



Lily Correa is passionate about plant-based nutrition and firmly believes that the kitchen is the greatest tool from which to promote optimal health and wellness.

She graduated from Loma Linda University in California, where she obtained a Master of Public Health with a concentration in Nutrition. As a student at Loma Linda University, Lily participated and eventually co-lead interdisciplinary medical missions teams to five different countries. During her first year as a Registered Dietitian, Lily developed and led Loma Linda University's first nutrition-focused mission trip for dietetics students to Pena Blanca, Honduras—a trip she still leads today. Upon graduation, Lily received the President's Award for Outstanding Graduate Student.

Lily worked as a registered dietitian/bilingual health educator at the preventive medicine department at Kaiser Permanente in Riverside, Calif., where she helped develop and launch Kaiser's flagship weight management program—Healthy Balance. Lily also helped to translate this program into Spanish and facilitated the first Spanish language group in the Southern California Region. During her time at Kaiser, Lily was the co-lead dietitian for the demonstration kitchen at the outpatient clinic, where she developed culinary curriculum for and led plant-based focused cooking classes for patients and staff.

Lily worked at Kaiser for three years before moving to New York to pursue health-supportive culinary arts studies at the Natural Gourmet Institute. After graduating from the Natural Gourmet Institute, Lily joined the team that helped develop and launch Bellevue Hospital's Plant-Based Lifestyle Medicine Program—an innovative, multidisciplinary healthcare team-based program focusing on helping patients reduce cardio metabolic risk. The Lifestyle Medicine Program is the first of its kind in a public hospital system in the United States. In 2022, Lily joined the Central Office team at NYC Health + Hospitals as the Director of Education and Training for the newly founded Office of Nutrition & Lifestyle Medicine. The mission of the Office of Nutrition & Lifestyle Medicine is to expand the Bellevue Lifestyle Medicine model across all 5 Boroughs of NYC, within the Health + Hospitals Network, thereby making these potentially life-saving services available to all New Yorkers.

Lily has presented on topics of nutrition and lifestyle medicine at numerous academic conferences, nationally and internationally, and for community-based organizations in both English and Spanish. She is a Diplomate of the American College of Lifestyle Medicine.

Lily Correa, MA, MPH, RD, DipACLM