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Beth Machnica is a registered dietitian and health designer in Buffalo, New York. She is seen as a leader in designing spaces and systems where individuals and communities can thrive. Beth is the director of health and well-being at Buffalo Niagara Medical Campus, where she directs large-scale health initiatives, working with diverse populations to create lasting changes in health care institutions, workplaces, food systems and community health. As an adjunct professor with dual master's degrees in clinical nutrition and public health, she remains closely connected to the latest research, understanding the many environmental and behavioral factors essential for unlocking better health and well-being. She currently serves as state policy representative on the Public Policy Panel for the New York State Academy of Nutrition and Dietetics, and she specializes in nutrition for women's health in her private practice. Beth is an international speaker, health design consultant and PCOS girlie/thriver.