

## Professor Cynthia Bulik, Ph.D., FAED

### Distinguished Professor of Eating Disorders & Founding Director, University of North Carolina Center of Excellence for Eating Disorders & Principal Investigator, Eating Disorders Genetics Initiative, NORTH CAROLINA & SWEDEN (visiting CHRISTCHURCH)

Cynthia M. Bulik, Ph.D., FAED is Distinguished Professor of Eating Disorders and the Founding Director of the University of North Carolina Center of Excellence for Eating Disorders, and Professor at Karolinska Institutet in Stockholm, Sweden. She is also Principal Investigator of the Eating Disorders Genetics Initiative (EDGI) – the largest and most rigorous genetic investigation of eating disorders ever performed.

A clinical psychologist, Prof Bulik has been conducting research and treating individuals with eating disorders since 1982.

She received her BA from the University of Notre Dame and her MA and PhD from the University of California, Berkeley. She completed internships and post-doctoral fellowships at the Western Psychiatric Institute and Clinic in Pittsburgh, and developed treatment services for eating disorders in New Zealand and the US. Prof Bulik was a member of the Department of Psychology at the University of Canterbury between 1991-1996, where she was involved in rejuvenating the Princess Margaret Hospital Eating Disorders Program.



Prof Bulik's research includes treatment, laboratory, epidemiological, twin and molecular genetic studies of eating disorders and body weight regulation. She has active research collaborations in more than 20 countries worldwide.

She has published more than 500 papers and chapters on eating disorders, and is author of seven books, including *Crave: Why You Binge Eat and How to Stop*; *The Woman in the Mirror*; *Midlife Eating Disorders: Your Journey to Recovery*; and *Binge Control: A Compact Recovery Guide*.

Prof Bulik is the recipient of numerous awards, including the Eating Disorders Coalition Research Award, the Academy for Eating Disorders Leadership Award for Research, the Price Family National Eating Disorders Association Research Award, the Academy for Eating Disorders Meehan/Hartley Award for Advocacy and the National Eating Disorders Association Lifetime Achievement Award.

She is past President of the Academy for Eating Disorders, past Vice-President of the Eating Disorders Coalition, and past Associate Editor of the *International Journal of Eating Disorders*. She also holds the first endowed Professorship in eating disorders in the United States.

"I have dedicated my career to discovering how both genes and environment cause eating disorders. EDGI is a unique opportunity to accelerate that work to inform personalised prevention and treatment efforts. Ultimately, we want to improve lives and eliminate death in individuals with eating disorders," said Prof Bulik.

Prof Bulik is passionate about translating science for the public. She has featured in many New Zealand publications including the *New Zealand Herald*, *The Dominion Post*, the *Otago Daily Times*, *stuff.co.nz* and has been interviewed on *Newstalk ZB*. Her US TV appearances include the *Today Show*, *Good Morning America*, *CBS This Morning*, *CNN Morning*, *Katie*, *Dr. Oz*, *Dr. Phil* and *Rachael Ray*. She has been featured in many publications, including the *New York Times*, the *Washington Post*, *USA Today*, *Newsweek*, *Time*, and the *US News and World Report*.

Prof Bulik's work life is enriched by being happily married, the mother of three adult children, a gold medalist in ice dancing, and an avid ballroom dancer. Read more at [www.cynthiabulik.com](http://www.cynthiabulik.com).

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