

Christine Wood, M.D., F.A.A.P., C.L.E.

- Board Certified in Pediatrics
- Fellow of the American Academy of Pediatrics
- Certified Lactation Educator
- Private Practice at El Camino Pediatrics since 1990
- Member of the USANA Scientific Advisory Council
- Author of ***How to Get Kids to Eat Great & Love It!***
- Development of ***Kids Weigh to Go*** Program
- Board Member San Diego County Childhood Obesity Initiative
- Domain Champion for Media and Marketing domain for the San Diego County Childhood Obesity Initiative
- San Diego State University Research Consultant
- Consultant to School Wellness Committees



Dr. Christine Wood is a practicing pediatrician in San Diego with interests in healthy nutrition for children and the environmental and nutritional impact on health and disease.

She is the author of the book, *How to Get Kids to Eat Great & Love It!* (3rd printing) and maintains two web sites at www.mykidsdoctorvisit.com and www.kidseatgreat.com. *Kids Weigh to Go* is her program targeting families with overweight children.

Dr. Wood lectures to physicians and other health professionals globally on the topic of nutritional medicine for children and speaks on healthy lifestyle practices to parents and children. Her articles have been published in *Newsweek* and *Great Life Magazine*. Her interviews have been featured in magazines including: *The Wall Street Journal*, *Parents*, *Parenting*, *Redbook*, *Fit Pregnancy*, *Family Life*, among others. She has conducted television media tours to discuss infant nutrition. As a frequent guest on radio shows and television nationwide (including *Real Savvy Moms TV* on PBS) she delivers a message about the critical need for proper nutrition and the prevention of obesity for children. She frequently appears as a nutrition expert for families on local San Diego television station KUSI.

She is the Domain Champion of the Media and Marketing committee for San Diego Childhood Obesity Initiative (www.ourcommunityourkids.org). USANA Health Sciences, an international nutritional company, chose her to serve on their Scientific Advisory Council in 1998 and she is a current member. She has been a consultant on wellness committees for local schools (Encinitas Union School District and El Cajon School District) to improve the nutrition and activity choices for students. She is a research consultant for San Diego State University with a 5-year grant (started March 2006) on targeting childhood obesity prevention in recreation centers. She graduated from the University of Michigan Medical School and completed her pediatric residency and chief residency at Children's Hospital of Los Angeles. She lives in the San Diego area with her husband and teenage son.

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