



Toby Smithson, MS, RDN, LD, CDE
Diabetes Lifestyle Expert – Professional Guidance & Personal Experience

Toby dynamically combines her knowledge as a certified diabetes educator and registered dietitian nutritionist with her life experiences successfully managing type 1 diabetes for more than five decades. She is experienced and available as a food industry consultant, public or on-camera speaker, writer, advocate, media expert and nutrition influencer.

Leading

Toby is an award-winning, nationally recognized diabetes lifestyle expert, and a food and nutrition resource. She is a media spokesperson, speaker, author, role model and influencer and a key opinion leader and content expert in food and nutrition.

Toby has been an active leader with diabetes advocacy groups, including holding a seat on the Board of Directors of the Illinois Legislative Diabetes Caucus Foundation. She earned the Commission on Dietetic Registration's certificate of training in adult weight management. In 2009, Smithson was awarded the Illinois Dietetic Association's Outstanding Dietitian award and is a past president of the Illinois Dietetic Association. In 2004, she was recognized as a future leader of the then American Dietetic Association (now the Academy of Nutrition and Dietetics) and was invited to attend the first ADA Leadership Institute, earning her the American Dietetic Association Certificate of Training in Leadership.

Motivating

Toby's work as a diabetes lifestyle expert goes beyond her credentials of certified diabetes educator and registered dietitian nutritionist. She combines her professional expertise with intimate personal experience, having successfully managed her own type 1 diabetes for more than 50 years. And, she enjoys sharing her own strategies and tools for self-managing diabetes.

Motivated as a teen by a dietetic intern who had diabetes, Toby set her life's goal to be a good role model for others. By practicing what she preaches on a daily basis she shows people how

to thrive in spite of diabetes. And, through her own example, Toby proves that healthy eating and a love of food are not mutually exclusive.



Influencing

Toby is a regular blogger for U.S. News & World Report, covering health and nutrition topics connected to diabetes, and is a columnist for *Diabetic Living Magazine* as well as a monthly contributor to *Type2diabetes.com*, writing on nutrition and lifestyle issues related to diabetes. She is the principal author of *Diabetes Meal Planning and Nutrition for Dummies* (Wiley 2013).

Toby is a media spokesperson for the American Association of Diabetes Educators (AADE) and had served as an Academy of Nutrition and Dietetics media spokesperson for nine years, representing the voice of sound nutrition and science on behalf of the 75,000 members of the Academy. She has conducted hundreds of media interviews about diabetes management and wellness. Reporters seek out Toby for her unique perspectives on diabetes management and wellness. She leads a healthy lifestyle by example.

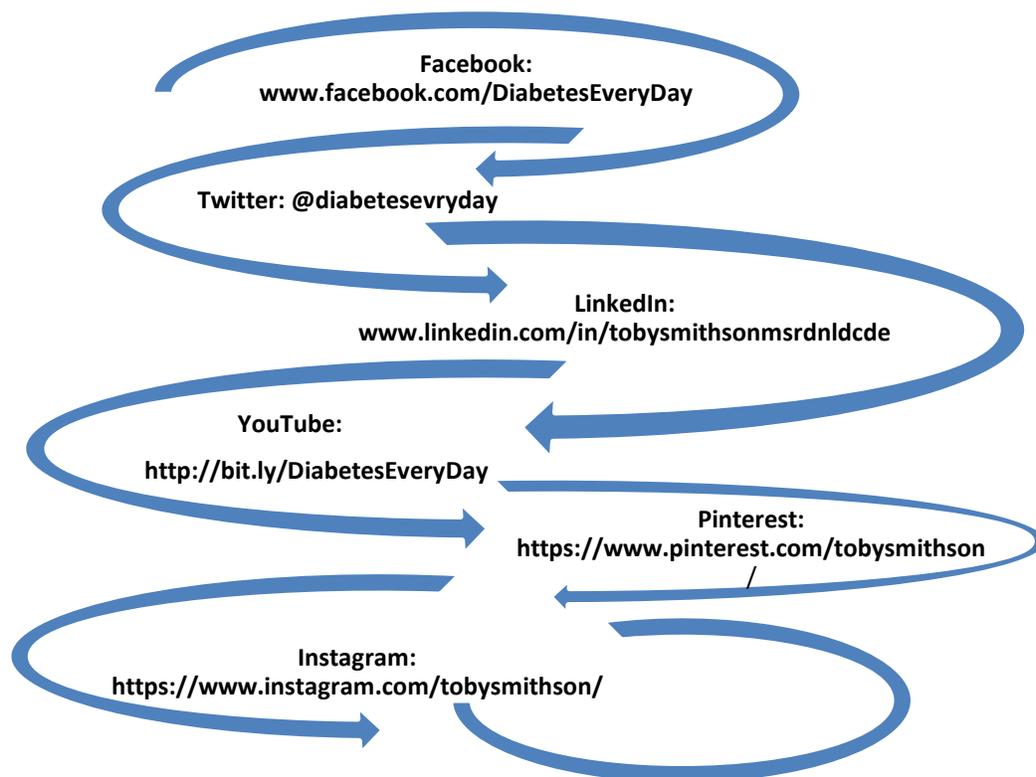
She has led Twitter chats and webinars for Diabetic Connect, the Academy of Nutrition and Dietetics, Benedictine University, DLife and the Johnson and Johnson Diabetes Institute for health care professionals. Toby has been appointed to the AADE DOC (Diabetes Online Community) Summit. She has begun her second year serving on the Advisory board for *Diabetic Living* magazine.

In 2010, Toby founded *DiabetesEveryDay.com*, an online guidance and support resource for people with diabetes, to demonstrate successful diabetes management strategies with original, personal video content. These personal videos connect followers to clearer understanding of managing diabetes than typical text-based resources.



Connecting

Toby is passionate about motivating and connecting with people with diabetes of all ages. She has developed and implemented diabetes support groups for high school teens and adults, and leads a variety of presentations and workshops to people with diabetes and professionals who work with people with diabetes, including the American Association of Diabetes Educators (national and local chapter groups), Juvenile Diabetes Foundation, Nurses Associations, University Medical School, Regional and State Dietetic Associations and Public Health Associations, as well as



numerous community groups and worksite wellness programs. She engages with consumers, professionals and the diabetes community through a variety of social media, including Facebook, twitter, Instagram, Pinterest, LinkedIn and YouTube.



Inspiring

Toby has lived her life to the fullest in spite of being diagnosed with type 1 diabetes as a child. She is passionate about giving others the tools to successfully manage their own diabetes and enjoys being a passionate advocate for people with diabetes.

Toby is a graduate of Northern Illinois University and earned a Master of Science degree in nutrition and wellness with an entrepreneurship emphasis from Benedictine University in 2014. In 2016, she and her husband chose to focus on a better life-work balance by making a move from Chicago to Hilton Head Island, South Carolina. They are now living life as if every day is vacation. Life should be fun.



-Life isn't about waiting for the storm to pass; it's about learning to dance in the rain-