

Loureen Smart Downes, Ph.D.

Expert in healthy lifestyle behaviors at Florida Gulf Coast University

Fort Myers, FL, US

Loureen Downes researches physical activity, nutrition and chronic disease prevention.

Biography

Dr. Loureen Downes is an associate professor and the founding program director of the Doctor of Nursing Practice Program at Florida Gulf Coast University. She is a board-certified family nurse practitioner specializing in lifestyle behaviors and chronic disease prevention. She has over 35 years of nursing experience in a variety of clinical settings, including primary health care, emergency department, cardiac rehabilitation, critical care and cardiac catheterization, including 24 years of experience in nursing education. Dr. Downes maintains a clinical practice as a primary care nurse practitioner. Dr. Downes' research focuses on the prevention and management of chronic diseases such as type-2 diabetes with an emphasis on nutrition and physical activity. She developed an instrument Motivators and Barriers of Healthy Lifestyle Behaviors Scale which has been used nationally and internationally. She is the author of several peer-reviewed articles and has presented regionally, nationally and internationally at professional conferences on topics related to lifestyle behaviors.

Areas of Expertise

Lifestyle Medicine, Nutrition, Disease Prevention, Type 2 diabetes and diabetes self-management education

Affiliations

American Association of Nurse Practitioners : Fellow, Advanced Registered Nurse Practitioner : Florida License, Family Nurse Practitioner : ANCC Certification, American College of Lifestyle Medicine : Certified Diplomate, American College of Lifestyle Medicine Advanced Practice Nurse/Registered Nurse Member Interest Group : Secretary, Family Health Centers of Southwest Florida, Inc. : Chair, Credentialing Committee, American College of Lifestyle Medicine : Member, Florida Nurse Practitioner Network : Member, Sigma Theta Tau International Nursing Honor Society, Tau Zeta Chapter : Member, American Association of Nurse Practitioner Formerly American Academy of Nurse Practitioners : Member, National Organization of Nurse Practitioner Faculties : Member, Southern Gulf Coast Nurse Practitioner Council : Member

Selected Event Appearances

Effects of low-cost evidence-based nutrition programs on obesity in a worksite wellness initiative
Sigma's 30TH International Nursing Research Congress

A Pilot Nutrition Intervention for University Employees: Are You Eating Enough to Lose Weight?
4th National Building Health Academic Communities Summit Conference

An interdisciplinary community-based pilot nutritional education program in a minority population

National Institute of Nursing Research 30th Anniversary Scientific Symposium

Education

University of Connecticut

Ph.D. Nursing

Florida Atlantic University

M.S. Nursing

Southern Adventist University

B.S. Nursing

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