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Constance Brown-Riggs is the owner and president of CBR Nutrition Enterprises, a nutrition consulting and counseling service. She is a certified diabetes educator with more than twenty-five years experience in the field of nutrition. Brown-Riggs is passionate about creating opportunities to spread the word about health and nutrition, and developing educational tools which shorten the cultural distance between patients and caregivers – and every aspect of her work supports that mission.

She is the author of *Eating Soulfully and Healthfully with Diabetes* (iUniverse, 2006), a guide that helps African-Americans with diabetes learn how to prepare and enjoy traditional ethnic fare from the American South and the Caribbean.). Her new work *The African American Guide To Living Well With Diabetes* (New Page Books, July 2010), takes a body/mind/spirit approach to daily diabetes self-care. She was also the nutrition consultant for health-related books including *The Essence Total Makeover* (Three Rivers Press 2001) and *Lighten Up: Healthquest's Complete 30-Day African-American Weight Loss Program* (Amistad Press 2001

Brown-Riggs has written for publications including *POZ* and *IMARA Woman* magazines and contributed to newsletters for the American Dietetic Association. She is also frequently quoted as a featured expert in national magazines such as *Essence*, *Real Health*, *Diabetic Cooking*, *HealthQuest* and in newspapers across the country. Brown-Riggs serves as an expert for dLife.com, the online companion to CNBC's premier diabetes program.

Brown-Riggs has been invited to appear as a keynote speaker, presenter or panelist at conferences and professional meetings across the country for organizations such as the American Dietetic Association, Empire State Medical Association, American Academy of Physical Therapy, University of South Carolina, Dothan Alabama Leisure Services, North Carolina Dietetic Association, St. Louis Association of Diabetes Educators and New York State Office of Children & Family Services. She is also a speaker for PESI Healthcare providing continuing education seminars across the country.

Her professional honors include 2009 Distinguished Dietitian from the New York State Dietetic Association, 2007 Diabetes Educator of the Year from the American Dietetic Association Diabetes Care and Education Practice Group and 2004 Dietitian of the year from the Long Island Dietetic Association. Brown-Riggs is a past president of the New York State Dietetic Association and currently a national media spokesperson for the American Dietetic Association. She graduated from Queens College with honors for excellence in research, where she earned a master's degree in nutrition education.

Constance writes a blog *Diabetes: Don't Claim It! Manage It!* www.eatingsoulfully.com/blog and can be found on twitter at www.twitter.com/eatingsoulfully