Dietetics Professionals

✓ Who are they?
✓ Where do you find them?
✓ What do they do?

http://www.youtube.com/watch?v=Rp9k6UulHgg&feature=channel_page
Who are dietitians?

• College educated professionals in the areas of food and nutrition

• They are credentialed professionals (R.D., L.D.)
  – Registered through the Commission on Dietetics Registration (CDR) an agency of the Academy of Nutrition and Dietetics
  – Licensed to practice through the Texas State Board of Examiners of Dietitians
Job opportunities include:

**Community Nutrition**
Disease prevention and health promotion
- WIC Program, Head Start Program
- Schools
- Community Clinics
- Early Childhood Intervention
- Wellness Programs, grocery stores
- Senior Citizen Programs
- Cooperative extension services
- Media communication

**Clinical Nutrition**
Medical Nutrition Therapy/Patient Care
- Hospitals
- Out-patient clinics: Cardiac rehabilitation, renal, diabetes, pediatrics
- Private practice

**Foodservice Management**
Patient care, production, food service management
- School food service
- Hospital foodservice
- Consultant: long Term care
Dietitians are involved in...

nutrition assessment, counseling & education in different settings
Dietitians are responsible in determining appropriate nutrition interventions

For all stages of the life cycle

Health promotion

Disease prevention & treatment
Dietitians oversee food service management operations.
How much money do they make?

Based on the *2011 Compensation & Benefits Survey of the Dietetics Profession*

- RDs with four years or less experience earn $52,000/year (median income)
- Salaries increase with years of experience
- RDs in management, business, education and research positions earn incomes above $90,000

Ref. Academy of N&D (2012) Fact Sheet: Becoming a RD
http://www.eatright.org/BecomeanRDorDTR/content.aspx?id=8143
What is a Coordinated Program in Dietetics?

An accredited program by the Accreditation Council in Nutrition and Dietetics (ACEND)

Offers all required dietetics/nutrition coursework along with ~1200 hours of supervised experiences (equivalent to an internship)

Upon successful completion of the program, students receive a verification statement and are eligible to take the CDR examination to become Registered Dietitian (RD)
What degrees will I earn?

Dual Degree

Bachelor in Sciences with a major in Dietetics & Nutrition

Master of Dietetics Studies
Coordinated Program in Dietetics

Freshman/Sophomore level coursework
Texas Core curriculum + prerequisites: ~74 SCH

Junior/Senior level coursework: 53 SCH
  (includes 225 contact hours of supervised practice)

Graduate coursework: 30 SCH
  (includes 992 contact hours of advanced supervised practice)
Program Pre-requisites

- Texas General Core including:
  - General Chemistry
  - Intro to Psychology, sociology or anthropology
- General and Organic Chemistry with lab
- Biochemistry
- Anatomy and Physiology with lab
- Microbiology with lab
- Introductory Statistics
- Principles of Management
- Introduction to Nutritional Sciences
## Dietetics and Nutrition Coursework

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<th>Junior Year</th>
<th>Senior Year</th>
<th>Master Level Year</th>
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<tr>
<td><strong>Introduction to Nutrition &amp; Dietetics Careers</strong></td>
<td><strong>Production and Foodservice Systems Management II</strong></td>
<td><strong>Independent Study (2 SCH)</strong></td>
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<td><strong>Medical Terminology</strong></td>
<td><strong>Medical Nutrition Therapy I</strong></td>
<td><strong>Public Health Nutrition and Policy</strong></td>
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<td><strong>Applied Food Science</strong></td>
<td><strong>Community Nutrition</strong></td>
<td><strong>Research Seminar</strong></td>
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<td><strong>Advanced Human Nutrition</strong></td>
<td><strong>Community Service Practicum - 45 contact hours</strong></td>
<td><strong>Integration of Metabolism</strong></td>
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<tr>
<td><strong>Applied Food Science Practicum - 45 contact hours</strong></td>
<td></td>
<td><strong>Advanced Dietetics Practicum I (7 SCH) - 466 contact hours</strong></td>
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<tr>
<td><strong>Nutrition and Health Assessment</strong></td>
<td><strong>Nutrition in Disease Prevention and Health Promotion</strong></td>
<td><strong>Nutrition Pathophysiology</strong></td>
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<td><strong>Nutrition Counseling and Education</strong></td>
<td><strong>Medical Nutrition Therapy II</strong></td>
<td><strong>Seminar in Nutrition &amp; Dietetics</strong></td>
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<td><strong>Nutrition in the Life Span</strong></td>
<td><strong>Current Issues in Nutrition</strong></td>
<td><strong>Advanced Dietetics Practicum II (7SCH) - 466 contact hours</strong></td>
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<tr>
<td><strong>Production and Foodservice Systems Management I</strong></td>
<td><strong>Special Topics in Nutrition &amp; Dietetics</strong></td>
<td><strong>Nutritional Supplements and Functional Foods</strong></td>
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<td><strong>Food Production Practicum – 90 contact hours</strong></td>
<td><strong>Nutritional Care Process Practicum – contact 45 hours</strong></td>
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**Concentration: Health Promotion/Disease Prevention and Treatment**

### Summer
- **Nutritional Care Process Practicum**
- **Nutritional Care Process Practicum - contact 45 hours**
What are the admission procedures?

- Application is accessible through the Texas Common Application
- All application materials including the non-refundable fee must be submitted to the Registrar’s Office by May 1st for fall admission.
  - Official transcripts from all colleges and universities attended
  - Two completed reference forms (program specific): preferably from faculty members
  - Statement of Interest
Admission Factors

- Academic achievement (cumulative & prerequisite GPA 3.0)
- References: faculty (use program specific forms)
- Awards and honors
- Prior work experience or volunteer activities
- Personal career goals
- Interest, motivation, commitment and knowledge of the profession
- Communication skills
Questions?

Contact:

**College of Education and Human Development**
Advising and Certification Center (MB 3.214)
210-458-4424

**Dietitians of Today and Tomorrow Program**
Department of Health and Kinesiology
210-458-7034
210-458-6528

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