October 2020 Faculty Spotlight

10/22/2020

Dr. Julie Gast

Dr. Julie Gast is a Professor in the Department of Kinesiology and Health Science and serves as the Director of Health Education and Promotion Master of Public Health degree. Dr. Gast’s education includes: Southern Illinois University at Carbondale, B.A. in Sociology (1989), Southern Illinois University at Carbondale, M.A. in Sociology (1991), and Southern Illinois University at Carbondale, Ph.D. in Health Education (1994) and started her appointment at Utah State University in August 1994.

Professor Gast’s research interests include:

- intuitive eating, weight bias, and disordering eating
- gender, ethnicity, and health
- Men’s health
- marriage and health
- online pedagogy and service learning

Highlighted courses instructed include: HEP2500 Health and Wellness, HEP3000 Drugs and Human Behavior, HEP4100 Foundations of Community Health, and HEP6550 Qualitative Methods for Public Health among others. Throughout her appointment at USU, Dr. Gast has received several professional experiences, awards and honors including:

- Graduate Studies Chair, (2007-2009)
- Director, Women and Gender Research Institute (2006-2009)
- EECOEHS Teacher of the year and Robins Award Finalist (2013)
- Director, Master of Public Health degree, (2017-present)
- Chair-elect, Chair and Past-chair, School Health Education & Services, Section Council, American Public Health Association (APHA) from 2013-2020
- Intersectional Council Steering Committee APHA
- UPHA Communications Unit Chair