

Dr Rebecca Puhl is Professor of Human Development and Family Studies at the University of Connecticut, and the Deputy Director of the [Rudd Center for Food Policy and Obesity](#). Dr Puhl leads research and policy efforts aimed at reducing weight-based discrimination, stigma, and victimisation.

Dr Puhl received her PhD in Clinical Psychology from Yale University. She has conducted research on weight stigma for over 16 years and has over 100 publications on topics including weight-based bullying in youth, the impact of weight stigma on emotional and physical health, weight stigma in health care and the media, and interventions and policy strategies to reduce weight-based bullying and discrimination.

As a national research expert on weight bias, Dr Puhl has testified in state legislative hearings on weight discrimination and routinely provides expertise on strategies to reduce weight bias to national and international health organisations. She has also developed evidence-based trainings to reduce weight stigma in health care that have been implemented in medical facilities across the US, and her work is routinely cited in the national media.