



University of
Lethbridge

NEWS RELEASE

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Renowned researcher Dr. Catrine Tudor-Locke named 2019 Alumna of the Year

The University of Lethbridge Alumni Association (ULAA) is excited to announce Dr. Catrine Tudor-Locke (BASC (BA) '85), dean of the College of Health and Human Services at the University of North Carolina Charlotte, as the 2019 Alumna of the Year.

“Catrine is an esteemed researcher known worldwide for her work in the field of walking behaviour and an excellent example of alumni who have formed the basis for their research careers as undergraduate students at the U of L,” says Matthew McHugh, Chair of the ULAA Recognition Committee. “Her work is highly respected and she is a leader in authoring publications that advance her field of study. We’re very excited to recognize Catrine with this award acknowledging her contributions to the science of physical activity and the betterment of public health.”



Alumna of the Year – Dr. Catrine Tudor-Locke

As a leading academic researcher in the field of walking behavior, Tudor-Locke is a guiding force in the effort to tackle prominent health issues that are faced in the public sphere.

Tudor-Locke is an elected fellow to the United States’ National Academy of Kinesiology and an active member of the American College of Sports Medicine, the International Society of Behavioral Nutrition and Physical Activity and the International Society for Physical Activity and Health. Following her completion of a Bachelor of Science at the U of L, she earned a Master of Kinesiology from Dalhousie University and her doctorate in health studies and gerontology from the University of Waterloo.

Through analysis of physical activity as captured by pedometer and accelerometer-measured walking habits, Tudor-Locke's assessment of steps per day across the lifespan paints a picture of the impacts of physical (in)activity in populations. As public health problems associated with physical inactivity continue to persist, her research provides a much-needed glimpse into the data-grounded realities surrounding this issue. Her work has an important place in conversations about intervention strategies that can improve population health, especially as cases of obesity and diseases such as Type II Diabetes increase at alarming rates.

Her impressive career as a researcher includes over 280 peer-reviewed publications, more than 100 of which are with Tudor-Locke as the first author. She has presented at numerous national and international conferences and delivered more than 90 invited academic lectures worldwide.

Beyond the impressive accolades and distinctions that Tudor-Locke has earned, she actively and passionately seeks to translate her research into practical applications within communities. As a trained program evaluator and adult educator, she is able to bring the realities of her research to those that could most benefit from its findings.

Tudor-Locke will be honoured at 2019 Fall Convocation on Saturday, October 19, 2019 at 10 a.m. in the 1st Choice Savings Centre gymnasium.

To view online: <http://www.uleth.ca/unews/article/renowned-researcher-dr-catrine-tudor-locke-named-2019-alumna-year>

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