

Dietetics and Nutrition

Registered Dietetic Technician, Registered Dietitian



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Registered Dietetic Technician

JOB DESCRIPTION

Dietetic technicians, registered (DTRs), are trained in food and nutrition and are an integral part of health care and foodservice management teams.

WORK ENVIRONMENT

Dietetic technicians, registered, work independently or in teams with registered dietitians in a variety of employment settings, including:

Hospitals, Health Maintenance Organizations (HMOs), clinics, nursing homes, retirement centers, hospices, home health care programs and research facilities, helping to treat and prevent disease and administering medical nutrition therapy as part of the health care team.

Schools, day-care centers, correctional facilities, restaurants, health care facilities, corporations, hospitals, managing employees, purchasing, food preparation,

and preparing budgets within foodservice operations.

Special Supplemental Nutrition Program for Women, Infants and Children (WIC), public health agencies, older adult programs and services, and community health programs, developing and teaching nutrition classes for the public.

Health clubs, weight management clinics, and community wellness centers, helping to educate clients about the connection between food, fitness, and health.

Food companies, contract food management companies, or food vending and distributing operation, developing menus, overseeing foodservice sanitization and food safety, and preparing food labeling information and nutrient analysis.

ANNUAL WAGES

National	\$30,660*
New York State	\$29,432**

*2002 Dietetics Compensation and Benefits Survey. American Dietetic Association.

**New York State median annual earnings for 2003. U.S. Department of Labor, Bureau of Labor Statistics.

ACADEMIC REQUIREMENTS

An associate's degree from a dietetic technician program is required. Students should then complete a program approved by the Commission on Accreditation for Dietetics Education, and 450-hours of supervised practice experience. After fulfilling academic and practical work experience requirements, one may take the Registration Examination for Dietetic Technicians and, upon passing, become a Dietetic Technician, Registered (DTR).

PROFESSIONAL ORGANIZATIONS

American Dietetic Association
New York State Dietetic Association

For professional organization address and phone information see Appendix B.

EDUCATIONAL INSTITUTIONS

For a listing of educational programs in New York State for Dietetics and Nutrition see page 19.

Registered Dietitian

JOB DESCRIPTION

Registered dietitians (RDs) are food and nutrition experts. They promote and maintain health, prevent or treat illness, and aid rehabilitation through nutrition education and diet intervention.

WORK ENVIRONMENT

Registered dietitians work in a wide variety of employment settings, including:

Hospitals, Health Maintenance Organizations (HMOs), or other health care facilities, educating patients about nutrition and administering medical nutrition therapy as part of the health care team. They also manage the foodservice operations in these settings, as well as in schools, day-care centers, and correctional facilities, overseeing food purchasing and preparation and 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 nutrition in universities, hospitals, and companies, directing or conducting research to answer critical nutrition questions to inform the public.

Many work environments, particularly those in medical and health care settings, require an individual be credentialed as an RD.

ANNUAL WAGES

National	\$45,760*
New York State	\$45,822**

*2002 Dietetics Compensation and Benefits Survey. American Dietetic Association.

**New York State median annual earnings for 2003. U.S. Department of Labor, Bureau of Labor Statistics.

systems management, or a related field. Dietitians study a variety of subjects, ranging from food and nutritional sciences, foodservice systems management, business, economics, computer science, culinary arts, sociology, and communication to the science courses, biochemistry, physiology, microbiology, anatomy, and chemistry. Upon graduation from a program accredited by the American Dietetic Association, individuals must complete a dietetic internship and pass an examination to earn the Registered Dietitian credential approved by the Commission on Dietetic Registration of the American Dietetic Association. Students may also choose to complete a master's degree in dietetics. New York State currently offers certification for dietitian/nutritionist. Detailed information for New York State licensing requirements can be found online at: www.labor.state.ny.us/business_ny/employer_responsibilities/olcny/menu.htm. Certification is not required to practice as a dietitian.

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EDUCATIONAL INSTITUTIONS

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ACADEMIC REQUIREMENTS

To become a practicing dietitian, one must obtain a bachelor's degree in nutrition, dietetics, food service

*New York State Educational Institutions***NEW YORK STATE EDUCATIONAL
INSTITUTIONS WITH PROGRAMS IN
DIETETICS AND NUTRITION**

*(For New York State educational institution address
and phone information, see Appendix A.)*

City University of New York Brooklyn College
City University of New York Hunter College
City University of New York Lehman College
Cornell University-New York State Statutory Colleges
D'Youville College
Marymount College of Fordham University
New York University
Rochester Institute of Technology
State University of New York at Buffalo
State University of New York College at Oneonta
State University of New York College at Plattsburgh
State University of New York Westchester
Community College
Syracuse University
Teachers College at Columbia University

*Source: U.S. Department of Education –
Integrated Postsecondary Education Data System
(www.nces.ed.gov/ipeds/) and the New York State Area
Health Education Center System Data Resource Center,
September 2003.*