

Vilma Andari, MS
CEO & President, NutraHealthFood, Inc.

Vilma is the co-founder of NutraHealthFood, LLC and currently serves as the company's president and CEO. Her expertise and recent work spans numerous health and wellness programs and initiatives, ranging in topics from nutrition to cardiovascular disease to stroke prevention. Vilma specializes in working with the low-income and underserved Hispanic communities and is an innovator in the health technology space, contributing to the development of a health information technology system and its subsequent adoption for the better management of her programs. She also provides leadership for the development of science-based solutions and education programs that shape future clinical practices and community outreach efforts; forging strategic partnerships in the health community is intrinsic to Vilma's initiatives.

Most recently, Vilma has created dramatic change in the treatment and prevention of childhood obesity. She has led obesity prevention programs for the Health Plan of San Mateo, San Mateo County Health System and the American Heart Association, plus spearheaded the implementation of the first culturally- and linguistically-tailored SHAPEDOWN® Program in Spanish. Since its inception, this Spanish-based pediatric weight-management intervention program has seen rapid growth, continued success and dramatic improvement of the health of the local Hispanic community.

Vilma's expansive knowledge and success in nutrition and health has also extended to working with women in recovery treatment for alcohol and drug addictions in the 'Mental Wellness' capacity and corporations in the 'Corporate Wellness' capacity. She has served as a Nutrition Consultant for the Women's Recovery Association and provided personalized consultations to those seeking one-on-one guidance, plus she has provided on-site lunch programs to companies looking to improve the health and wellness of their employees.

As a spokesperson for the American Heart Association, Vilma's media work includes appearances on several television shows such as UNIVISION, the Spanish-language TV network, and ABC-7 News for the San Francisco Bay Area, in addition to serving as a frequent expert guest speaker on the topic of nutrition, health and wellness on the Spanish Radio show "Nuestros Niños."

She currently serves on the advisory boards of Santa Clara County Chronic Disease and Injury Prevention "Champions for Change Campaign" and is a coalition member for San Mateo County Childhood Obesity Prevention, Tobacco, and Asthma. Vilma was also the campaign lead for the 2009 National Nutrition Campaign for the Bi-National Health Week, a program from UC Berkeley School of Public Health.

Vilma was born in Guatemala City and has lived in the U.S. for more than three decades. She is a certified member in childhood and adolescent weight management from the Commission on Dietetics Registration and in Advanced Clinical Education in Child and Adolescent Obesity from the University of California San Francisco, School of Medicine. Vilma is fluent in both English and Spanish and holds a BS and MS degree in Nutritional Science from San Jose State University.