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As a Clinical Research Dietitian at The Ohio State University, Ashlea’s expertise relates to the use of counseling and evidence-based behavior change approaches to facilitate improvement of modifiable risk factors and compliance with evidence-based guidelines for cancer prevention and control. Her research builds on a foundation of more than five years working as a clinical dietitian in a variety of settings, including management, inpatient and outpatient, and long-term care. A key component of her expertise is the use of motivational interviewing to modify health behavior, including dietary patterns. Her expertise in this area has resulted in invitation to join the Motivational Interviewing Network of Trainers in 2020. Further, she has published her work and presented at the national, state, and local levels. She has been recognized for her contributions to science and the field of dietetics, being named a 2017 Recognized Young Dietitian of the Year, as well as being awarded the 2018 Anita Owen Award of Recognition for Innovative Nutrition Education from the Academy of Nutrition and Dietetics Foundation. Ashlea speaks on Behavior Change and Lifestyle Modification, Nutrition for Cancer Survivorship, and Nutrition Recommendations for Cancer Prevention with fun titles such as “Shopping Tips for Healthy Living” and “Food: Fast, Flavor, Facts”. Ashlea is comfortable presenting to professional and lay audiences.