



Deanna Duffy, M.P.H.

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Deanna Duffy is the Wellness Manager at Case Western Reserve University in Cleveland, Ohio. She holds a Master of Public Health degree with a concentration in Social and Behavioral Sciences and a Bachelor of Science degree in Nutrition and Dietetics from Kent State University, where she worked in the Employee Wellness department for over six years before coming to Case Western Reserve. As a wellness professional in higher education, Deanna has advocated for employee well-being and developed policies, programs, and resources to assist university faculty and staff in achieving their health goals. During her tenure in Employee Wellness at Kent State, the program was awarded 'Gold' recognition in the American Heart Association's Workplace Health Achievement Index, as well as recognized as a 'Gold' level Healthy Workplace by the Healthy Business Council of Ohio. In her latest professional venture, Deanna is breathing new life into Case Western Reserve's demonstrably successful wellness program with her fresh ideas, energetic personality, and desire to connect on a personal level with people across the organization, leading to enhanced opportunities for collaboration. Deanna is passionate about her own wellness journey and helping others identify their motivations, barriers, and goals on their personal path to well-being and enriched quality of life. She is grateful to be in a line of work that adds positive value to her own life through consistent reinforcement of key health strategies from industry leaders with inspiring perspectives. Deanna believes that gratitude and a growth mindset are critical ingredients to maintaining a happy and healthy lifestyle and that oftentimes conversations about behavior change must start with those building blocks.