

Dr. Jennifer Ashton

Dr. Jennifer Ashton is Board-certified Ob-Gyn, and is also Board-Certified in Obesity Medicine. She is a graduate of Columbia College, Columbia University. She received her medical degree from Columbia University, College of Physicians and Surgeons, where she was elected Class President for four consecutive years. Upon graduation, she was awarded the prestigious Bartlestone Award in Pharmacology. Dr. Ashton received her post-graduate training in Ob-Gyn at St.Luke's-Roosevelt Hospital Center in NYC, an affiliate of Columbia University's College of Physicians and Surgeons. She served as Administrative Chief Resident and was awarded Chief Resident of the Year upon completing her residency. She received a Master's of Science Degree in Nutrition from the Columbia University College of Physicians & Surgeons Institute of Human Nutrition in 2016, making Dr. Ashton the only M.D.'s with a national news media platform who also has a degree in Nutrition.

Dr. Ashton is a Fellow of the American College of Obstetricians and Gynecologists. She has presented abstracts and posters at national clinical meetings in the fields of General Surgery, Critical Care and Gynecologic Oncology. Dr. Ashton is on the Attending staff of Englewood Hospital and Medical Center in Englewood, NJ, an affiliate of Mt. Sinai School of Medicine. One of the few physicians with media platforms who still sees patients, she has an active medical practice, where she treats women of all ages for medical and surgical gynecologic conditions. In addition, using her credentials in Obesity Medicine and Nutrition, Dr. Ashton treats obesity/overweight and manages weight-loss medications.

Dr. Ashton is the Chief Medical Correspondent for ABC News, (only the 3rd person to hold this position in the history of ABC News), and the first OB-Gyn to ever hold this position in national network news media. In 2016, she was named as the first-ever Chief Women's Health Correspondent for ABC News. In 2013, CBS Paramount Television announced that Dr. Ashton had been signed as co-host of the daytime medical tv show, The Doctors. Since 2012, she has also been with ABC News and seen on Good Morning America and World News Tonight. From 2009-2011, Dr. Ashton was the Medical Correspondent for CBS News Network, where she received the prestigious Columbia Alfred DuPont Award for Excellence in Journalism for her work. Dr. Ashton is the author of 3 books: Eat This Not That When Expecting, The

Body Scoop for Girls, and Your Body Beautiful. Dr. Ashton is also the author of the monthly feature column, "Ask Dr. Ashton", in Cosmopolitan Magazine. In January, 2010, Dr. Ashton travelled to Haiti with a medical team where she treated victims of the earthquake for 8 days. In recent months, she has covered the hurricanes in Houston and Puerto Rico, and the mass shooting in Las Vegas. She has traveled to the NIH and the CDC headquarters to meet with and interview Dr. Anthony Fauci and the heads of various divisions of the CDC. Dr. Ashton has won an Emmy Award for ABC's Breaking News coverage of the Orlando Nightclub Shooting anchored by George Stephanopoulos, and for ABC's Good Morning America for Best Morning News Broadcast.

Dr. Ashton is the country's leading voice of Women's Health, as the only Board-certified Ob-Gyn with a national media platform. She is a frequent Keynote Speaker and Moderator for National events regarding Health and Wellness. She is committed to improving the lives of girls and women through increasing health literacy and busting myths that have been propagated via folklore with little medical or scientific basis. She has a 'girlfriend's' approachable demeanor with Ivy League credentials that combine to make her the definitive voice for Women's Health in the modern age. As a mom, Dr. Ashton not only 'talks the talk' but 'walks the walk', proving that commitment to good nutrition, fitness, sleep and stress reduction are the cornerstones to health and wellness. With her MD, and credentials in Nutrition, along with her accomplishments as a triathlete and fitness enthusiast, Dr. Ashton is as comfortable discussing the latest workout or diet trend, as she is counseling on cancer screening or reproductive health issues facing women.