

Dr. Jenneffer Pulapaka



Biography

"My goal is to study, travel, drink, and eat with others, and inspire positive change."

Over the past fourteen years, Dr. Jenneffer Pulapaka's expertise in podiatric surgery has helped thousands of patients. She opened her practice in 2005, [DeLand Foot and Leg Center](#) (DFALC), where she currently sees patients. DFALC was the first female podiatric surgeon's office in a community where less than 10% of the surgeons were women. It is the first and longest-running female surgical practice in West Volusia County. "I believe every patient needs a physician who will be an advocate to help them regain their health". Her surgical training has taken her to Miami for her residency and the Ilizarov Institute, in Russia, for her fellowship. She was the first certified Women-Owned medical practice in the United States and has a podcast show, [Podiatry DocTalk](#). Recently, she is on the Advisory Board of [Ponsist](#), a surgical platform.

Patients want and need healthy, affordable options for fresh vegetables and fruits. Only 9% of adults meet the daily vegetable intake recommendation. The top two reasons for this: the cost of and lack of access to good quality fruits/vegetables. So 2019, Dr. Pulapaka opened discussions with other physicians in her community to combat the fact that, "Ten Leading Causes of Death" are linked to poor nutrition. Thankfully, there are simple ways to help unhealthy patients who have said they often choose less healthy options because of cost. One way to help is by building a free community garden for patients, like the one at DFALC- [Plant to Plate Patient Garden](#). Another way is with a physician-driven RX: Veggies & Fruits Patient Program. They coordinate with local vendors to be able to provide patients, that do not have enough money to purchase healthier food options, a prescription for free or discounted fresh produce/fruits locally. Additionally, Dr. Pulapaka is certified in Plant-Based Nutrition and is board eligible with the American College of Lifestyle Medicine.

Dr. Pulapaka is also a Co-owner and the General Manager of [Cress Restaurant](#), a business dedicated to improving our food system, through local sources, sustainable practices, and refined flavours. "Cress has relationships with where our food comes from, with the individuals who are growing them: the farmers, the fishermen, the cattlemen. Sustainability rests on the principle that we must meet the needs of the present without compromising the ability of future generations." Her food advocacy experience with the James Beard Foundation, Seafood Watch, and Farm and Table has exposed her to powerful communities and national advocates in LA, Seattle, NOLA, New York, Charleston, Atlanta, and DC. In April 2019, she joined the Board of Directors with [Florida Impact](#) to tackle hunger in Florida.

Women Inspiring Change & Community Development (WICCD) was founded in 2017, by Dr. Pulapaka to encourage women in round-table discussions and talks with decision makers who seek ideal aspirations, goals, missions, and objectives while inspiring positive change. We are living in a desert for women's rights and leadership, which spans five counties: Volusia, Lake, Seminole, Orange, and Flagler. Dr. Pulapaka revitalized community development with WICCD and drove women to become more engaged or seek out other local programs, with a solid foundation, that just need to be dusted off.

Dr. Pulapaka's husband, Executive Chef Hari Pulapaka, has been a driving force along with her family. Their support enabled Dr. Pulapaka to be recognized in 2019 [Pop Tech](#), 2018 [Grist](#), 2015 Wine contributor in Dreaming in Spice, 2013 Top Influential Women in Business Volusia / Flagler County, 2014 Orlando Sentinel Culinary Hall of Fame, James Beard Foundation for her contributions over multiple years, WSET - Level 2 Award Wines and Spirits, Wine Scholar Guild-Burgundy Advanced-level Somm, 2014 Founding Member goFLA & #Sunshineplate, 2014 Power Couple Central Florida, and [2014 Emeril's Florida Season 2 Premiere – Coming to America!](#) She frequently is a guest speaker regarding our food systems to wine pairings to wound care and limb salvage care plans.

Learn more at www.Jenneffer.com