



[Sharon J. Herring](#), MD, MPH, is an Assistant Professor of Medicine, Public Health, and Obstetrics, Gynecology, and Reproductive Sciences at Temple University. She also holds an appointment as a Research Scientist at Temple's [Center for Obesity Research and Education](#). She is a board-certified internist who specializes in obesity medicine and has spent nearly a decade researching optimal strategies for the prevention and treatment of obesity. Dr. Herring's research has focused on several important lines of investigation: 1) Identifying psychological, behavioral, and social-contextual determinants of weight change among women during and after pregnancy, a critical time for women to experience - or avoid - excess weight gain and new or persistent obesity; 2) Developing, implementing, and then evaluating behavioral weight control interventions; and 3) Characterizing the role of the primary care physician in counseling about weight control. Her research is currently supported by federal, foundation, and industry grants. Dr. Herring has been recognized at both the regional and national levels for obesity-related work.