

Dietetics/ Nutrition

A. Occupations

- 1) Dietician
- 2) Nutritionist
- 3) Other Positions in the Field

B. Labour Market Prospects

C. ITPs in the Field

D. Links

A. Occupations

1) Dietician

- Dietician is a regulated health profession in Ontario - College of Dietitians of Ontario
www.cdo.on.ca
- To obtain certification, graduates must successfully pass the Canadian Dietetic Registration Examination to become a Registered Dietitian.

Role

Source: <http://www23.hrdc-drhc.gc.ca/2001/e/groups/3132.shtml>

Dietitians perform some or all of the following duties:

- Develop, administer and supervise nutrition and food preparation and service programs in hospitals, nursing homes, schools, company cafeterias or similar settings
- Evaluate nutritional status of individuals and provide nutrition counselling and consulting to health professionals, dietetic interns, community groups, government, media and individuals
- Aid in the prevention and/or treatment of inadequate nutrition
- Plan, evaluate and conduct nutrition education programs and develop educational materials for various audiences
- Practice on an individual basis or as a member of an interdisciplinary team to determine nutritional needs of patients and to plan normal and therapeutic menus
- Study and analyze current scientific nutritional studies and conduct research to improve the nutritional value, taste, appearance and preparation of food.

Educational Requirements

- 4 year university degree (i.e., universities of Western, Guelph and Ryerson)

Skills/Qualities

Technical

- Basic computer skills: word processing, internet, email, presentation programs, spreadsheet manipulation and database knowledge
- Specialized software (i.e., statistical analysis)

Communication

- Superior oral and written communication skills

Other

- Strong leadership skills

- Excellent time management and organizational skills
- Analytical and research skills
- Problem-solving skills
- Excellent interpersonal skills
- Ability to participate effectively as a member of an interdisciplinary team
- Compassionate
- Understanding of nutritional needs of particular settings; of therapeutic, texture modified and ethnic diets; of the Ontario Food Premises Regulation etc.

Typical Employers

- Source: <http://www.dietitians.ca/find/i1.htm>
Registered Dietitians practice in a wide range of diverse workplaces such as long-term care homes, hospitals, public health units and community health centres, schools, colleges and universities, research facilities and fitness centres.
- Source: <http://www.edu.gov.on.ca/eng/document/nr/02.03/diet.html>
Although many dietitians in Ontario work in large institutions such as hospitals, more and more are moving into jobs in the community and food industry or going into business for themselves as private practice dietitians.

Average Hourly Wage

Source: http://www.labourmarketinformation.ca/standard.asp?ppid=81&lcode=E&prov=35&gaid=9219&occ=3132&search_key=3&search_type=&employer_potential=&new_search=

\$22.95 (average) \$34.02(high) 12.93(low)

Salaries vary according to such factors such as experience, level of responsibility, seniority, size of company, size of city, etc.

2) Nutritionist

Source: <http://www.cdo.on.ca/en/dietitians/index.asp?printVersion=no&loc1=dietitians/>

- Nutritionists are not regulated in Ontario, nor do they require any training to call themselves "a nutritionist."
- Public Health Nutritionists, however, are an exception – they are required to have a Masters Degree and are registered with the College of Dietitians of Ontario.

Role

- Nutritionists perform similar duties to dieticians (see above)
- Many nutritionists work in community settings and focus on healthy eating and wellness at various stages of the lifecycle. <http://www.dietitians.ca/career/i1.htm>

Educational Requirements

- Training is not usually required, although courses are offered through private institutions.

Skills/Qualities

Technical

- Basic computer skills: word processing, internet, email, presentation programs, spreadsheet manipulation and database knowledge

- Specialized software (i.e., statistical analysis)

Communication

- Excellent oral and written communication skills

Other

- Strong leadership skills
- Excellent time management and organizational skills
- Analytical and research skills
- Problem-solving skills
- Excellent interpersonal skills
- Ability to participate effectively as a member of an interdisciplinary team
- Compassionate
- Understanding of nutritional needs of particular settings; of therapeutic, texture modified and ethnic diets; of the Ontario Food Premises Regulation etc.

Typical Employers

- Non-regulated nutritionists tend to be self-employed

Average Hourly Wage

Source: http://www.labourmarketinformation.ca/standard.asp?ppid=81&lcode=E&prov=35&gaid=9219&occ=3132&search_key=3&search_type=&employer_potential=&new_search=

\$22.95(average), \$34.02(high) 12.93(low)

Salaries vary according to such factors such as experience, level of responsibility, seniority, size of company, size of city, etc.

3) Other Positions in the Field

Dietary Technicians assist dietitians or nutritionists to plan and supervise food service operations; plan menus and diet for individuals or groups under the direction of a dietitian or nutritionist; assist in the supervision of personnel who prepare and serve food; help patients select menu items; and assist dietitians with research in food, nutrition and food service systems. <http://www23.hrdc-drhc.gc.ca/2001/e/groups/3219.shtml>

Conestoga College is currently working on program approval for a Dietetic Technician clinical course. The dietetic technician would work with low and moderate risk clients and would most likely be hired in hospital settings.

B) Labour Market Prospects

The overall outlook for this field is good and should remain so into the future. Although restructuring of hospitals will reduce growth in the traditional health care facilities, the aging population, increasing interest in nutrition, and the trend towards preventive medicine as well as primary care should provide increasing opportunities for employment in community settings and food and nutrition related industries.

Source: Source: Hamilton Health Care Centre, Occupational Fact Sheets

http://www.hamiltonhealthsciences.ca/careers/upload/file_collection/Healthcare_factsheets_2003.pdf

As the population grows older, the demand for healthcare of all kinds will grow, increasing labour demand for Registered Dietitians (RD). With cuts in health care, increased consumer interest in healthy eating, and the development of the information economy, the role of the RD has evolved over the past 10 years beyond the stereotypical “institutional” focus. With the increased recognition by consumers of the relationship between good eating habits and disease prevention, dietitians have assumed a new and important role in promoting and contributing to the health and well-being of all Canadians. Currently, RDs and nutritionists may find their best opportunities in the private sector (e.g. in senior citizens’ homes or their own private practice). As well, today’s RDs are often required to have diverse skill sets, and skills in specialty areas.

C) ITPs in the Field

While people trained in medicine would likely have the science background, and the knowledge of the diet required for different diseases, they typically do not have the training in foods and nutrition at the level required to practice in the field of nutrition. Food production systems/quantify foods is an area where most trained physicians might lack the appropriate training.

D) Links

Educational Institutions

- Canadian Universities offering Dietitians of Canada Accredited Undergraduate Programs http://www.dietitians.ca/career/i4_3.htm

Professional Organizations

- College of Dietitians of Ontario <http://www.cdo.on.ca/>
- Dietitians of Canada <http://www.dietitians.ca/index.html>

Related Web Sites

- MedHunters <http://www.medhunters.com/>
- Canadian Diabetes Association www.diabetes.ca
- Hamilton Health Care Centre, Occupational Fact Sheets http://www.hamiltonhealthsciences.ca/careers/upload/file_collection/Healthcare_factsheets_2003.pdf
- HRDC NOC codes <http://www23.hrdc-drhc.gc.ca/2001/e/groups/3132.shtml>