



Opportunities in  
Nutrition & Community Health

# Overview

1. Job trends
2. Registered Dietitian (RD) pathway
3. Additional certifications
4. Graduate school
5. Job hunt resources
6. Position examples



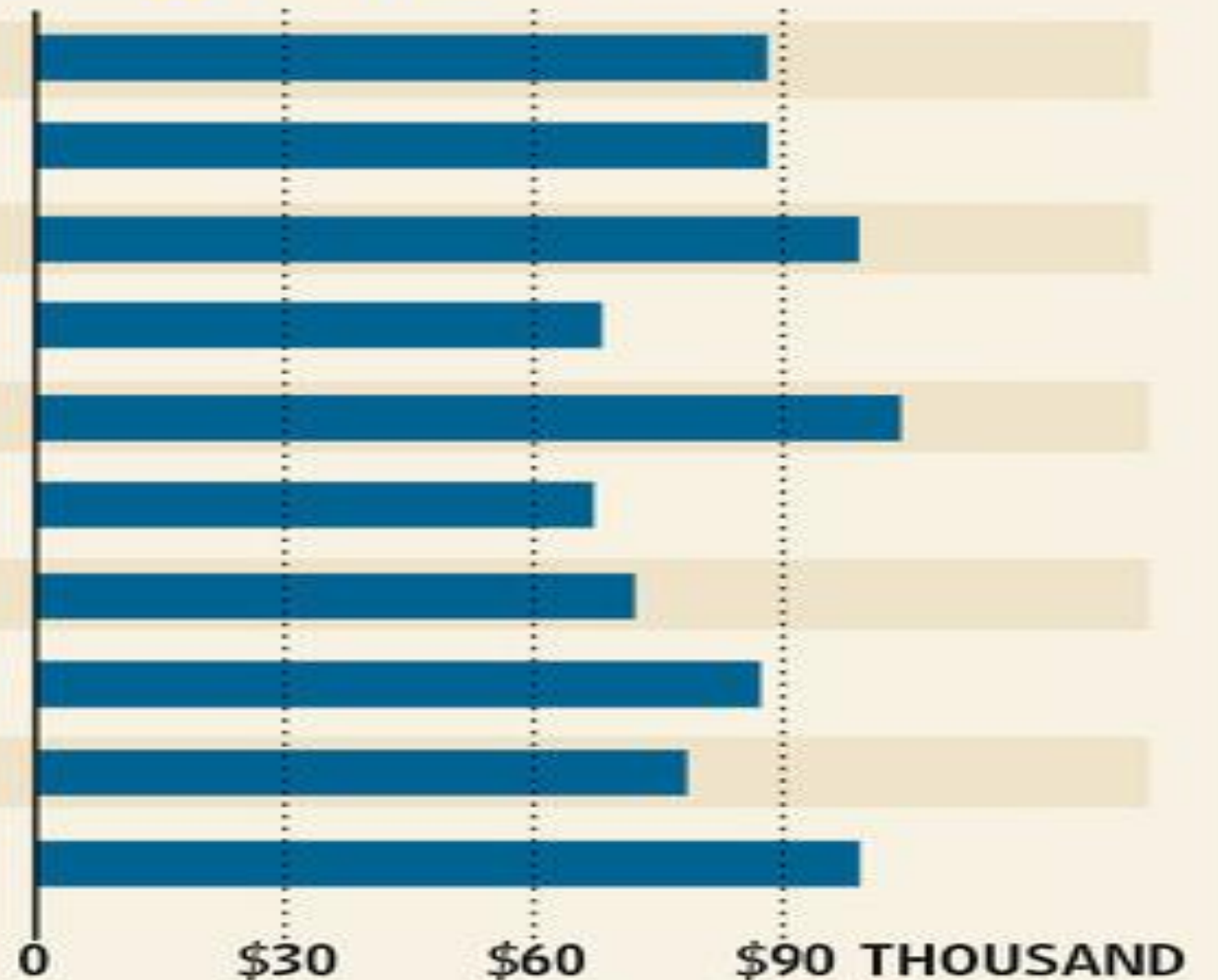
# Top of the Heap

Job board CareerCast released a list of the best jobs of 2012

## BEST JOBS OF 2012

- 1 Software Engineer
- 2 Actuary
- 3 Human Resources Manager
- 4 Dental Hygienist
- 5 Financial Planner
- 6 Audiologist
- 7 Occupational Therapist
- 8 Online Advertising Manager
- 9 Computer Systems Analyst
- 10 Mathematician

## MIDLEVEL INCOME



Source: CareerCast.com  
The Wall Street Journal

# The 25 Best Jobs



- Registered Nurse
- Software Developer
- Pharmacist
- Medical Asst.
- Database Developer
- Web developer
- Computer Systems Analyst
- Physical Therapist
- Computer Programmer
- Occupational Therapist
- Maintenance/Repair Worker
- Elementary School Teacher
- Clinical Lab Tech.
- Speech-Language Pathologist
- Paramedic
- Meeting, Convention, & Event Planner
- School Counselor
- Social Worker
- Sports Coach
- Sales Representative
- Accountant
- Receptionist
- Financial Advisor
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- HR Specialist



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# Where can a Nutrition Career Take You?



- Clinical Nutrition
- Community Nutrition
- Public Health
- Education
- Food Service Management
- Research
- Politics
- Facility Design
- Media
- Publishing
- Entrepreneur



# Best jobs for saving the world

Money

## 3. Dietitian

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**Median pay:** \$55,800

**Top pay:** \$76,000

**10-year job growth:** 9%

**Total jobs:** 30,000

**The job:** Dietitians, who advise individuals and groups on nutrition, work for hospitals, corporations, schools and community health centers. Some run private practices, or they can even work as a consultant. The country's childhood obesity crisis and aging population are driving demand for these experts in healthy eating.

**How to switch:** To become a registered dietitian, you'll need undergraduate course work in food sciences and six-to-12 months of supervised work experience. Learn more at [eatright.org](http://eatright.org).



PHOTO: THINKSTOCK

## Dietitian job openings

jobs by **simplyhired**

Dietitian  
Columbus, OH - OhioHealth

YOGA INSTRUCTORS, PERSONAL TRAINERS, AND REGISTERED DIETITIAN  
Houston, TX - Axmann Consulting

Dietitian  
Indianapolis, IN - United States Department of Veterans Affairs

Registered Dietitian I - Grade 30  
Santa Clara, CA - Kaiser Permanente

**See All Jobs**  
Search all jobs from across the web

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# Registered Dietitian (RD) pathway

- 3 step process:
  - Didactic Program in Dietetics (DPD) college coursework; good GPA; minimum of BS/BA degree
    - Experience in nutrition field to make your application competitive: 200-1200 hours (volunteer or paid)
  - Accredited Dietetic Internship (9-12 months)
  - Registration Exam
- How to get there from here:
  - Combined MS/RD, then do internship (DI) afterward
  - Combined MS/RD + DI
- Take GRE
- Take any additional prep classes while at CSUF or at CC

See website for the Academy of Nutrition & Dietetics  
[www.eatright.org](http://www.eatright.org)



# Additional Food Service Management Certifications

- These work under direction of a RD; can take study course & exam for certification; allows employment in health care foodservice management settings
- Certified Food Safety Manager
  - ServSafe
  - National Registry of Food Safety Professionals
- Dietary Services Manager



# Advanced Studies

- Graduate Degrees
  - Master's degree
  - Doctoral degree
    - PhD
    - Clinical doctorate



# Job Search Resources

- Campus & Department resources / Internship & Career Center
- Professional organizations
- State & local government listings
- Craigslist
- Listings of Community programs (profit & non-profit) through governments, organizations, faith-based groups, etc.
- Networking & word of mouth



# Graduate School

## ...some options after Health Sciences

- Nutrition Science / Nutritional Biology (Nutrition dept or Family & Consumer Sci depts @ CSU)
- Nutrition Education
- Food Science
- Foodservice/Hospitality Management
- Education/Teaching Credential
- Health Education
- Counseling or Social work



# Graduate School

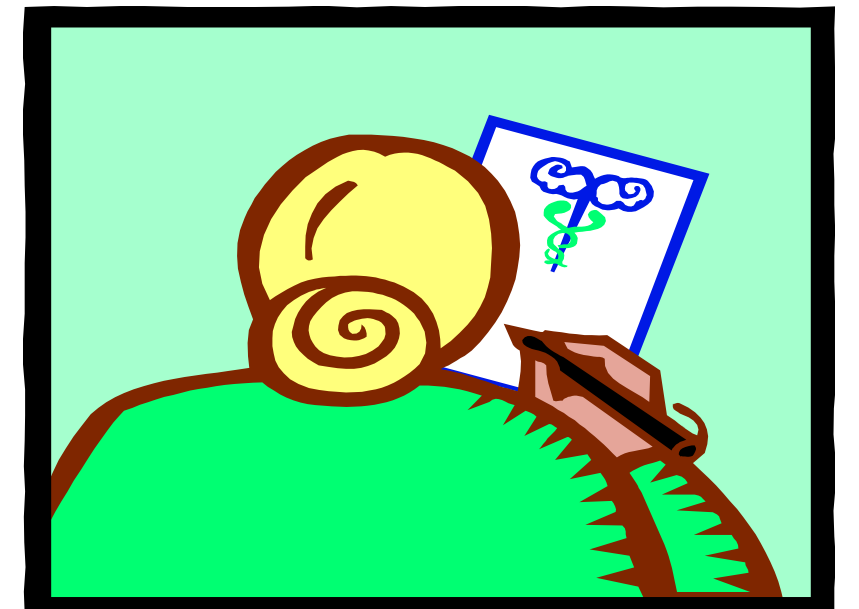
## ...some options after Health Sciences

- Kinesiology
- Urban planning & community development
- Public Health - MPH
- Business – MBA
- Healthcare Administration
- Human resources/ personnel management/  
organizational management
- Medical & allied health
  - MD or DO
  - PA
  - RN
  - OT
  - PT
  - Pharm



# Survey: Clinical Nutrition Jobs

- Hospital (acute care & specialized centers - Diabetes & Cancer )
- Food Service Contractor
- Skilled Nursing Facility /LTC
  - Rehab Hospitals/SNF
  - Acute Rehab Hospital
- Patient Disease Registry
- Renal Centers
- State Hospital



# Survey: Nutrition Education & Wellness Jobs

- Health Educators
- Diabetes Educators
- Wellness Educators
- Child Health & Nutrition
- Dairy Council
- Nutrition Educator
- Physical activity coordinator/educator



# Survey: Public Health & Community Nutrition Jobs

- WIC
- Public Health program assistant, analyst, Nutritionist
- UC Cooperative Extension community program rep
- Grant Writer
- Program Director/assistant - NGO, philanthropic org
- Centers serving targeted population group
  - Indian Health Center
  - Project Open Hand
  - La Clinica de la Raza
- NHANES Interviewer
- Food Banks
- Organizations & consulting firms doing community-based research



# Survey: Business & Industry Jobs

- Consumer Research
- Marketing Representatives
- Food Broker Sales
- Education Sales



# Survey: Dietetic Technician Jobs

- DTR
- Diet Assistant



# Survey:

## FS Administration Jobs

### Profit Oriented

- Foodservice Co.

### Non-profit Oriented

- AC Hospitals
- Elderly
  - Long-term Care
- School Districts



# Job Opportunities in Food Industry

- Public Relations
- Product Management
- Sales
  - Foodservice
  - Food Brokers
  - Nutritional products
  - Nutraceuticals



# Government Opportunities

- Schools
- WIC
- Food Assistance Programs
- School Lunch and Breakfast Programs
- Elderly Nutrition Programs



# Other Opportunities in Nutrition & Health Science

- Teaching (Teaching credential)
- Writing for technical & lay publications
  - Food Companies
  - Associations & Societies
  - Newspapers and Magazines
- Web-based nutrition & health communication
- Policy advocacy for urban change
- Health Clubs
- Wellness & Health Promotion/ Health Education programs/Physical Activity programs



## POSITION EXAMPLE:

### Assistant Community Health Prog Rep (40%) San Mateo Co - Cooperative Extension

- Elkus Ranch Educational Staff
- Elkus Ranch provides educational opportunities for Bay Area Youth.
- The main purpose of this position is to work directly with school-aged children in hands-on educational programs.
- Activities include: lessons and activities in animal science, gardening programs, environmental science, recycling, natural history, and farm tours.
- Experience in training groups of children
- Ability to work with people from all socioeconomic levels and ethnic backgrounds.
- Education and experience in environmental programs, youth programs, or related field.



# POSITION EXAMPLE: Program Representative II

## **Alameda Co - Cooperative Extension**

- Will be responsible for coordinating the implementation of the Nutrition Education Training Academy (NETA) at targeted Early Childhood center included in the Network for Healthy California scope of work.
- Use English and Cantonese to disseminate information, translate lessons to conduct trainings, and communicate with children and parents.
- Also will coordinate all the school and community events organized in the designated areas of Alameda County.
- Strong knowledge of nutrition, physical activity in early childhood development or equivalent experience.



# POSITION EXAMPLE: HEALTH & NUTRITION MANAGER – Head Start

- The Health and Nutrition Manager plans and collaborates with other Managers and staff in the Head Start, CDE, PFA programs to ensure the health and well-being of all children in the programs. Responsible for planning, ongoing monitoring and record-keeping, parent involvement, health education, community partnerships and service coordination; Will supervise Health/Disability/Mental/Health Assistant.
- BA or BS degree Education, Public Health Administration, Nursing, Health Education, Maternal and Child Health, Health Administration or related field and/or RN or LPN preferred.
- Three years of community-based experience working with low-income families and community organizations.
- Bilingual preferred



# POSITION EXAMPLE: PROGRAM ASSISTANT

- *Bay Area Community Services is a non-profit, community-based agency serving Alameda County by providing a wide-ranging array of mental health and older adult services.*
- Under the supervision of the Senior Nutrition Program Manager, the Program Assistant assumes responsibility for accurate, timely and efficient systems documentation, data entry and filing of congregate and home delivery records in accordance with Alameda County guidelines.
- Works closely with the Delivery Supervisor and assessment team to assure timely and proper systems documentation from written client registrations, client intakes and assessments, meal counts, site volunteer hours, client reservations and donations on a weekly basis.



# POSITION EXAMPLE: RESEARCH DATA COLLECTOR

- The Stanford Prevention Research Center seeks two full-time Data Collection Research Assistants to join a multi-disciplinary team performing community-based intervention trials for overweight children and their families.
- Data collectors recruit and screen participants, obtain informed consent/assent from parents and children, schedule data collection with participants, administer interviews, self-report surveys, dietary recalls using NDS-R software, physical activity measures and anthropometric/physical measures.
- BA/BS in the biological, physical, social sciences or other quantitative subjects required
- Must be fluent in English and Spanish.



# POSITION EXAMPLE: COMMUNITY NUTRITION EDUCATOR

- Second Harvest Food Bank needs three bilingual nutrition educators (Spanish/English or Vietnamese/English) to provide nutrition education to culturally diverse, low-income populations in Santa Clara County for a new federal grant. Experienced and caring nutrition educators will provide creative nutrition lessons and show clients and agencies how to prepare nutritious meals from food bank foods.
- Bachelor's degree in nutrition from an accredited university or a Master's in Public Health; bilingual in Spanish or Vietnamese, nutrition education experience



# Some useful job websites

- <http://www.cdph.ca.gov/programs/wicworks/Pages/WICJobAndCareerInformation.aspx>
- <http://ucanr.org/jobs/>



# Questions?

