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Created: April 2024

Across the lifecycle, health prevention and promotion programs have critical windows of opportunity to overcome barriers to successful implementation and positive outcomes. By understanding holistic socio-ecological models with cultural humility, we can develop tailored, adherent, sustainable solutions for nutrition-related chronic diseases, including obesity.



Keywords

Childhood obesity, dietary patterns, healthcare access, culturally tailored care, implementation science, inclusive cuisine, personalized nutrition, [first 1000-days](#)

Research Interests

- Implementation of science, determinants of health, and health outcomes
- Family-based health prevention programs for underserved populations
- Culturally inclusive dietary practices and healthcare education to improve adherence, sustainability, and positive health outcomes
- Enhance models in healthcare accessibility, health prevention, and promotion to reach health justice

Current Projects

- [STRONG kids-2](#) longitudinal birth cohort study (gene-environment factors)
- Cultural Adaptations to Improve Metabolic Health Outcomes in Mexican Adults ([MEXIMEDI](#) diet) and Obesity Prevention ([Abriendo Caminos](#))
- Support Personalized and Inclusive Cuisines in Environments ([SPICE](#)) for Healthcare
- Rural and Statewide initiatives for enhanced healthcare access to integrated services and [tailored educational resources](#)

Interest Areas for Collaboration/Future Work

Dr. Teran is interested in collaborating with various scientists to improve data set management and explore cohort outcomes on diet intake and genetic and epigenetic biomarkers. She aims to disseminate the impact of work among stakeholders and healthcare providers to improve the quality of care.