

Beth Kitchin, PhD, RDN, LDN

Nutrition & Health Educator, Consultant, Nutrition & Health Blogger

(540) 592.1750; DrBKitchin@proton.me

Website & Blog: [The Kitchin Sink](#)

YouTube: [Beth Kitchin on YouTube](#)

Profile

I am committed to evidence-based nutrition and health information presented in an engaging format for the community and university students. I excel in communicating with the public in various formats including video, live interview, blogs, face-to-face classes, individual counseling, magazine and newsletter articles, and education websites.

Selected Accomplishments

- Developed the *Tone Your Bones Education* class website, clinic class, and exercise video in conjunction with the UAB Osteoporosis Prevention and Treatment Clinic.
- Developed and direct the *UAB Nutrition Trends Website*
- Developed the UAB Minor in Nutrition and created four online courses for the department
- Completed two courses in filmmaking and produced two student documentaries.
- Appear weekly on WBRC's *Good Day Alabama* as a guest correspondent
- Member, Working Group on Nutrition & Physical Activity for Bone Health Subcommittee of the National Osteoporosis Foundation Board of Trustees
- Advisor, Advisory Council for Osteoporosis Treatment (ACOT)

Course Master for:

- NTR 222: *Nutrition and Health (spring, summer, fall semesters; 1997 – 2018)*
- NTR 320: *Nutrition and the Consumer (spring semester)*
- NTR 500: *Nutrition Communications (summer semester)*
- NTR 632: *Nutrition Counseling and Education (fall semester)*

Employment History:

Assistant Professor, Director of Media and Community Engagement

UAB Department of Nutrition Sciences, Birmingham, AL **2000-2022**

Develop and teach undergraduate and graduate courses in nutrition sciences.

Media production and activities to promote the department and serve the community.

Patient Educator

UAB Osteoporosis Prevention and Treatment Clinic, Birmingham, AL **1996-2022**

Teach group education classes and conduct one-on-one counseling for patients with osteopenia and osteoporosis.

Program Coordinator

UAB Department of Nutrition Sciences, Birmingham, AL **1996 - 2000**

Coordinated the activities of the *EatRight Information Service*.

Actor

Birmingham Children's Theatre

1996

Media Production Skills:

- Proficient in Final Cut Pro X film editing program
- Proficient in Camtasia film editing program
- Proficient in Audacity audio production program

Education and Professional Credentials

PhD, Health Education and Promotion, University of Alabama at Birmingham
MS, Human Nutrition and Foods, Virginia Polytechnic and State University, Blacksburg, VA
BS, Clinical Nutrition, James Madison University, Harrisonburg, VA
Registered Dietitian/Nutritionist
Licensed Dietitian/Nutritionist in the state of Alabama

Publications:

Kitchin B. Osteoporosis Patients With Comorbidities: All Foods Can Fit. *Today's Geriatric Medicine*, January/February 2018: 30-31.

Buyts DR, Campbell AD, Godfryd A, Flood K, **Kitchin E**, Kilgore ML, Allocca S, Locher JL. Meals Enhancing Nutrition After Discharge (MEND): Findings from a pilot randomized controlled trial. *J Acad Nutr Diet*;117(4): 599-608.

Kitchin B. Nutrition Counseling for patients with osteoporosis: a personal approach. *J Clin Densitom.* 2013;16(4): 426-31.

Kilgore ML, Outman R, Locher JL, Allison JJ, Mudano A, **Kitchin B**, Saag KG & Curtis JR. Multimodal intervention to improve osteoporosis care in home health settings: results from a cluster randomized trial. *Osteoporos Int.* 2013;10: 2555-60.

Vance DE, Dodson, JE, Gakumo CA, Morris D, **Kitchin B**, & Schroder KEE. Successful cognitive aging in HIV: Potential strategies for treatment and research. *Phys Occup Ther Geriatric.* 2012;(30)3: 229-44.

Vance DE, Jaspreet Kaur J, Fazeli PL, Talley MH, Yuen HK, **Kitchin B**, & Lin F. Neuroplasticity and successful cognitive aging: a brief overview for nursing. *J Neurosci Nurs.* 2012;44(4): 218-227.

Morris DM, **Kitchin EM**, Clark DE. The physical therapist as an important member of the nutrition management team. *Physiotherapy Theor & Prac* 2009;25: 408-423.

Morgan S, **Kitchin B.** Osteoporosis: Handy tools for detection, helpful tips for treatment. *J Fam Prac.* 2008;57: 311-320.

Kitchin B, Morgan S. Not just calcium and vitamin D: other nutritional considerations in osteoporosis. *Curr Rheumatol Rep.* 2007;9: 85-92.

Morgan SL, Strong DC, **Kitchin EM**, Johnston KE, Disilvestro RA, Tamura T. Zinc status of women with low bone mineral density who receive calcium supplements. *Biol Trace Elem Res.* 2006;110: 211-222.

Kitchin B, Morgan S. Nutritional Considerations in Osteoporosis. *Current Opin Rheumatol.* 2003;15: 476-480.

Peel C, Lein D, **Kitchin B**, Morgan S. Tone Your Bones: a model for health education for older adults. *J of Phys Therapy Ed.* 2001;15: 23-28.