

# Margarita Teran-Garcia, MD, PhD

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

## Research Interests

- Implementation of science, determinants of health, and health outcomes.
- Family-based health prevention programs for diverse 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 and well-being.

## Current Projects

- [STRONG kids-2](#) longitudinal birth cohort study (gene-environment factors), [Nurturing Foundations](#) (webinar series to educate/translate maternal health information).
- A Cultural Adaptation to Improve Metabolic Health Outcomes in Mexican Adults ([MEXIMEDI](#) diet) and Obesity Prevention (Abriendo Caminos), now [PATH](#) (Promotion and Advocacy for Transformational Health), tailored for diverse racial and ethnic family groups.
- Support Personalized and Inclusive Cuisines in Environments ([SPICE](#)) for Healthcare
- [HEALER](#)® training (Humility, Empathy, Awareness, Leverage, Empower, Reflection).
- Rural and Statewide initiatives for Enhanced Healthcare access to integrated services and tailored educational resources (Rural Health Kiosk Initiative, JUMP collaboration).

## 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 her work among stakeholders and healthcare providers to improve access, quality, and health outcomes with cultural humility.



**Abriendo Caminos**  
Clearing the Path to Hispanic Health



**Keywords:** Childhood obesity, dietary patterns, culturally tailored care, inclusive cuisine, personalized nutrition, healthcare access, lifestyle medicine, First 1000-days goals, implementation science