

Dr. Kristin I. Stanford received her B.S. and M.S. at Indiana University in Exercise Physiology and then went on to receive her Ph.D. at the University of California, San Diego in Biomedical Sciences. She completed her postdoctoral training at the Joslin Diabetes Center / Harvard Medical School in Integrative Physiology and Metabolism. She is currently a Professor in the Department of Surgery at The Ohio State University Wexner Medical Center and Associate Director of the Davis Heart and Lung Research Institute and the Diabetes and Metabolism Research Center. The overall focus of her research is to determine the novel molecular mechanisms of exercise that improve metabolic and cardiovascular health by addressing two major aspects: 1) To determine exercise-induced adaptations to white and brown adipose tissue; and 2) to ascertain the effects of parental exercise on the metabolic health of offspring.