



Sunflower Foundation

HEALTH CARE FOR KANSANS



Elizabeth Stewart, PhD, is responsible for the foundation's long-standing Sunflower Trails program, a statewide initiative to promote school and community-based trails in Kansas communities. In addition, she will provide leadership for expanding the "built environment" concept and future work in the area of healthy living.

Education: Doctorate of Philosophy degree in Health and Human Performance, Oklahoma State University; Master of Science degree in Exercise Science, Oklahoma State University; Post-doctoral Fellowship in Weight Management Behaviors, University of Kansas; Executive Master of Business Administration, Rockhurst University; Bachelor of Arts degree in Communications and Journalism, University of Tulsa

Background: Stewart began her career as a news producer for KOTV news in Tulsa, Oklahoma. However, the majority of her professional experience has focused on programs and research related to healthy behavior changes at the personal and public health level. While completing her graduate degrees, Stewart worked as a personal trainer, managed hospital-based wellness programs, and taught health education at the collegiate and community level. Following her fellowship, she traveled the country for three years assessing primary care efforts to implement the patient-centered medical home. During this time, Stewart witnessed firsthand the need for robust community resources as part of the overall healthcare landscape. Most recently, she served as the evaluation director of practice-based research for the American Academy of Family Physicians. Stewart is a native of Bartlesville, Oklahoma and enjoys daily runs, bike rides or walks around her current hometown, Lawrence.