



Rebecca Howard

Second-year medical student at Rutgers Robert Wood Johnson Medical School in Piscataway, NJ

Rebecca Howard is a second-year medical student at Rutgers Robert Wood Johnson Medical School in Piscataway, NJ. She has been volunteering with NAMI NJ for the summer, fostering her interest in the intersection of community and mental health. After graduating from Carnegie Mellon University with a B.S. in Neuroscience in 2017, she spent two years working at the National Institutes of Health in the National Institute of Diabetes, Digestive, and Kidney Diseases. There, she worked on clinical studies investigating how different diets contribute to weight regulation and metabolism, as well as the effects of food on neurological pathways. Her background in clinical nutrition research has inspired her to continue to pursue this passion throughout medical school as she plans to incorporate nutrition counseling into her future work as a physician.