

Kim Gans, Ph.D., M.P.H.

Professor, Human Development & Family Studies at University of Connecticut
Storrs, CT, US

Dr. Gans research focuses on interventions in community-based settings with diverse populations.

Biography

Dr. Gans research focuses on interventions in community-based settings with diverse populations to improve eating habits, increase physical activity and prevent/control obesity. She has created innovative health communication technologies to change behavior and she studies interventions to improve home, work and neighborhood environments and how these interventions interface with behavior change interventions to enhance obesity prevention. Another emphasis is on translational research to study the dissemination of effective interventions to various community and clinical settings. Her current research includes two NCI-funded studies using mobile produce markets and educational programs to increase fruit and vegetable consumption in worksites and subsidized housing sites; an NIDDK-funded study examining the effectiveness of a tailored lifestyle intervention in obese adults; a Tufts Health Foundation grant to improve the nutrition and physical activity of older adults in an assisted living community; a Robert Wood Johnson Foundation grant to disseminate a physical activity training program to physical education teachers; an NHLBI grant to improve the environments of family child care homes to reduce childhood obesity; and a community-based participatory research planning grant from NICHD to reduce childhood obesity in Providence.

Areas of Expertise

Health Literacy?, Dietary Assessment, Physical Activity, Healthy eating/nutrition, Obesity Prevention and Treatment

Education

University of Rhode Island
Ph.D. Biological Sciences

University of North Carolina
M.P.H. Nutrition

Duke University
B.S. Biology

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