

# Kim Gans

Professor

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## Research Overview

Dr. Gans research focuses on interventions in community-based settings with diverse populations to improve eating habits, increase physical activity and prevent/control obesity. She has created innovative health communication technologies to change behavior and she studies interventions to improve home, work and neighborhood environments and how these interventions interface with behavior change interventions to enhance obesity prevention. Another emphasis is on translational research to study the dissemination of effective interventions to various community and clinical settings.

Her current research includes an NHLBI grant to improve the environments of family child care homes to reduce childhood obesity; an NHLBI grant to increase physical activity in Latino men; a seed grant with UConn Dental to conduct formative research to create interventions for childhood obesity and dental caries prevention in dental practices in CT; and an academic-community partnership seed grant with Ready to Learn Providence to conduct formative research with Latino mothers and fathers of preschool children to inform future childhood obesity interventions. She is also currently Co-Investigator on six grants.

## Kim's research interests include:

- Healthy eating/nutrition
- Obesity prevention and treatment
- Physical activity
- Community-engaged research
- Innovative technology for behavior change
- Interventions in child care settings
- Worksite, school and home-based interventions
- Low income and ethnic minority populations
- Food environments/food access
- Translational/dissemination research
- Health literacy
- Physician education/training
- Dietary assessment

## Education

Duke University, Biology, B.S., 1983

University of North Carolina, Nutrition, M.P.H., 1985

University of Rhode Island, Biological Sciences (Nutrition), Ph.D., 1992

## Selected Publications since 1999

- [Gans KM](#), Lovell HJ, Fortunet R, McMahon C, Carton-Lopez S, Lasater TM. Implications of qualitative research for nutrition education geared to selected Hispanic audiences. *J Nutr Educ*. 1999;31(6):331-338.
- [Gans KM](#), Hixson ML, Eaton CE and Lasater TM. Rate Your Plate: An eating pattern assessment and educational tool for blood cholesterol control. *Nutr Clin Care*. 2000;3(3):163-169, 177-178.
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- [Gans KM](#), Ross E, Barner CW, Wylie-Rosett J, McMurray J, Eaton C. REAP and WAVE: new tools to rapidly assess/discuss nutrition with patients. *J Nutr*. 2003 Feb;133(2):556S-62S. Review. PubMed PMID: 12566502.

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- Strolla LO, [Gans KM](#), Risica PM. Using qualitative and quantitative formative research to develop tailored nutrition intervention materials for a diverse low-income audience. *Health Educ Res.* 2006 Aug;21(4):465-76. Epub 2005 Nov 22. PubMed PMID: 16303783.
- Fitzgibbon M, Gans KM, Evans WD, Viswanath K, Johnson-Taylor WL, Krebs-Smith SM, Rodgers AB, Yaroch AL. Communicating healthy eating: lessons learned and future directions. *J Nutr Educ Behav.* 2007 Mar-Apr;39(2 Suppl):S63-71. PubMed PMID: 17336811.
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- Sheldon M, [Gans KM](#), Tai R, George T, Lawson E, Pearlman DN. Availability, affordability, and accessibility of a healthful diet in a low-income community, Central Falls, Rhode Island, 2007-2008. *Prev Chronic Dis.* 2010 Mar;7(2):A43. Epub 2010 Feb 15. PubMed PMID: 20158971; PubMed Central PMCID: PMC2831797.
- Mello JA, [Gans KM](#), Risica PM, Kirtania U, Strolla LO, Fournier L. How is food insecurity associated with dietary behaviors? An analysis with low-income, ethnically diverse participants in a nutrition intervention study. *J Am Diet Assoc.* 2010 Dec;110(12):1906-11. PubMed Central PMCID: PMC3005628.
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- Marcus BH, Dunsiger SI, Pekmezi DW, Larsen BA, Bock BC, [Gans KM](#), Marquez B, Morrow KM, Tilkemeier P. The Seamos Saludables study: A randomized controlled physical activity trial of Latinas. *Am J Prev Med.* 2013 Nov;45(5):598-605. doi:10.1016/j.amepre.2013.07.006. PubMed PMID: 24139773.
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- [Gans KM](#); Gorham G; Risica PM; Dulin-Keita A; Dionne L; Gao T; Peters S; Principato L. A multi-level intervention in subsidized housing sites to increase fruit and vegetable access and intake: Rationale, design and methods of the 'Live Well, Viva Bien' cluster randomized trial. *BMC Public Health*. 2016:June. 16:521, PMID: [27353149](#), PMCID: [PMC4924350](#)
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## **BOOKS AND BOOK CHAPTERS**

- Lasater TM, Gans KM. Church-Based Interventions. In NB Anderson (Editor), *Encyclopedia of Health and Behavior*. Vol. 1. Sage, 2004.
- Gans KM, Eaton CB. Chapter 16: Cultural Influences. In: *The Complete Guide to Nutrition in Primary Care*. Editors: Deen D Jr. and Hark LA. Blackwell Publishing. 2007, ISBN# 1405104740.
- Gans K, Drenner K, Gorham G. Nutrition Counseling in a Busy Office Practice. In: Rippe JM, editor. *Lifestyle medicine*. 2nd ed. Boca Raton: CRC Press; 2013. p. xli, 1588 p. ISBN-13:978-1439845424.