

# Dietetics/Nutrition



## >> What is Nutrition & Dietetics?

Dietitians and nutritionists apply the science of human nutrition to influence the eating behaviour of individuals, groups and communities and select food to attain, maintain and promote health and to prevent and treat poor health.

The Dietitians Association of Australia (DAA) has **Accredited Practising Dietitian** Credential (APD) which is a public guarantee of nutrition and dietetic expertise. APDs undertake ongoing training and education to comply with DAA's guidelines for best practice. They are committed to the DAA **Code of Professional Conduct** and **Code of Ethics** and to providing quality service. The DAA also has a registered trademark **Accredited Nutritionist (AN)** for tertiary qualified nutrition professionals that have expertise in a range of nutrition services but excluding clinical aspects of dietetic practice. All APDs are eligible to use the AN credential.

The Nutrition Society of Australia (NSA) also has a voluntary nutritionist register for individuals with relevant qualifications, as determined by an experienced committee of senior nutrition scientists. This recognises nutritionists with qualifications, who abide by the highest standards of professional conduct and the NSA Code of Ethics, and who are committed to on-going professional development.

## Where do Dietitians and Nutritionists work in Tasmania?

Nutritionists and dietitians are employed in a wide variety of areas across the government, non-government, private and community sectors in roles including clinical dietetics, community nutrition, public health (including policy and food regulation), education, food industry, policy and research.

## How do Dietitians and Nutritionists work in DHHS?

- **Population Health: Community Nutrition Unit:** planning implementing and evaluating community based programs that aim to increase nutritional wellbeing; provision of nutrition training and support of the non-nutrition workforce (eg child care, child health nurses, practice nurses etc).
- **Public Health Nutrition team:** advise on and develop food and nutrition policy including food regulation and contribute to population health monitoring in relation to nutrition.
- **Health Services: Clinical dietitians** are employed in hospitals and provide counselling and support in clinical conditions related to infant, childhood & adolescent growth and development; pregnancy and lactation; debility, allergy, cardiac & vascular disease, diabetes and endocrinology, food-borne disease, neurological conditions, pulmonary disease, gastrointestinal disorders (liver disease, inflammatory bowel, irritable Bowel, coeliac disease, reflux, gall bladder, short bowel, inability to eat etc), blood disorders (anaemia, iron storage), hypermetabolism – infection, trauma, sepsis, immune function & disorders, renal disorders, disordered eating.
- **Primary Care:** Limited support and counselling services for individuals and groups in the Community Rehabilitation Unit (0.2 FTE) and Devonport (0.5 FTE)

## What qualifications are required to practice?

To be employed as a dietitian, an individual must be eligible for full membership of the DAA. The Public Health Nutrition team staff do not require a dietetics credential but do require tertiary qualifications in nutrition consistent with eligibility for AN status with DAA and/or eligible for inclusion in the NSA's Register of Nutritionists.

### Useful links

<http://www.daa.asn.au/>

<http://www.nsa.asn.au/>