

Public Health/Community Nutrition Practice Group

# Member Spotlight

## Karen K. Ehrens, RD, LRD

Karen Ehrens is a health, nutrition and food consultant in North Dakota. She works primarily with the North Dakota Department of Health's state prevention initiative, [Healthy North Dakota](#), and coordinates statewide partners working to end hunger through the [Creating a Hunger Free North Dakota Coalition](#). Karen also serves as a consultant for North Dakota's [Going Local](#) foods initiative, including the [Hunger Free North Dakota Garden Project](#). Furthermore, Karen and her husband (a chef) enjoy teaching "Mediterranean on the Prairie" cooking classes and farmers market demonstrations. One of Karen's favorite aspects of her job is making connections, whether it is connecting groups with similar goals in preventing chronic disease, or connecting people with the resources they need to work more effectively. Learn more about Karen's work through [her website](#).



Karen grew up in Minot, North Dakota. Having parents who both suffered from chronic diseases, Karen developed a passion for helping people and their families burdened by disease. She pursued nutrition and dietetics as a way to help lessen these burdens, and had guidance from her mother who was also a dietitian. Karen earned a Bachelor of Arts from Minot State College as well as a Bachelor of Science in Food and Nutrition from North Dakota State University. She completed a dietetic internship at the VA Medical Center in San Diego, California.

Karen joined the Public Health/Community Nutrition Practice Group (PHCNPG) for the networking opportunities and to help develop a strong voice for public health nutrition within the Academy. She is the Past Chair of the Academy's Legislative & Public Policy Committee, and chaired the 2014 Farm Bill Work Group. Karen has been honored by her state affiliate, the North Dakota Academy of Nutrition and Dietetics, with the Emerging Dietetics Leader Award and the Outstanding Dietitian of the Year Award.

In her free time, Karen enjoys skating with her daughter, and her family enjoys dancing. Her favorite winter activities include knitting scarves and baking bread, and she enjoys gardening in the summer. Her favorite foods include yogurt and chocolate. PHCNPG is proud of Karen's work and appreciates her contributions to public health and community nutrition!