



Behavioral Health Nutrition

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

Member Name and Credentials

Janice Goldschmidt, MS, RD, LDN

Current Position

Director of Nutrition Services
Community Support Services, Inc.

How long have you been a RDN?

3 years

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

2 years

Why did you join BHN?

Beth Harrell recommended that I join. She suggested to me that, as a member, I would meet like-minded peers who might have suggestions for my various projects and who could provide ideas for problem-solving. Disabilities studies is a small pond and I was happy to expand my professional network.

How has BHN helped you professionally?

As a member of the BHN, I have been able to network with other professionals, many of whom work with individuals with disabilities. Exposure to these new colleagues has been an incredibly fruitful source of ideas as well as an inspiration. I have also found that it is really helpful to understand how others in the field of nutrition are progressing in their careers and the different directions that they are moving professionally.

Moreover, following the insight of the BHN DPG members has led me to a greatly increased interest in disordered eating. There has been relatively little research focus on this topic in regard to adults with autism though it is highly prevalent. Consequently, participation in the BHN has opened up a whole new area of professional interest for me.

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

All nutrition professionals should realize that the BHN is a wide and disparate group that works with many different populations. At the same time, the BHN DPG offers the potential for increased focus on the behavioral aspects of consumption, which often get less attention during our professional education and training.

A little about me

I have worked on the development of cooking skills for adults with autism for the last decade; the outcome of this is the publication of my first book this summer by the American Association on Intellectual and Developmental Disabilities (AAIDD). This work is a manual for my cooking program, "Active Engagement", which is intended as a guidebook for nutritionists, parents, and disability professionals. I have been actively engaged in both research and practice as a nutrition professional and have worked on the nutritional status of adults with disabilities as well as disordered eating on the autism spectrum. If these are topics that interest you, please feel free to contact me. I am always looking for a new collaborator!

I am working on my second Masters' degree and anticipate having my MPH in May of 2019. When I am not working on my varied professional interests, I enjoy reading creative nonfiction – please share any good books in this genre that you have read of late.