

Karen Stanfar, MPH, RD, LD

Karen Stanfar has been a registered and licensed dietitian for 24 years. She is currently the owner of Health Risk Reduction LLC, a private nutrition business which focuses upon the primary, secondary, and tertiary prevention of nutrition related disease. Karen is also serves as adjunct faculty at Baldwin Wallace College in Berea, Ohio and is an active member of the American Dietetic Association and its local chapters. She has an undergraduate degree in Dietetics from Miami University (Oxford, Ohio) and a graduate degree in Public Health Nutrition from the University of North Carolina (Chapel Hill, North Carolina). She has completed both a general dietetics internship (Presbyterian Hospital, Dallas, Texas) and a public health internship (State of North Carolina). Her experience is broad, ranging from acute to outpatient care, and from pediatrics to seniors. She currently provides outpatient, medical nutrition therapy to patients at the office of West Side Cardiology in Fairview Park, Ohio.