Health and well-being are top issues of concern among Utah citizens and leaders, but finding reliable perspectives on these key issues can be challenging. As the state’s only land-grant institution, Utah State University has a mandate and responsibility to share data-driven discoveries with the general public. At Blue Plate Research you’ll receive tools and insights that are real and usable. For more information, see Blue Plate Research.

On Wednesday, January 13, 2021, the department of Kinesiology and Health Sciences’ own Dr. Maya Miyairi Steel, Dr. Dale Wagner, and Dr. Gabriele Ciciurkaitė presented a virtual Blue Plate Research event entitled Understanding Obesity: New insights into body fat measurement, disordered eating, and external factors.

Blue Plate Research is an event series from Utah State University that focuses on sharing easy-to-understand well-being research with Utah health advocates, statewide stakeholders and the public. The events are hosted virtually, with a presentation on YouTube that features our presenters sharing their research and how it’s applicable to the everyday lives of people in Utah, followed by a live question and answer session with those presenters hosted on Zoom.
Dr. Gabriele Ciciurkaitė  
Assistant Professor of Sociology  
Department of Sociology, Economics, and Anthropology

Blue Plate Research Presentations - Understanding Obesity

Dr. Gabriele Ciciurkaitė

"Health is no just an individual responsibility. Disharmonies that we make today may lead our future selves to be physically unwell and to choose the right foods."

View the rest of the Blue Plate Handbook, for more information.