

RMACSM Candidate for President-Elect



Margaret Harris, PhD

Margaret Harris, PhD MS HC is an Associate Professor in the Department of Health Sciences at the University of Colorado Colorado Springs. She received a BS in Chemistry from Binghamton University (State University of New York), an MS in Epidemiology from the University of Virginia (Charlottesville), a PhD in Nutrition (with an emphasis in Obesity Epidemiology) from the University of North Carolina at Chapel Hill, Gillings School of Global Public Health and completed her post doc in body composition and nutrition at the University of Arizona. She also received her Health Coaching certification from the Institute of Integrative Nutrition in 2011. In her previous employment with the University of Arkansas Cooperative Extension Service, she provided oversight to the state's health programs which focused on physical activity, dietary supplement and pharmaceutical safety usage, indoor health quality, and a nutrition education health program in children. She was also a representative member on the Statewide Children's Health Advisory Committee under Act 1220 of Arkansas, a legislative initiative to reduce obesity in children. Although working in obesity research for over 20 years, Dr. Harris switched her research emphasis upon coming to Colorado in 2011 to the dietary supplement realm, particularly the study of functional foods and herbal therapies. She is a new member of ACSM and also an existing member of the American Herbalist Guild (AHG), American Botanical Council (ABC) and the Society for Nutrition Education and Behavior (SNEB).