



COLLOQUIUM SERIES

Wearables and Apps for Health Behavior Change and Weight Control in Adults: The What, Why, How, and Way Forward



Friday

December

09

10 a.m. – 11:30 a.m.

Discovery 1 | Rm. 140

915 Greene Street

Courtney M. Monroe, Ph.D.

Assistant Professor

Department of Health Promotion, Education, and Behavior

Faculty-Technology Center to Promote Healthy Lifestyles

University of South Carolina

[Faculty Profile](#)

Courtney M. Monroe is an Assistant Professor in the Arnold School of Public Health and Faculty in the Technology Center to Promote Healthy Lifestyles, with an appointment in Health Promotion, Education, and Behavior at the University of South Carolina. She earned her doctorate in Kinesiology and Sport Studies from the University of Tennessee-Knoxville and is an American College of Sports Medicine Certified Exercise Physiologist. Her research focuses on how to best (1) leverage technologies to effectively promote and measure physical activity, as well as to effectively deliver behavioral weight control in adults and (2) harness the influence of social support for these purposes. Monroe has conducted randomized trials using various technologies as part of multicomponent physical activity and weight control interventions, including the Internet, smartphone apps, and wearables. She has also evaluated the efficacy of innovative, social support strategies for enhancing physical activity and weight loss outcomes.



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