



Asma Musa

Asma Musa, RD, MPH, is a Registered Dietitian and PhD candidate whose research focuses on nutrition, prevention, and health equity across the life course.

Through her work in community, she examines how dietary patterns, food environments, and social determinants influence cognitive health, chronic disease risk, and overall well-being, with a strong emphasis on translating research into practical, culturally responsive strategies. Asma has extensive experience in community-based research, policy-informed programming, and knowledge mobilization, working at the intersection of nutrition science and lived experience.

She brings a strengths-based, prevention-focused, and equity-informed lens to her work, with a passion for making evidence-informed nutrition guidance accessible and empowering for individuals, families, and caregivers.