

Nutrition

Did you know that **Public Health Nutritionists** are the leading experts on understanding the relationships between diet, health, and disease prevention? Public Health Nutritionists are health specialists who focus on the science of food and nutrition. A nutritionist who becomes certified and registered in the field of nutrition is called a Dietitian. Both Nutritionists and Dietitians work with a wide range of populations to promote health and prevent disease by promoting healthy eating habits and physical activity. In public health, nutritionists assess the nutritional needs of populations by identifying nutrition-related problems and developing health promotion strategies and nutrition education programs in response. They can also conduct research to look at the sociological, behavioral, and biological influences of poor nutrition, and inform lawmakers on the positive impact of good nutrition to change policy at local, state and federal levels.

For example, a Public Health Nutritionist might offer a community class on weight management or cholesterol reduction, promote a new policy for healthier foods in schools or partner with other agencies to develop a strategy for educating children on the benefits of whole grains.



DID YOU KNOW?

Between 1994 and 2004, the NC Division of Public Health Nutrition Branch led an education campaign to reduce the number of birth defects in North Carolina. This campaign was very successful reducing the incidence of a serious (even fatal) birth defect called the neural tube birth defect overall by 40%, and even by 72% in 17 counties in Western North Carolina.

Nutrition

Specialization

chronic diseases (for example: HIV/AIDS, renal disease, diabetes), weight management, infants, children, adolescents, health promotion, home health agencies, preventative nutrition, detoxification, sports performance, food service, worksite wellness, research, school nutrition, communications and marketing, women's health and much more

Work Environment

Local, state and federal government health agencies and departments, home health agencies, community and nursing care facilities, research laboratories and schools

Education Requirements

The minimum requirement to become a nutritionist is a bachelor's degree in dietetics, foods and nutrition, education, sociology, biology, or a related field. In order to become a Registered Dietitian (RD), you must receive the same degree, but at a regionally accredited university or college and coursework approved by the Commission on Accreditation for Dietetics Education (CADE). In addition, you must pass a national examination administered by the Commission on Dietetic Registration (CDR). Another available career path is that of Dietetic Technician. In North Carolina, a license is required to practice dietetics. The North Carolina Board of Dietetics/Nutrition is the governing body and the credential received is called an "LDN."

Potential Career Opportunities

Public Health Nutritionist | Registered Dietitian | Dietetic Technician
Women Infants & Children (WIC) Director | Educator | Public Health Advisor
Nutrition Program Director | Policy Maker

Where can I go to study Nutrition?

- Appalachian State University
- East Carolina University
- North Carolina A&T State University
- North Carolina Central University
- North Carolina State University
- University of North Carolina - Chapel Hill
- University of North Carolina - Greensboro

