



**DR. KARIN SHAW WARSYAU**  
**Family, Lifestyle, and**  
**Preventive Medicine Physician,**  
**Public Health Policy Specialist**

Karin Small Wurapa, MD, MPH is a passionate advocate for wellness - mind, body, and soul. She is a Family, Lifestyle, and Preventive Medicine Physician who also specializes in Public Health Policy. She recently completed a special assignment as a consultant to the Medical Director and COVID Response Team at the Ohio Dept of Health. Dr. Wurapa is a graduate of Case Western Reserve University School of Medicine and The Johns Hopkins University School of Hygiene and Public Health. Her rich cultural heritage, life overseas, and respect for others have greatly influenced her practice and perspective that healthy families are necessary pillars to build healthy communities and citizens.

Since her early days at the Columbus Health Dept, she has been blessed to have family leave to care for her children and support a parent living with dementia. Those experiences fuel her commitment to the community. She has served as a Trustee for the United Way of Central Ohio, hosted health education workshops, and spearheaded educational programs and policy work for our local churches and schools. “Dr. Karin” uses the kitchen as a lab to teach how to arrest, reverse and prevent DISease, promote Food IS Medicine, and optimize care of a healthy gut microbiome. Her work as a Wellness Consultant in the homes of patients tackles the “5 F’s” of Faith, Family, Food, Fitness, and Finance, and she offers an “Rx to Thrive.”

Her latest advocacy work seeks to honor and protect the elderly and seniors living in Assisted Living and Memory Care communities. She has shared her lessons learned and medical knowledge about caregiving with the Ohio Dept of Aging and as a recurring guest on the live podcast Positive Approach to Care, with Teepa Snow. She has been a contributing author to The Encyclopedia of Women’s Health, and many reference materials for state health departments. Dr. Wurapa is honored to be a wife and mother of three amazing children. The family has called Columbus, Ohio home for the past 20 years.