



Behavioral Health Nutrition

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Member Name and Credentials

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Current Position

Associate Professor Emeritus of Pediatrics, Albert Einstein College of Medicine. Also, Owner, www.cuttothechasenutrition.com

How long have you been a RDN?

Oh, this really dates me. I've had my RDN since 1980.

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

That started back in 1984, when I became Director of the Nutrition Clinic at the Rose F. Kennedy Children's Evaluation and Rehabilitation Center at the Albert Einstein College of Medicine.

Why did you join BHN?

I was a member of "DDPD" which eventually morphed into BHN. I joined because there were so few people who do what we do and I wanted to connect more and feel less isolated.

How has BHN helped you professionally?

I realized that there actually were RDNs who were doing what I was and who had been out there for longer. None of us (at least back then) received much (if any) training in the world of nutrition for people with special needs. We all "learned on the job" and wanted each other to succeed.

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

One thing I learned – you don't have to be an expert on everything. Within BHN though, someone might be, or they might be able to steer you towards someone else who is. BHN is such a valuable resource.

A little about me

I'm an "accidental" RDN in this specialty. I never wanted to work with this population but fell into working in pediatrics and primarily children with special needs. I stayed for 33 years, received a faculty appointment and became an "expert", albeit one who still has a lot to learn.

I also did work in the private sector, to keep my hand in the world of more everyday nutrition concerns. As an Academy media spokesperson for nine years, I improved my communication, counseling and interviewing skills to use in my clinic.

I "retired" from clinical work in July of 2017 but in keeping with my "emeritus" status, I still precept and do some clinical teaching every month.

My career had been unusual. Despite my doctorate, I didn't want to solely do research and be in academics. I loved my clinical and private sector work, too. When my colleague Jim Hill and I developed a global nutrition policy for the Walt Disney First Lady Michelle Obama endorsed it and even wanted to help launch it. I wouldn't have missed that for the world.

Some would say that all this "diversity" made for a less focused career. I'd say that my career was quite focused – but on having impact. As BHN members, we need to know we have impact in many forums.