

Rachel E. Scherr, PhD



Dr. Rachel Scherr is an advocate for preventing chronic disease development and progression in low-income, marginalized communities through providing evidence-based comprehensive nutrition programming.

After completing her doctoral work in Nutritional Biology at the University of California, Davis in 2011, she spent time as a postdoctoral scholar and nutrition department faculty before becoming the Director of the Center for Nutrition in Schools (CNS). With elementary schools playing a pivotal role in mitigating childhood obesity, promoting physical activity, and reducing food insecurity, the CNS team, led by Dr. Scherr, provides research-based, comprehensive nutrition programming to improve student health outcomes. In addition to achieving positive behavior change as a result of the programs, Dr. Scherr has worked to establish and maintain successful partnerships with universities across the nation, University of California Cooperative Extension, CalFresh Healthy Living UC, non-profit agencies, and school districts, among others.

Recently, Dr. Scherr has focused her research efforts on addressing food insecurity within the college student population. With such a high prevalence of food insecurity in this population, Dr. Scherr is overseeing clinical, sub-clinical, and observational research studies with the goal of developing effective intervention strategies, which will include nutrition and food literacy curricula at the collegiate level.

Dr. Scherr has authored and co-authored over 30 peer-reviewed publications and seven research-supported nutrition and food literacy curricula. She has and continues to develop nutrition fact sheets on current topics and misconceptions in nutrition for both community health professionals and consumers.