



Health & Medicine:

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Dr. Stewart received a Bachelor of Science in Psychology from Florida State University in 1996 and a Ph.D. in Clinical Psychology from Louisiana State University in 2002. She completed a residency in clinical psychology at the Medical University of South Carolina in 2002. She served as a director of the Our Lady of the Lake Regional Medical Center (LOL) inpatient unit eating disorders program from 2002-2004. Dr. Stewart is currently an Associate Professor at Pennington Biomedical Research Center (PBRC) in Baton Rouge and is a licensed clinical psychologist in the state of Louisiana. She is Director of the *Behavior Technology Laboratory: Eating Disorders and Obesity*, at PBRC. She has a research program that focuses on body image, eating disorders, and obesity, with a focus on the assessment, treatment, and prevention of these issues. With the dawn of new e-health technologies and population health research models to reach communities who do not have access to or who are unable to participate in clinical programs and/or healthcare, Dr. Stewart has been a pioneer in the development and testing of e-health technologies and community-based programs in order to disseminate prevention and treatment efforts to large populations.

She has spearheaded unique, large, multi-site prevention studies that have included the development and deployment of novel approaches for health behavior change. This work has attracted multi-million dollar grant funding from the National Institutes of Health and the Department of Defense to:

- Develop and test programs and technologies designed to improve nutrition, fitness, and sleep of U.S. Army Soldiers and their family members, including active duty, reserves, and national guard across the U.S.
- Develop/test programs designed to improve body image, nutrition, and eating disorders in female collegiate athletes across the U.S.

- Develop/test programs designed to prevent unhealthy weight gain in children and adolescents across the state of Louisiana
- Develop/test cutting edge programs and technologies to assess and treat body image disturbance in women
- Conduct studies to investigate the relationship between eating behaviors, e.g. binge eating, and genetics and studies to investigate the impact of mindfulness on body image and health behaviors in women

Dr. Stewart's academic research on health behaviors related to body image, eating disorders, obesity, and women's health has not only led the way for further research; it has also attracted investors and capital to form an assessment, prevention, and treatment enterprise which employs state-of-the-art methods to improve the health of individuals and communities. To this end, in the private sector, she is Founder and Chief Scientific Officer (CSO) of Body Evolution Technologies Inc., a venture capital-funded entrepreneurial project based on scientific discoveries at PBRC and other universities across the country. Through her company, Dr. Stewart is dedicated to taking e-health assessment, prevention, and treatment programs and technologies from the lab bench to the community at large, especially among young women as they face enormous pressures concerning body-image, weight, eating behavior, and self-esteem. This venture transfers evidence-based (established in science) prevention and treatment approaches to mainstream tools and learning programs that include digital media applications and health e-games (e.g. Internet, Smartphone, iPad apps) that target body image, eating disorders, and obesity in adults and children.

Dr. Stewart is adamant that having an "ideal" body does not equal health and/or happiness. She has dedicated her life and career to helping individuals understand that healthy bodies fall within a very wide range of shapes and sizes- as echoed by her mantra- A healthy body IS an ideal body.