

## **Debra Tendrich**

Highly dedicated and results-driven, Debra Tendrich is a renowned human activist, philanthropist, and Founder/CEO of the non-profit organization Eat Better Live Better (EBLB) since 2016. EBLB, designed to combat and control childhood obesity and other dietary-related illnesses, has supported countless individuals with social services, provided nutrition education to over 12,000 youth, and has fed over 200,000 families. In addition, Debra designed a certification course within EBLB that allows schools and other community-based organizations to teach her evidence-based, effective, and hands-on curriculum to the youths on a national level. These programs have since been implemented throughout the county and earned her several recognitions by The Palm Beach Post, Sun-Sentinel, Boca and Delray newspapers, Ch. 5, CBS 12, CH. 29, amongst others.

Debra's journey stems from her experience as an obese child who grew up into an obese adult. At 5'1 tall and weighing over 200 pounds, Debra was diagnosed with high cholesterol; and decided to exercise and eat healthily for 30 days – a transformational process that ultimately sparked her passion for health and fitness. Debra lost 70 pounds and dropped her cholesterol by almost 100 points, which became the catalyst for her daughter, Amira, to continue her own journey. With this as her base, Debra has devoted her time to volunteering at schools and providing extensive community outreach services since 2014. Thus far, Debra has donated over 600 backpacks and school supplies throughout the Palm Beach County Schools, helped organize anti-bullying pep rallies, and continuously speaks to students and teachers about fitness and nutrition implementation to help build healthy lifestyles.

With the onset of COVID, Debra recognized a growing need for grocery relief in the community. In response, Debra developed the Grocery Assistance Program (GAP Program) which has since distributed well over 2,000,000 pounds of healthy groceries and fresh produce to families in need. Additionally, her growing Teachers Giving program has celebrated hundreds of teachers and support staff, by surprising them with turkeys for Thanksgiving.

In addition to her work with EBLB, Debra also sits on the Advisory Board for the FAU School of Social Work, and is an Executive Board Member for the Palm Beach County Crime Prevention Officers Association (PBCCPOA). In conjunction with this, Debra lectures at FAU, works as a mentor, and is a published author and public speaker.

In line with her ongoing efforts, Debra co-chaired the county's nutrition initiative with the Birth to 22 Project, and is a committee member for the Delray Beach Initiative to End Homelessness. Moreover, she sat on the committee for the League of Women Voters Complete Count Census Committee and the PBC Multicultural Census Committee. Additionally, she is an active member

of the Delray Chamber of Commerce, a Leadership Delray and Leadership Boca graduate, and a graduate of the GLASS Leadership Program through the ADL (Anti-Defamation League).

She was recognized by the White House in 2023 and received the 2023 Joseph R. Biden, Jr. Presidential Lifetime Achievement Award. She is the President for the PBC Democratic Veterans Caucus of Florida, and is a member of the Hispanic Democratic Caucus, PBC Black Democratic Caucus, League of Women Voters, along with several other groups and organizations.

Through Debra's leadership, EBLB won Delray Beach Non-Profit of the Year 2021 by the Delray Beach Chamber of Commerce, was honored by the Association of Women in Communications, awarded a Certificate of Community Service and Dedication by the Guardian Angels, honored by the Delray Beach Housing Authority, won the Shining Star Award as Healthcare Advocate of the Year by the Puerto Rican Hispanic Chamber of Commerce and PBSO, and was crowned Ms. Florida Woman of Achievement in 2017-2018 through the Woman of Achievement Pageant. Debra was also nominated Non-Profit Executive of the Year by Non-Profits First for three years in a row, Woman of Distinction by Soroptimist, and Volunteer of The Year by the Junior League of Boca Raton, and the Giraffe Award by the Women's Palm Beach Chamber of Commerce.

Debra is available for speaking opportunities.