthropometrics and cardiorespiratory fitness in individuals with Down syndrome
- 2017 Marco van Maurik, Medicine
Erasmus MC University Medical Center Rotterdam, Rotterdam, The Netherlands

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, Nijmegen, The Netherlands
The cardiopulmonary profile of individuals with intellectual disabilities during maximal exercise (Published abstract ACSM 2018 Minneapolis, US)
- 2017 Emma Huizinga, Human Movement Sciences
VU University Amsterdam, Amsterdam, The Netherlands
The Ventilatory Thresholds in Individuals with Intellectual Disabilities
- 2015 Stijn Weterings, Physiotherapy and Science
University of Applied Sciences Utrecht, Utrecht, The Netherlands
The feasibility of supramaximal verification of peak oxygen uptake of a graded maximal treadmill test in adults with Intellectual Disability (Published in Cardiopulmonary Physical Therapy Journal 2017)
- 2015 Nathalie Roost, Medicine
Erasmus MC University Medical Center Rotterdam, Rotterdam, The Netherlands
Structured evaluation of the implementation of the HA-ID PA intervention
- 2014 Sanaa Almuhtaseb, Institute of Sport Science and Sport
University of Erlangen-Nuremberg, Erlangen, Germany
Gait Characteristics in Individuals With Intellectual Disabilities: A Literature Review (Published in Research in Developmental Disabilities 2014)
- 2011 Debora Reis, Medicine
Erasmus MC University Medical Center Rotterdam, Rotterdam, The Netherlands
Physical activity in older adults with intellectual disabilities (Published in Research in Developmental Disabilities 2011).
- 2011 Petra Luten, Medicine
Erasmus MC University Medical Center Rotterdam, Rotterdam, The Netherlands
Measuring balance in older adults with ID
- 2010 Ellen van Dijk, Medicine
Erasmus MC University Medical Center Rotterdam, Rotterdam, The Netherlands
Prevalence of sleep problems in older people with intellectual disability using actigraphy (Published in Journal of Intellectual Disability Research 2012).

- 2009 Gerdien Veen, Medicine
Erasmus MC University Medical Center Rotterdam, Rotterdam, The Netherlands
Reliability of physical fitness tests in older adults with intellectual disabilities.
- 2008 Caroline Sickler, Physiotherapy and Science
University of Applied Sciences Utrecht, Utrecht, The Netherlands
Manual and reference values for physical fitness tests in individuals with ID

Bachelor Theses Advisees

- 2017 David Benschop, Biomedical Sciences
Radboudumc Nijmegen, Nijmegen, The Netherlands
Autonomic response to isometric strength exercise in individuals with non-syndromic intellectual disabilities
- 2014 Julia Faas, Physical Therapy
University of Applied Sciences Utrecht, Utrecht, The Netherlands
What is the difference in physical fitness between individuals with and without intellectual disability in the age range of 20-50 years?
- 2014 Nienke Geurds, Physical Therapy
University of Applied Sciences Utrecht, Utrecht, The Netherlands
What is the difference in physical fitness between individuals with and without intellectual disability in the age range of 51-80 years?
- 2012 Liesbeth van Mill, Physical Therapy
University of Applied Sciences Utrecht, Utrecht, The Netherlands
Physical fitness in older adults with Down syndrome
- 2009 Ruben Thijssen, Physical Therapy
University of Applied Sciences Utrecht, Utrecht, The Netherlands
What is the difference between men and women with ID in walking speed and walking ability?
- 2008 Bram Urbanus, Laurien Disseldorp, Floortje Diephuis, Hester Knol, Human Movement Sciences
University of Groningen, Groningen, The Netherlands
Pilot testing of instruments to measure physical fitness

Mentoring of Undergraduates

- 2018 University of Illinois at Chicago

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

Teaching experience

Fall 2018 KN152 Introduction to Exercise Science and Health, University of Illinois at Chicago, Chicago, IL, 3 credit hour lecture course, with laboratory. Enrollment: 100 students, co-supervision of 4 teaching assistants.

Guest lectures

- 2021 UNLV OCT 722 “Autonomic Nervous System” Oct 27th and Oct 29th .
- 2021 UNLV DPT 732 Therapeutic Exercise “Intellectual Disability and Down syndrome’ April 7th
- 2021 UNLV NIPM Spring Seminar “Cardiovascular Physiology in Down syndrome” Feb 4th
- 2020 UNLV OCT 722 “Autonomic Nervous System” Sept 21st and Sept 23rd.
- 2020 UNLV HSC 710 Seminar “All Over The Place: Horizontal and Vertical Interdisciplinary Research” Sept 16th.
- 2018 Workshop on Systematic Literature Search in Pubmed: Integrative Physiology Laboratory at University of Illinois at Chicago (24th of May)
- 2018 KN 200, Statistical Methods in Kinesiology and Nutrition, *Normal probability distributions*: University of Illinois at Chicago, (28th of February)
- 2018 Lecture on advanced statistics: Integrative Physiology Laboratory at University of Illinois at Chicago (1st of February)
- 2016 DHD 101, Disability and Human Development, *Physical Activity, Fitness and Health in Older Adults with Intellectual Disabilities: Epidemiology, Interventions and Exercise Physiology*: University of Illinois at Chicago (4th of February)
- 2016 Two lectures on advanced statistics: Integrative Physiology Laboratory at University of Illinois at Chicago (1st of September 2015 and 30th of October)
- Several guest lectures on Physical Activity and Disability: Universities of Applied Sciences in The Netherlands, Hogeschool Utrecht, Hogeschool InHolland Haarlem, Hanzehogeschool Groningen (2012, 2013, 2014)
- ‘Science meets practice’-Day: Intellectual Disability Medicine students, Erasmus MC (2009, 2011, 2014)
- Series of Master Human Movement Sciences classes ‘Intervention studies and ageing’, lecture *Physical activity and fitness interventions in ageing people with intellectual disabilities*: University MC Groningen (2008, 2009, 2010, 2011).