

Nutrition Science and Dietetics



BACKGROUND INFORMATION

Dietitians plan food and nutrition programs. They help to prevent and treat illnesses by promoting healthy eating habits and recommending dietary modifications, such as the use of less salt for those with high blood pressure or the reduction in saturated fat for those with high cholesterol.

Dietitians manage food service systems for institutions such as hospitals and schools, promote sound eating habits through education, and conduct research. Major areas of practice include clinical, community, management, and consultant dietetics.

High school students interested in becoming a dietitian should take courses in biology, chemistry, mathematics, health, and communications. Dietitians need at least a bachelor's degree in dietetics, foods and nutrition, food service systems management, or a related area. College students in these majors take courses in foods, nutrition, institution management, chemistry, biochemistry, biology, microbiology, and physiology. Other suggested courses include business, mathematics, statistics, computer science, psychology, sociology, and economics.

Of the 46 States and jurisdictions with laws governing dietetics, 33 require licensure, 12 require certification, and 1 requires registration. The Commission on Dietetic Registration of the American Dietetic Association (ADA) awards the Registered Dietitian (RD) credential to those who pass a certification exam after completing their academic coursework and supervised experience/internship. Because practice requirements vary by State, interested candidates should determine the requirements of the State in which they want to work before sitting for any exam.

Experienced dietitians may advance to assistant director, associate director, or director of a dietetic department or may become self-employed. Some dietitians specialize in areas such as renal or pediatric dietetics. Others may leave the occupation to become sales representatives for equipment, pharmaceutical, or food manufacturers.

Registered Dietitians work in:

- *Hospitals, HMOs or other health care facilities*, educating patients about nutrition and administering medical nutrition therapy as part of the health care team. They may also manage the foodservice operations in these settings, as well as in schools, day-care centers, and correctional facilities, overseeing everything from food purchasing and preparation to managing staff.
- *Sports nutrition and corporate wellness programs*, educating clients about the connection between food, fitness, and health.
- *Food and nutrition-related businesses and industries*, working in communications, consumer affairs, public relations, marketing, or product development.
- *Private practice*, working under contract with health care or food companies, or in their own business. RDs may provide services to foodservice or restaurant managers, food vendors, and distributors, or athletes, nursing home residents, or company employees.
- *Community and public health settings* teaching monitoring, and advising the public, and helping to improve their quality of life through healthy eating habits.
- *Universities and medical centers*, teaching physicians, nurses, dietetics students, and others the sophisticated science of foods and nutrition.
- *Research areas* in food and pharmaceutical companies, universities, and hospitals, directing or conducting experiments to answer critical nutrition questions and find alternative foods or nutrition recommendations for the public.

SALARIES AND JOB OUTLOOK

According to ADA's 2007 Dietetics Compensation and Benefits Survey, average salary for dietitians is \$53,000 per year. As with any profession, salaries and fees vary by region of the country, employment settings, scope of responsibility, and supply of RDs. Salaries increase with years of experience.

According to the U.S. Bureau of Labor Statistics, employment of dietitians is expected to grow about 8.6% between 2006 and 2016.

PROGRAM ADVISOR

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GETTING STARTED AT EVCC

Our Enrollment Services Office provides information about application, advising, orientation and registration for new and continuing students. Though advising is voluntary, all prospective the Counseling Advising and Career Center (CACC) if they would like to speak one-to-one with an advisor about getting started.

Contact:

- ◆ Enrollment Services, Jackson Center, 425-388-9219
admissions@everettcc.edu
- ◆ CACC, Third Floor, Parks Bldg. 435-388-9263

EDUCATIONAL AND PROFESSIONAL REQUIREMENTS

Registered dietitians (RDs) are food and nutrition experts who have met the following criteria to earn the RD credential:

- Complete a minimum of a bachelor's degree at a US regionally accredited university or college and course work approved by the [Commission on Accreditation for Dietetics Education](#) (CADE) of The American Dietetic Association (ADA).
- Complete a CADE-accredited supervised practice program at a healthcare facility, community agency, or a foodservice corporation, or combined with undergraduate or graduate studies. Typically, a practice program will run six to twelve months in length.
- Pass a national examination administered by the [Commission on Dietetic Registration](#) (CDR).
- Complete continuing professional educational requirements to maintain registration.

Some RDs hold additional certifications in specialized areas of practice, such as pediatric or renal nutrition, nutrition support, and diabetes education. These certifications are awarded through CDR, the credentialing agency for ADA, and/or other medical and nutrition organizations and are recognized within the profession, but are not required.

In addition to RD credentialing, many states have regulatory laws for dietitians and nutrition practitioners. Frequently these state requirements are met through the same education and training required to become an RD.

Information taken from www.eatright.org dated 04/07

Websites of universities in Washington state with programs in nutrition and dietetics:

Bastyr University

www.bastyr.edu/education/nutrition/degree/training.asp

Central Washington University

<http://www.cwu.edu/~nehs/>

Washington State University

<http://admission.wsu.edu/academics/fos/Public/field.castle?id=1610>

Seattle Pacific University

www.spu.edu/depts/fcs

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For information about nutrition programs in every state:
Dietetic Association Website
www.eatright.org



About Everett Community College

Improve your personal skills, discover new ideas, prepare for work and/or university transfer, and improve your career prospects through programs at EvCC.

Each term, about 9,800 students enroll in a wide variety of courses. Day, evening, distance, and workplace-based options are available. Students may enroll on a full-time or part-time basis. EvCC offers two-year associate degrees, short-term certificates, endorsements and industry certifications.

Student life can be active. Currently, EvCC offers athletic programs in basketball, baseball, and soccer, to name a few.

Student clubs range from Phi Theta Kappa (the Honor Society) to the United Native American Council to the International Club to the German Club, and more. Our Student Government and Programs Board are always on the go with activities that make college life fun. There are also opportunities to develop leadership skills.

Student services are designed to support students in their studies, remove barriers, and enrich student life. Financial aid services offer grant and loan opportunities, as well as scholarships. Our Counseling, Advising and Career Center has a rich array of information and personal assistance for students. The Diversity and Equity Center Center supports student activities that promote growth and opportunity toward cultural understanding.

Former EvCC students have found employment in business and industry, in community service agencies, in schools, and in other locales. Our transfer students are known to do very well at the UW, WWU and other schools.

EvCC's University Center

Looking for educational options close to home?

Check out our new University Center, offering a variety of Bachelor's and Master's degrees –

Right here. Right now.

www.uceverett.org

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