

Member Spotlight

Karen Elizabeth Van Hoose, RDN, CD, LD

The Public Health/Community Nutrition Practice Group (PHCNPG) is pleased to recognize Karen Elizabeth Van Hoose for 50 years of membership in the Academy of Nutrition and Dietetics!

Born and raised in southern California, Karen earned an Associate's degree from Glendale College and a Bachelor's degree from San Diego University in 1965. After college, she began a dietetic internship at the University of Oregon Medical School (later changed to the Oregon Science and Health University) for one year. Her internship class has remained close friends ever since, and they all still get together every few years in various parts of the country!



After completing her internship in 1966, Karen began working as a clinical dietitian at Providence Hospital in Portland, Oregon. She took some time off here and there to raise four children, but most of her work history for the past 50 years has been in clinical dietetics. Karen has also worked as head of the food service department in a Continuing Care Retirement Community, and she has worked in long-term care, both for corporations and for private accounts. She spent over ten years consulting for two long-term care corporations, Extendicare Health Services and Evergreen Health Services. Karen also spent some time working in Visiting Nursing Services/WIC, where she went into the homes of pregnant and post-partum women to teach them how to eat and how to feed their babies. Her favorite part of her career has been working in outpatient nutrition in a clinical setting where she is still employed full time.

Karen's career has taken her from Portland, Oregon, to southern California, and to western Washington, where she currently resides. For over 45 years, she has had her own part-time consulting business where she has been flying to a small island in Alaska quarterly for the past 40 years – an experience she has enjoyed immensely! Karen still consults in a psychiatric hospital a couple of times a month. She also writes menus, policy and procedures, and gives talks for several long-term care facilities.

In 2005, Karen set up an outpatient nutrition clinic for the Community Health Center of Snohomish County, a non-profit corporation, where they serve the underserved. She enjoys being able to help those that are not able to see healthcare providers due to lack of health insurance. Karen plans to retire in a couple of years. She hopes to volunteer in the area of local hunger issues. Her passion lies in helping the underserved.

Karen became interested in dietetics when a dietitian moved in next door to her growing up. The dietitian told Karen about the profession, and as Karen entered her junior year of college without a declared major, she thought it sounded good and wrote it down in the "Major" blank. However, back then it was a major in Home Economics with an emphasis in Food and Nutrition. Karen feels very fortunate to have met this dietitian, as Karen looks forward to work every day.

Because she loves what she does, Karen considers herself a workaholic but always makes time to enjoy her children and grandchildren every week. When she has the time, she hikes, camps, bikes, goes to the gym, reads, remains active in church, and gardens. Among her favorite foods are Mexican, Italian, Indian, Thai, Japanese, Korean, pot roast, homemade macaroni and cheese, Swedish pancakes, desserts, and dark chocolate. PHCNPG is proud of Karen' work and appreciates her contributions to the Academy, public health nutrition, and our profession for many years to come!

A message from Karen to PHCNPG student members:

Carve your own path and passion in your career. That's when you really make a difference. And, take time to show interest in your patients so they will be interested in learning from you. Nutrition is an amazing and ever-changing profession with so very many opportunities and areas in which to work. It is a very encompassing degree and profession and I highly recommend it.