

Dr Paula Dworatzek is Chair and Associate Professor in the School of Food and Nutritional Sciences at Brescia University College, an affiliate of Western University. Dr. Dworatzek is also a Registered Dietitian with practical experience in community settings. As an academic she has been involved in the development of Clinical Practice Guidelines for the Prevention and Management of Diabetes, and Recommendations for Nutrition Best Practice in the Management of Gestational Diabetes in Canada. Her research interests include the prevention of obesity and chronic disease through nutrition education and policy, and she is particularly interested in the school food environment. She has developed a methodology for direct food observation in the elementary school setting and has investigated children's food intake in elementary schools on the Balanced School Day vs. the Traditional Schedule. She is also interested in the development of food skills in youth and has co-developed the FRESH (Food Resources and Education for Student Health) peer nutrition education program at Western University. She received a Dietitians of Canada Member Recognition Award for Education in relation to the experiential learning pedagogy utilized by the FRESH program.