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Kimberly K. Trout, PhD, CNM, APRN, is an assistant professor of women's health in the Department of Family and Community Health at the University of Pennsylvania School of Nursing in Philadelphia. She is committed to growing a program of research investigating the relationships among maternal nutrition, obesity, diabetes, and health disparities. Although nutrition-related issues are important for all women and infants, her research has particular contemporary relevance given the growing disparities in the incidence of gestational diabetes mellitus (GDM). She is committed to determining how best to use available evidence for women and infants in all areas of health promotion, but especially with regard to nutrition and the treatment of GDM.

Dr. Trout has been in clinical practice as a nurse-midwife at Pennsylvania Hospital in Philadelphia since 2006. Her role as clinician-educator at this site affords her the opportunity to teach midwifery, nursing, and medical students within the University of Pennsylvania Health System. She has written numerous articles and several book chapters, including the chapter on GDM in the widely used 2014 textbook *Prenatal and Postnatal Care: A Woman-Centered Approach*. In 2015, she received the Excellence in Teaching Award from the American College of Nurse-Midwives Foundation.

Diabetes Spectrum associate editor Carol J. Homko, RN, PhD, CDE, coordinated this From Research to Practice section.