

Dr. Rebecca Mullis is Professor and Head of the Department of Foods and Nutrition at the University of Georgia. Her teaching expertise is nutrition intervention. Dr. Mullis serves as Co-Director of the Georgia Center for Obesity and Related Disorders (GCORD), a UGA-Medical College of Georgia collaborative project. Dr. Mullis' research interests include developing intervention approaches for individuals, groups and populations. Her areas of interest include both clinical and community-based programs for obesity prevention, chronic disease risk reduction and health promotion. Dr. Mullis is particularly interested in policy and environmental approaches to reducing obesity, diabetes and cardiovascular disease. Currently she is involved in projects related to these interests: (1) Wilkes Wild About Wellness in Washington, Georgia: a community/university partnership to reduce obesity at the community level; (2) She is Principal Investigator on the Creating Healthy Generations project which targets low-income African American (AA) families to increase fruit and vegetable consumption and physical activity in an urban school system; (3) She is Principal Investigator of a pilot study to test a culturally appropriate nutrition theater production, Lil' Red Ridin' Thru 'Da Hood, to determine if theater is an effective way of conveying messages about healthy eating and physical activity to low-income African-American children in school-based settings; and (4) She developed the Wellness First project, which trains community health and family professionals to convey nutrition and exercise knowledge skills and behaviors to low income, predominately AA adults in rural areas. All of these projects involve partnerships and collaborations with a variety of groups.