

Vanessa De Rubeis

McMaster University

PhD Candidate



Fun facts

- I've been watching Grey's Anatomy since 2005
- I have three sisters
- I LOVE coffee

About me

I am a second year PhD candidate in the Health Research Methodology program at McMaster University. Prior to beginning my PhD, I worked as a Research Coordinator for just under 2 years at McMaster University in the Department of Health Research Methods, Evidence and Impact.

I completed my Master of Public Health at Queen's University, where I also completed a 4-month practicum placement at Public Health Ontario in Toronto, ON.

Before my masters, I obtained my Bachelor of Science in Health Studies with a minor in gerontology at the University of Waterloo.

Career development

Following my PhD, I hope to pursue a career as an independent scientist in the area of life course epidemiology, and a leader in promoting health at the population-level, with a specific focus on the aging population. I hope to be able to lead and intuitively design projects based on my own unique ideas.

Current research

For my thesis, I will be working under the supervision of Dr. Laura Anderson using data from the Canadian Longitudinal Study on Aging (CLSA). My work will focus on understanding the impact of early life adversity on obesity in adulthood. Applying the Developmental Origins of Health and Disease (DOHaD) framework, I will also explore the mechanistic pathways which lead to the development of obesity during older adulthood, including different nutritional pathways or accumulated stress.

I will also be working on a project with the Public Health Agency of Canada (PHAC), where we will be exploring the impact of stress related to the COVID-19 pandemic among adults in the CLSA.

Goals for SPA

- To develop methodological expertise in conducting research using longitudinal studies, such as the CLSA
- To develop skills in grant writing and peer review
- To meet researchers and trainees across disciplines, sectors, and institutions who share an interest in aging research

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