

Dianne Neumark-Sztainer, PhD, MPH, RD,

is Mayo Professor and Division Head in the Division of Epidemiology and Community Health, [School of Public Health, University of Minnesota](#).

Her research is aimed at understanding and preventing a broad spectrum of eating and weight-related problems including poor dietary intake, eating disorders, unhealthy weight control behaviors, body dissatisfaction and obesity.

She has served as Principal Investigator and Co-Investigator for both epidemiologic and intervention studies funded by the National Institutes of Health and various other organisations. Her research has been recognised with awards from the Academy for Eating Disorders, the National Eating Disorders Association, and the Eating Disorders Coalition.

Dianne has published over 450 articles in peer-reviewed scientific journals and a book for parents of adolescents entitled: *I'm, like, SO, fat! Helping your teen make healthy choices about eating and exercise in a weight-obsessed world.*

Current research interests include investigating the potential for the practice of yoga as a tool to address eating disorders and relevant risk factors. Dr Neumark-Sztainer is a certified yoga instructor, has taught therapeutic yoga to individuals with eating disorders, and is studying the impact of yoga on body image and weight status.