

# About the Authors



**Lillian W.Y. Cheung, DSc**, is a lecturer and director of health promotion and communication in the department of nutrition at the Harvard School of Public Health. She was the coprincipal investigator for the original *Eat Well & Keep Moving* controlled trial in Baltimore Public Schools, the curriculum of which became the foundation for the first edition of this book. She was the principal investigator for the *Qualitative Study of the School Health Index*, funded by the Centers for Disease Control and Prevention. As a registered dietitian and a DSc in nutrition, she has more than 20 years of experience promoting healthy eating and physical activity to the public, with a special emphasis on children.

Dr. Cheung is editorial director of the Nutrition Source Web site at the Harvard School of Public Health and is coauthor of *Be Healthy! It's a Girl Thing: Food, Fitness, and Feeling Great*, a book for girls aged 9 to 13 that promotes a healthy lifestyle. She was also coeditor of *Child Health, Nutrition, and Physical Activity* (1995). In her leisure time, she enjoys gardening, yoga, cooking, meditation, and chi gong.



**Hank Dart, MS**, is a health communications consultant who works in prevention and control for the Siteman Cancer Center at Washington University School of Medicine. He has worked for nearly 20 years in health communication and health education, both on the federal level and in academia. He managed the education component of the *Eat Well & Keep Moving* study, and he developed all the educational materials for the program. He also managed the development of the popular health risk assessment Web site *Your Disease Risk*, and he coauthored a book titled *Healthy Women, Healthy Lives*. In his spare time, he enjoys trail running, Nordic skiing, and “writing mediocre poetry.”



**Sari Kalin, MS**, is a program coordinator in the department of nutrition at Harvard School of Public Health, where she manages the Nutrition Source, a Web site that explores the latest science on healthy eating. A professional writer and editor for more than 15 years, she recently contributed to a forthcoming textbook for graduate students, *Nutrition in the Lifecycle: An Evidence-Based Approach*. She was the 2006 recipient of a Schweitzer fellowship to work with Operation Frontline in Boston, where she taught nutrition and cooking classes to adults and youth in underserved communities. She enjoys gardening, fitness walking, cooking healthy foods, and playing jazz piano.



**Steven L. Gortmaker, PhD**, is a professor of the practice of health sociology at the Harvard School of Public Health, where he has been a faculty member for 30 years. He directs the Harvard School of Public Health Prevention Research Center, whose mission is to design, implement, and evaluate programs that improve physical activity and nutrition, reduce overweight, and decrease chronic disease risk among children. He was the coprincipal investigator for the original *Eat Well & Keep Moving* controlled trial in Baltimore Public Schools, and he has more than 120 research publications to his credit. He helped develop the first school curriculum that proved, through a randomized controlled trial, to reduce obesity prevalence among girls. This middle school curriculum—*Planet Health*—focuses on improving diet, increasing physical activity, and reducing television viewing. He enjoys playing sports with his family, golfing, playing tennis, hiking, and reading.