Research is enjoyable. The whole process—from coming up with an idea to finding the best way to present results—requires a lot of thinking and creativity. Both are skills that I like practicing and developing.

Batis’ research has shown that Mexicans who immigrate to the United States may adopt diets that raise their risk of obesity and heart disease. Hear her describe her study in a video at http://tinyurl.com/Batis-UNC.

Read more about Batis online at www.sph.unc.edu/cph.