



The American College of Sports Medicine® (ACSM) is pleased to confer upon Ulf Ekelund, Ph.D., FACSM, a 2020 ACSM Citation Award for his significant contributions to the fields of sports medicine and exercise science.

Dr. Ekelund earned an M.S. in physical education and biology from Örebro University in Sweden in 1986, an M.S. in preventive medicine from Karolinska Institutet in 1993, and a Ph.D. in medical nutrition from the same in 2002.

A professor of physical activity and health at the Norwegian School of Sports Sciences and researcher at the Norwegian Public Health Institute, Dr. Ekelund became an ACSM fellow in 2013. His research interests include physical activity (PA) and sedentary time, as well as PA at the population level, and his research experience ranges from working as a co-primary investigator on the European Heart Study to primary investigator for International Children Accelerometer database (ICAD), the world's largest pooled database of youth physical activity.

Dr. Ekelund has served as ACSM international treasurer and a member of the college's board of trustees. He was also associate editor for *Medicine & Science in Sports and Exercise*® from 2014 to 2017. He has received numerous awards and honors, including ACSM's New Investigator Award and the British Nutrition Society Silver Medal for Excellence in Science, and had a paper named "The Most Impactful Publication in Lifestyle and Cardio-metabolic Health in 2016" by the American Heart Association.

Dr. Ekelund served as first editor for the *British Journal of Nutrition* and *The Journal for Physical Activity and Health*. Ekelund has been an advisor for and member of myriad committees and organizations, including the International Olympic Committee in multiple capacities, the World Health Organization Physical Activity Guidelines Advisory Group, the Canadian Society for Exercise Physiology and the UK Department of Health Expert Group on Sedentary Behaviour and Obesity, among others.

According to former ACSM Trustee and Vice President Dr. Gregory H. Heath, FACSM, FAHA, who nominated him for this award, Dr. Ekelund's "contribution to the fields of physical activity, public health, and exercise science have been outstanding. He has published more than 420 peer-reviewed manuscripts, the majority in high-impact journals. His H-Index is 88 with an index of 67 over the past 10 years, with 25 first author papers to his credit."

Dr. Heath continues, "Finally, Ulf not only exhibits excellence as a scientist and committed research collaborator, but he is also a conscientious human being who



expresses through both word and deed his deep concern for the health and wellbeing of all people. His soft-spoken nature and willingness to partner in both community and research projects by leading through example is the epitome of servant-leadership.”

It is with great honor and appreciation that ACSM presents Dr. Ekelund with a 2020 ACSM Citation Award.