



Behavioral Health Nutrition

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

Member Name and Credentials

Lester Rosenzweig, MS, RDN, CDN, FAND

Current Position

Cornell Cooperative Extension, Schenectady County, part time, providing nutrition education and counseling, and food service oversight for the Senior Nutrition Program and Schenectady ARC. Also consulting with Albany's Meals on Wheels and catering services agency, adolescent mental health residential centers, and a certified home health care agency.

How long have you been a RDN?

I have been an RD since 1976, graduating from the University of Connecticut's Coordinated Undergraduate Program. How long have you been in the Behavior Health Nutrition area?

How long have you been in a BHN area?

Since I started at Schenectady ARC in 2005. Previously worked 20 years with NY State Senior Nutrition and Child and Adult Care Food Programs. Then the National Policy and Resource Center on Nutrition and Aging at FIU, followed by a consulting practice upon returning to New York before joining the ARC.

Why did you join BHN?

My experience with other DPGs to connect and learn from other members knowledgeable in the field.

How has BHN helped you professionally?

The IDD population is aging and that was a big connection for me. Having a better understanding of nutrition and its impact on the brain and behavior as well as counseling techniques has helped me move from one community setting to another. My experience with developing Standards of Practice for Healthy Aging and then for IDD was a terrific bridge to the behavioral health world. Getting involved in the practice groups helped me develop relationships and continue learn. What do you think other RD's should know about BHN?

What do you think other RDNs should know about BHN?

BHN members have a wealth of knowledge in realms that deal with individuals and populations that have behavioral or physical concerns to address. BHN is actively involved in connecting and educating and increasing the value of dietitians in our practice areas.

A little about me

I have lived in the Albany area most of my adult life. I enjoy traveling around the states, as well as biking, hiking, swimming, ping pong, walking, and the gym. Cooking and tasting new foods is a passion. My spouse Tom and I are experiencing grandparenting, as my only son has three boys.