

## **Dr. Hope Lima**

Hope Lima graduated from West Virginia Wesleyan College in 2012 with a degree in Biology. She participated in the WV-INBRE Summer Research Program after her sophomore year under the guidance of Dr. Lawrence Grover. To say that the experience with WV-INBRE shaped her future is an understatement. Hope completed her master's degree in Animal Science at North Carolina State University in December 2014, became an International Board Certified Lactation Consultant (IBCLC) in 2017, earned her PhD in Nutrition Science at North Carolina State University in 2018, and passed her certifying examination to become a Registered Dietitian Nutritionist in 2020.



In 2018, Hope accepted a tenure-track position at Winthrop University as an Assistant Professor in the Department of Human Nutrition and in 2020 took on the role of Graduate Director for the MS program in the department. Hope also developed Winthrop University's Certificate in Medical Lactation – the first program of its kind in the state. The Certificate in Medical Lactation prepares individuals to sit for the IBCLC examination. Hope's research at Winthrop University focus on helping mothers to reach their infant feeding goals, improving access to human milk for feeding infants, and analyzing the nutritional content of human milk.

Hope is also passionate about breastfeeding advocacy, and has served as the co-chair of the South Carolina Breastfeeding Coalition and currently serves as the South Carolina representative to the Appalachian Breastfeeding Network. In addition to working full-time at Winthrop, Hope owns a private practice (Hope Feeds Babies) in Rock Hill, South Carolina, that provides lactation and nutrition services to women during the perinatal period and supports families in their journey to encourage their children to develop healthy relationships with food.