



Behavioral Health Nutrition

a dietetic practice group of the
eat right. Academy of Nutrition
and Dietetics

Member Name and Credentials

Beth Harrell, MS, RD, LD, CEDRD

Current Position

Director of Certification for iaedp™ and private practitioner InSight Counseling in Kansas City.

How long have you been a RDN?

Since 1989

How long have you been in the Behavior Health Nutrition area?

Since 1993

Why did you join BHN?

I was working inpatient eating disorders care in 1993 and wanted a way to connect with other RDs in mental health since there wasn't a lot of information at the time.

How has BHN helped you professionally?

It has given me an incredible introduction to RDs who I feel are literally in the trenches with me. It takes a village and I couldn't have stayed in this field as long as I have without you all.

What do you think other RD's should know about BHN?

In a recent email conversation with BHN leaders, I wrote "BHN has certainly been elevated in recent years in large part to your energies. It's exciting to be part of this DPG (and I never thought I would use "DPG" and "exciting" in the same sentence

BHN has helped bring the Academy's awareness to eating disorders and has brought eating disorders care to FNCE programming; so for those RDs who have moved away from AND because it didn't fit your specialty of eating disorders care, it's time to come back, and to your home of BHN.

Check out the necklace in my picture. I wear that to work so I can remind clients how their eating can improve their mood via neurotransmitters. Yes, nerdy, and I'm ok with that.

A little about me

*I have 2 adult kids, 2 frisbee-catching mini Australian shepherds (who have polar opposite eating styles), a handful of (spoiled) chickens and have been married almost 30 years.

*I started in the eating disorders field in 1993 at an inpatient eating disorders unit in a local hospital.

*For those of you oldies who know what AP4 stands for, I was AP4 director and converted it to Dietetic Internship during my stint with ARAMARK. I'm having flashbacks now that iaedp™ is seeking accreditation – it's like preparing for your first JCAHO inspection!

*My daughter is getting married shortly after FNCE this year; so, if you see me at the BHN booth looking like I'm on cloud 9, you know why. Come visit me and learn about becoming a CEDRD.

*For hobbies, I like to sew and wish I had more time to play around with it. And almost every night I wind down by logging in to Words with Friends-it's a great way to connect with my 10 siblings, my mom and a handful of friends.