



Sheryl O. Hughes, PhD
Professor of Pediatrics
Baylor College of Medicine

Dr. Sheryl O. Hughes is a Professor of Pediatrics at Baylor College of Medicine and a scientist at the USDA/ARS Children's Nutrition Research Center in Houston, Texas. She holds graduate degrees in Developmental Psychology from the University of Houston, Texas (MA, 1985; PhD 1986). Prior to her appointment at Baylor College of Medicine, Dr. Hughes was a Research Associate in the Department of Psychology at the University of Houston in Houston Texas.

Dr. Hughes' research focuses on the development of eating behaviors in early childhood as well the role of the family in influencing food preferences and eating habits of young children. The goal of her research is to better understand how early eating environments influence child appetite regulation, dietary intake, and health outcomes, specifically childhood obesity. Her efforts have targeted diverse, underserved populations who are at a greater risk for developing childhood obesity. Over the past two decades, she has conducted multiple federally funded observational and parent-reported studies focusing on the socio-environmental influences on the parent/child feeding dynamic in preschool aged children, including examining parental feeding styles and bi-directional influences on child eating. Her recent research has focused on the development of effective childhood obesity prevention programs targeting feeding styles and practices among families with low-income levels.

Dr. Hughes has more than 150 peer-reviewed research publications and her work has received international attention. In 2017, Dr. Hughes was invited to present her research at the International Union of Nutritional Services in Buenos Aires, Argentina. In 2018, she conducted a series of four presentations in Brazil, at the 4th International Congress Sabara of Children's Health held in Sao Paulo and at the 6th International Symposium of Pediatric Nutrology in Belo Horizonte. She is an active member of The International Society of Behavioral Nutrition and Physical Activity and the American Pediatric Society. Dr. Hughes was awarded Best Article in 2022 and Most Read Article in 2016 from the Journal of Nutrition Education and Behavior.