Cate Lombard

Cate Lombard is Head of the Healthy Lifestyle Program and senior research fellow with the School of Public Health and Preventive Medicine, Monash University. Cate is also a highly experienced dietitian (APD) at the Victorian and national level. She has contributed to state-wide and national nutrition and physical activity policy and programs, including contribution to the development of Lifescrpts (the national lifestyle program for GPs) and to preventive health policy and programs through senior positions with the Victorian Department of Health. A finalist in the 2012 Bupa Health Foundation Emerging Researcher of the Year award, Cate’s research focuses on preventative health particularly promoting healthy lifestyle behaviours, community-wide interventions and women’s health. A major achievement was the development of an innovative intervention to prevent weight gain for women (HeLP-her). The program was a recent recipient of a Victorian Public Healthcare gold award and is now being translated into other settings including rural women, which constitutes one of the largest prevention trials in Australia. The program has also been conducted in pregnant women and has support from the Victorian Department of Health.