

Tia Jeffery PhD, RD

Dr. Tia Jeffery is a registered dietitian/nutritionist, certified health education specialist and Assistant Professor in the Department of Health, Nursing and Nutrition within the College of Agriculture, Urban Sustainability, and Environmental Sciences at the University of the District of Columbia. She earned her BS in Dietetics from Oakwood College, MS in Human Ecology/Human Nutrition with a cognate emphasis in Exercise Science from The Ohio State University and PhD in Public Health from Walden University. Her teaching, research and practice areas include course/curriculum development, nutrition equity (food security, culturally tailored interventions and resources for chronic disease prevention and sports nutrition), integrative medical nutrition therapy, physical activity and aging, and nutrition for athletic performance/recovery. Her fascination with the role of nutrition and exercise for healing the mind, body and spirit has led her into this career path.