

Helen Thompson, MA, RD, CDE

As the Program and Research Liaison for the University of Colorado Health Sciences Center, Center for Human Nutrition, Helen assists the Center director in spanning the boundaries between scientific and translational research. Working under Dr. Jim Hill, she is implementing Colorado on the Move, a statewide initiative to combat obesity and obesity related diseases. She has been working in the past several years to create community partnerships in diabetes and has now transferred this work to obesity. Helen spent most of her 25 year career in nutrition as a clinical dietitian specializing in outpatient and home care services.

Through an interest in bringing Colorado on the Move to the Stapleton area, she began partnering with other interested parties in developing a more comprehensive approach at Stapleton and was instrumental along with key partners in forming the Active Living Partnership at Stapleton. A major focus of her work is now promoting environmental and policy changes to facilitate active living and healthy eating.