

# DIETITIAN



## WHAT THEY DO

Registered Dietitians (can also be called Registered Nutritionists in Alberta) help patients optimize their nutritional health. They provide nutrition knowledge and expertise to prevent and manage nutrition-related diseases and recover from diseases and surgery. Dietitians assess nutritional status and requirements, develop nutritional care plans, and provide nutrition education and counselling. To promote population health, dietitians work with organizations and groups to identify nutritional health concerns, address the issues with evidence-based programs and approaches, and evaluate and monitor change. Dietitians provide education to clients/patients, health professionals, organizations and the public.

## HOW THEY WORK

Dietitians work in many settings, including acute care and rehabilitation hospitals, home care, supportive living and continuing care facilities, public health centres, and outpatient clinics, and in the community with patients, groups, and other health care providers.

## TRAINING

To become a Dietitian, you must complete a Bachelor of Science degree specializing in foods and nutrition. The University of Alberta is the only Alberta-based Dietitian training program. Training also includes an internship. Dietitians are regulated by the College of Dietitians of Alberta.

Dietitians in Alberta 2019 (CIHI 2019 data)	
<b>SUPPLY</b>	<b>1343</b>
<b>% CHANGE SINCE 2018</b>	<b>+2.1%</b>
<b>RATE PER 100,000 POPULATION</b>	<b>31.2</b>
<b>PROPORTION OF:</b>	
FEMALES	<b>96.7%</b>
MALES	<b>3.3%</b>

## RESOURCES

### REGULATORY BODY:

College of Dietitians of Alberta <https://www.collegeofdietitians.ab.ca/>

### ALBERTA ALIS PROFILE:

<https://alis.alberta.ca/occinfo/occupations-in-alberta/occupation-profiles/dietitian/>

### AHS CAREER PROFILE:

<https://www.albertahealthservices.ca/careers/Page11759.aspx>