

## Background

Dr. Fary Mahamedi Cachelin holds a BA from Stanford University and a PhD in Psychology from Harvard University. She is currently a professor and Chair in the Department of Psychology at UNC Charlotte. Her areas of research interest include clinical and health psychology, with particular emphasis on eating disorders and related obesity.

## Research

She is particularly interested in studying and understanding disordered eating, dieting, and obesity in women and men of diverse ethnic backgrounds, and in particular, the barriers to treatment and health care utilization that occur in these populations, publishing widely in these areas. Among her articles and presentations are, “Understanding eating disorders among Latinas” in *Advances in Eating Disorders: Theories, Research and Practice*, and *Ethnicity, child feeding practices, and child obesity*, presented at the American Psychological Association Annual Convention, Orlando, FL. Dr. Cachelin is the associate editor of *Behavioral Medicine*, and an editorial board member for *International Journal of Eating Disorders*, among other professional affiliations.

She continues to develop and test culturally appropriate guided self-help programs to treat binge eating and obesity in Hispanic and African American women. Her work has been funded by UNC, NIH, California State and Harvard University.

## Relevance

Dr. Cachelin comments that “The main goal of our research is to decrease eating problems and obesity in women and girls of ethnic minority populations. Eating problems and related obesity are prevalent and increasing, but women and girls of low socioeconomic or ethnic minority background do not have sufficient access to current treatments. Our research focuses on developing effective and accessible treatments for these underserved groups. Through collaboration with community healthcare partners, our aim is to improve the lives of women and girls at all socioeconomic levels through research, education and community engagement. Our hope is to improve the health and well being of ethnic minority women and girls by increasing their representation in research on eating problems and obesity and ultimately their access to affordable and appropriate treatments.”

Dr. Cachelin has been honored during International Women’s Day at UNC Charlotte for her contributions to women’s health in a global community.