

David O. Garcia, PhD, FACSM

Dr. Garcia is an Assistant Professor in the Mel and Enid Zuckerman College of Public Health at the University of Arizona. He has extensive experience in short and long-term intervention trials in the areas of physical activity, diet, and weight management. He received his training from leading institutions and mentors in the field. Since 2006, Dr. Garcia has worked on numerous funded research projects, including research funded by industry, National Institutes of Health (NIH) and foundations. This includes working as a lifestyle interventionist/exercise physiologist in several clinical trials with overweight and obese adults, morbidly obese adults (Class II and III obesity), and individuals with type 2 diabetes.

Since arriving at the University of Arizona, his research has focused on the development of gender and culturally-sensitive weight loss interventions for Hispanic males. To support this effort, Dr. Garcia established “Nosotros Comprometidos a Su Salud -Committed to Your Health”, a program developed to support research through community service and partnering with underserved Tucson residents. Dr. Garcia also is the Assistant Director for Community Outreach & Engagement for the University of Arizona Cancer Center. In this role, he is currently examining the burden of obesity-related disease and cancers, such as non-alcoholic fatty liver disease and hepatocellular carcinoma, in Mexican-Origin adults.