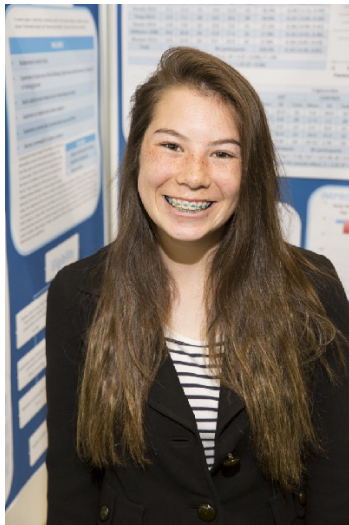


# CWSF 2015 - Fredericton, New Brunswick



## Emily Mittertreiner

### The Every-Other-Day Diet

**Challenge:** Health

**Category:** Intermediate

**Region:** Greater Vancouver

**City:** Vancouver, BC

**School:** Prince of Wales Secondary

**Abstract:** The objective was to conduct a meta-analysis on randomized controlled studies that compare the effects of an alternate-day fasting (ADF) diet to a control (usual diet) in adults who are overweight or obese. My meta-analysis of 206 participants over six studies determined that ADF is an effective method to lose weight and prevent heart disease by decreasing body mass, cholesterol, blood pressure, and fasting glucose.

#### Biography

Emily is a Grade 9 student at Prince of Wales Mini School in Vancouver, BC. She has hobbies ranging from creative writing, to music, to sports, and can play piano, acoustic guitar, and electric bass. She also loves to play volleyball, soccer, golf, softball, and All-star cheer, and her love of sports was what piqued her interest in nutrition and dieting. After learning that 1 in 4 Canadians are obese, costing the Canadian healthcare system over 5 billion dollars per year, Emily was inspired to pursue her science fair idea, Alternate-Day Fasting, in hopes that her discoveries would uncover new information regarding dieting and fasting. Emily encourages other students hoping to succeed in science fair to find a topic that they truly enjoy learning about. When not working on science fair, Emily can be found volunteering for the Heritage Fairs Society, raising money for causes close to her heart, playing sports and music, or campaigning against coal exports and climate change with her fellow youth environmentalists.

#### Awards

#### Value

Statistical Society of Canada and Biostatistics Section Award Intermediate Sponsor: Statistical Society of Canada and Biostatistics Section	\$750
Excellence Award - Intermediate - Bronze Medal Sponsor: Youth Science Canada	
Western University Scholarship Bronze Medallist - \$1000 Entrance Scholarship Sponsor: Western University	\$1 000
<b>Total</b>	<b>\$1 750</b>