

Dr. Sarah Woodruff is an Associate Professor in the Department of Kinesiology at the University of Windsor and an Adjunct Professor in the School of Public Health and Health Systems at the University of Waterloo. She is a multidisciplinary researcher who strives to advance the knowledge surrounding nutrition, physical activity, and lifestyle behaviours among Canadian children and adolescents. She is currently evaluating several school snack programs and girls-only physical activity programs in partnership with various public health units in Ontario, Leadership Advancement for Women and Sport (LAWS), and the Victoria Order of Nurses. She has also partnered with the Healthy Active Living and Obesity Research group at the Children's Hospital of Eastern Ontario and Mitacs and is working on a National project that's measuring physical literacy in children in the Windsor-Essex area that will help to create a national database for future reference. Finally, she has been investigating various social media behaviours and health outcomes, including athlete self-presentation, self-esteem, body image, and eating behaviours.