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Dr. Kathryn Henderson is Director of School and Community Initiatives at the Rudd Center for Food Policy and Obesity at Yale University; she has been with the Rudd Center since its inception in 2005. Dr. Henderson's research currently focuses on environmental and policy changes to improve the nutrition and physical activity environment in school and childcare settings, and on development and dissemination of clear messages to aid families in making positive nutrition changes. Dr. Henderson has published on the topics of obesity, environmental contributors to obesity, the prevention and treatment of childhood obesity, weight loss surgery, weight bias and stigma, and eating disorders. She has been invited to present on these topics to a wide range of academic, professional, and community groups. Dr. Henderson also has many years of experience treating clinical eating disorders and obesity in children and adults, and served as the Clinical Director of the Yale Center for Eating and Weight Disorders from 2003 - 2008.