



Anisa Ramcharitar-Bourne, Ph.D., RDN

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Dr. Anisa Ramcharitar-Bourne is a registered dietitian nutritionist (RDN) and assistant professor of nutrition sciences at the University of New Haven (UNH). She currently teaches graduate-level courses and plays a key role in mentoring the next generation of nutrition professionals. From 2006 to 2020, she served as faculty at the University of the West Indies, St. Augustine Campus, where she completed her doctoral research on childhood obesity. With more than two decades of academic experience, Anisa integrates research, teaching, and outreach in chronic disease prevention, health promotion, and women's health. Her current work spans the perimenopausal transition, emotional and mental health among college students, meal structure and diet quality, and chronic disease among clergy. Dr. Bourne is the recipient of an International Life Sciences Institute (ILSI) grant, an Open Pedagogy Fellowship, and the MALASPINA International Scholars Travel (MIST) Award. She is trained in Mindfulness-Based Stress Reduction (MBSR), Mindfulness-Based Eating (MB-EAT), and Motivational Interviewing (MI), and she is passionate about reframing perimenopause as a window of resilience and an opportunity to rewire the brain and reclaim the body.