

Rebecca K. Kelly, PhD, RD

Rebecca Kelly is an educator, administrator, leader, and consultant on building and sustaining healthy workforces. Rebecca serves as founder and president of Element Health, Inc., a nutrition and wellness consulting firm. Additionally, Rebecca has served in a number of roles at The University of Alabama (UA), including the first-ever Director of Health Promotion and Wellness, Director of Health Enhancement Planning, and Assistant Professor. Prior to working at UA, she led a nationally recognized health and wellness program for American Cast Iron Pipe Company. She is a registered dietitian, exercise physiologist, and certified diabetes educator. She was honored by HERO in 2014 as the first recipient of the Heart of HERO Award. Rebecca has over 25 years of hands-on experience in health and wellness program strategy, communication campaigns, innovative program development, and program evaluation. She completed her PhD and MAE at the University of Alabama at Birmingham and her dietetic internship at Indiana University Medical Center. She received a BS in nutrition and food science from Auburn University.