

Heather Keller Biography

Heather H. Keller, PhD, RD is a Professor in the Department of Kinesiology at the University of Waterloo and the Nutrition & Aging Research Chair, Schlegel-University of Waterloo Research Institute for Aging. Professor Keller also co-chairs the Canadian Malnutrition Task Force, a standing committee of the Canadian Nutrition Society and is a senior research scientist with the Agri-Food for Healthy Aging research Group. Following an undergraduate dietetics degree at the University of Guelph, Professor Keller completed an MSc in Dietetics and Human Nutrition at McGill University and completed requirements to become a registered dietitian. She worked in the health care sector as a Registered Dietitian before completing her doctorate in Epidemiology and Biostatistics at the University of Western Ontario. As a clinician researcher, Professor Keller's research is applied and focused on improving the health and wellbeing of older adults across the continuum of care. Research in the hospital setting is focused on implementing best practices and improving food quality. In the residential sector, her work is focused on improving mealtimes through training of team members and promoting the nutrient density and quality of the food provided to residents. In primary care and the community sector, Professor Keller is focused on developing diet resilience in older adults through nutrition screening programs, self-management and education. Heather is on the editorial board for national and international journals, and serves on a variety of grant review and expert panels.