

Gary Miller

Associate Professor of Health and Exercise Science at Wake Forest University
Winston-Salem, NC, US

Miller's research considers healthy behavioral lifestyle changes of nutrition and physical activity.

Biography

Recent reports indicate that the number of states with an obesity rate of 30 percent or more has tripled since 2007, and the Obama administration and public health officials are making nutrition and exercise a priority. Gary Miller's research considers both healthy behavioral lifestyle changes of nutrition and physical activity as well as bariatric surgery interventions in obesity and weight loss. Most of his work focuses on older adults, although he also works with children in community-based programs, such as supermarket health tours for school-aged children and intervention programs promoting healthy eating and physical activity targeting at-risk families.

In early 2008 he completed a study investigating the impact of gastric bypass weight loss surgery on body composition changes, physical function and inflammatory markers. Miller has published in the leading peer-reviewed journals in his field of study, including American Journal of Clinical Nutrition, Obesity, International Journal of Obesity, Journal of Nutrition Health and Aging, Journal of Gerontology, and the Journal of the American Geriatrics Society.

Areas of Expertise

Obesity, Childhood Obesity, Weight Loss, General Nutrition, Physical Activity, Bariatric Surgery, Exercise Effects, Dietary Intervention, The Role of Leptin in Obesity, Nutrition in Health and Disease, Lifestyles and Diseases, Advanced Exercise Physiology, Culture and Diet, Inflammation and Disease

Education

University of California, Davis
Ph.D. Nutrition Sciences

Kansas State University
M.S. Kinesiology and Exercise Science

The University of Kansas
B.S. Pharmacy

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