

Behavioral Health Nutrition

a dietetic practice group of the
 Academy of Nutrition
and Dietetics

Member Spotlight Template

BHN would like to highlight their members by doing a member spotlight. Submission content should be 150 – 350 words with a picture to be used with your spotlight. Spotlights may be used on social media, BHN's website and newsletters. Once completed send this form to membershipchair@bhndpg.org

Member Name and Credentials: Anna M. Lutz, MPH, RD, LDN, CEDRD-S

Current Position- please share of the work you are doing!

I co-own [Lutz, Alexander & Associates Nutrition Therapy](#) in North Carolina, a HAES private nutrition practice, where I work with a fabulous team of 8 other RDNs! I provide nutrition therapy and clinical supervision locally and virtually. I am trained in Embodied Recovery, a relationally oriented, trauma informed, and somatically integrative approach to treatment. This model greatly influences the work I do with clients and supervisees. I also write [Sunny Side Up Nutrition](#) with Elizabeth Davenport, MPH, RD a website and blog that provides resources about family feeding, simple cooking and nourishing body confident children. I'm passionate about weight inclusive care and love public speaking and training other health professionals.

How long have you been a RDN? 18 years

How long have you been in the Behavior Health Nutrition area? I have worked in the field of eating disorders and family feeding since 2004.

Why did you join BHN? I joined BHN because of BHN's focus on eating disorders and mental health and nutrition. I love that many BHN members are HAES providers and continue to educate our profession on weight inclusive dietetics. Also, the positivity and teamwork of BHN is very contagious!

How has BHN helped you professionally?

The networking and education from BHN has helped me grow as a provider personally and professionally. I've enjoyed providing and taking BHN Webinars and enjoy the networking on the listserv and social media!

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

BHN does have a family feel (#BHNFamily) of very supportive dietitians working hard to further our profession in a positive way!

A little about me

I have 3 children, 13, 9 and 4 years old, that keep me on my toes in many ways! My husband, Dan, is well versed in Satter's Division of Responsibility in feeding and loves to tell worried parents about it (including me!). When I'm not working, I'm enjoying my kids' many activities, walking in my neighborhood, or watching the latest Mrs. Maisel episode.