

Stanford



Marily Oppezzo

Instructor, Medicine - Stanford Prevention Research Center

Bio

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Marily Oppezzo is a behavioral and learning scientist. She completed her doctorate in Educational Psychology at Stanford in 2013. She also is a registered dietitian and has her master's of nutritional science. She completed her dietetic internship at the Palo Alto Veterans Hospital, and currently consults as a sports dietitian for Stanford's Runsafe program. Her research interests leverage her interdisciplinary training, with a focus on how to get people to change to improve their health and well-being. Specifically, these areas include: using social media to motivate physical activity changes in those with or at risk for heart disease; culturally tailoring nutrition and physical activity recommendations and education materials for an Alaskan native population; how walking can be used to improve people's cognitive and creative thinking; and applying learning theories to medical education topics.

ACADEMIC APPOINTMENTS

- Instructor, Medicine - Stanford Prevention Research Center