Careers in Nutrition and Dietetics

Dietitians are employed in the following areas:

**Patient care**
Dietitians are responsible for assessing the nutritional needs of patients, planning appropriate diets and educating patients and their families.

**Community nutrition and public health**
Dietitians are involved in nutrition and health education programs. This can be at the local community level or for the population at a national level. Dietitians working in public health also assist with health planning, setting nutritional standards, and developing and implementing nutrition policies.

**Food service and management**
Dietitians combine management skills and nutrition expertise when delivering food services in hospitals, nursing homes, meals on wheels, hospitality and catering. Dietitians also manage nutrition services and health programs.

**Consultancy/private practice**
Dietitians provide consultancy services to individuals, groups and organisations which include individual counselling, group programs, preventive health programs and nutrition education. Dietitians also prepare nutritional information for publication, work with the media and in public relations.

**Food industry**
Dietitians working in the food industry are involved in food regulatory issues (food law), food safety and quality systems, consumer and health professional education, nutrition research, product development, nutrition-related marketing and public relations.

**Research and teaching**
Dietitians work as part of research teams investigating nutrition and health issues and developing practical nutrition recommendations. Dietitians are also involved in training student dietitians, doctors and other health professionals.

**Other fields**
Dietitians are able to transfer their skills to other fields such as management, public relations, marketing, program management, communications, media, health promotion, policy development and information technology.

Graduates of the public health nutrition program will be able to work as

- health promotion officers and in community health areas such as:
• chronic disease prevention
• work/life balance
• sexual and reproductive health promotion and HIV/AIDS prevention
• promotion of healthy nutrition and physical activity
• harm minimisation relating to the impact of alcohol, tobacco and other drugs
• the promotion of healthy environments

They can also work as community or public health nutritionists in the private and public health sector, the health and fitness industry, community and public health nutrition services, Indigenous nutrition and health, the food industry and in the mass media.

Positions and Employers

Part-time lecturer Yan Oi Tong, Hong Kong (non-governmental organisation)
Health promotion officer Sunraisia Health Services
Dietician Queensland Health Cairns Base Hospital
Dietician NSW Health
Research Dietician University of Sydney - Based at Royal Prince Alfred Hospital
Dietician Marie Clare O’Shea Dietician
Health Lifestyle Coordinator Queensland Health
Dietician Queensland Health
Senior advisor Queensland Government
Clinical Dietician Private Practice
Dietician VIVIR Healthcare

Vacancies on-line

Australia

• Queensland Health vacancies
• Careereone healthcare, medical and pharmaceutical jobs
• Health & Community Jobs (HACjobs)
• Australian Healthcare and Hospitals Association vacancy listings
• Jobseeker dietitian vacancies
• Kelly Scientific Resources
• MyCareer healthcare vacancies
• Pharmaceutical Jobs (healthcare, medical, scientific and pharmaceutical vacancies)
• Seek healthcare vacancies
• Your World Healthcare
• Australian Defence Force Recruiting
• Australian Public Service recruitment
• Australian Job Search
• Careers at CSIRO
• Graduate Opportunities (the major directory of graduate recruitment in Australia)
• New South Wales Government jobs
• Queensland Government Jobs
• Recruitment consultants in Australia (Searchable by industry sector or alphabetically)
• Research Jobs (vacancies in Australia & New Zealand)
• Science People
• TechStaff
• Unijobs (Vacancies of all types in Australian universities)
• Unigrad (specialist Australian graduate recruiter)
• Careerjet employment search engine
### International

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<td>United States</td>
<td>Quintessential Careers</td>
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<td>United States</td>
<td>United Nations Headquarters graduate internships</td>
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### Targeting potential employers

Many work opportunities are not advertised. It is common practice for jobseekers to search out these opportunities. When approaching potential employers, conducting research to identify links between your selling points (your skills, experience, interests and qualifications) and an employer’s needs, increases your chances of success. Research will also reduce the number of approaches you need to make, saving you time in the end. Developing and using your personal and professional networks is also a valuable tool in finding these ‘hidden’ opportunities.

- Aged care facilities in Australia
- Australian Government departments
- Australian Pharmacies directory
- Child and youth support agencies in South East Queensland
- Community service providers in Australia
- CSIRO
- Disability support agencies in Australia
- Drug & alcohol services in Australia
- Federal and state Health departments and agencies in Australia
- Health fitness centres in Australia
- Health and welfare organisations and associations in Australia
- Health insurance funds in Australia
- International health organisations
- Medical and health research organisations in Australia
- Local Governments in Australia
- Not for Profit organisations in Australia
- Private hospitals in Australia
- Public hospitals in Australia
- Queensland Government Departments
• **Scientific supply companies in Australia**
• **Sports dietitians in Australia**

**Employment prospects and starting salaries**

*Grad Jobs and Dollars* provides information on employment rates and median starting salaries by field of study, for Australian university graduates surveyed four months after graduation. Information on occupations Australia-wide, such as the size of the workforce, employment prospects and average weekly earnings is available from *JobOutlook*.

**Professional associations**

Joining a professional association is a great way to meet people in your field, who can assist you to explore your career options and potentially find employment opportunities. These associations exist in every field of employment and hold regular professional development and networking events. Students are welcome to join, and membership and can cost as little as $60 per year.

• **Dietitians Association of Australia**
• **Nutrition Society of Australia**
• **Australasian Association of Clinical Biochemists**
• **Australasian Society for Human Biology**
• **Australian Health Economics Society**
• **Australian Health Promotion Association**
• **Australian Healthcare and Hospitals Association**
• **Australian Institute of Medical Scientists**
• **Australian Physiological Society**
• **Australian Science Communicators**
• **Australian Society for Biochemistry & Molecular Biology**
• **Health Informatics Society of Australia**
• **Australian Society for Medical Research**
• **Australian Society for Microbiology**
• **Public Health Association of Australia**
• **Royal Australian College of Medical Administrators**

**Other career-related links for Health Science students**

• **Pathways to careers in health**
• **Bioscience careers**
• **Careers in biometrics**
• **Graduate Entry Medicine & Dentistry Admissions Test (GAMSAT)**
Sample job advertisements

**Terry White Chemists** at Sunnybank Hills is seeking a 4th year (or last year of study) Nutritional Science student to work and then continue after graduation as Nutrition Consultant (Nutritionist/Dietitian)

You will be required to work as a nutritional consultant for a Weight loss Program available at the pharmacy, working together with a Naturopath.

You will give dietary advice to participants of the program, make follow-up phone calls to participants, conduct weigh-ins and measurements for participants of the program etc.

You will work according to QCPP (Quality Care Pharmacy Program) standards, as well as to the Standard of Performance of Terry White Chemists.

Person must be enthusiastic, hard-working, show initiatives, able to work as part of team, honest, and able to speak clearly. Previous work experience is an advantage.

Part-time position - must be able to work all day Fridays (8.30am-6.00pm) and Thursday nights (until 9pm). Hours may be adjusted after graduation.

**Vital Health**
A Dietician or a dual Dietician/Exercise Physiologist job opportunity is available through our Vital Health Dalby Centre. Vital Health is an allied health practice including such services as:

- Physiotherapy
- Dietetics
- Exercise Physiology
- Speech Therapy and
- Massage Therapy

You will be required to work collaboratively with such professionals to ensure a multidisciplinary approach to practice is followed where appropriate and applicable.

Areas serviced are primarily situated in the South West Qld and Darling Downs area. The position is quite diverse and currently expanding into new communities.

The successful candidate would primarily be working from medical centres, community centres and Vital Health Dalby clinic, in and around South West QLD & Darling Downs (similar to the position of a clinical/community dietetics role). The primary patient population treated may include populations with chronic disease (Diabetes, Cardiovascular Disease, Osteoporosis, Obesity, HTN, etc.)

New graduates are encouraged to apply. Appropriate remuneration is also possible for those clinicians with extensive experience. Dietitians who are also Accredited Exercise Physiologists (AEPs) are highly encouraged to apply. We are looking for applicants to start as soon as possible.

**The Rural Primary Health Services Program** is enhancing local capacity for multi-disciplinary clinical services throughout South West Queensland. The benefits of the Program are flexible delivery models for allied health and primary care services arising from community-identified needs to promote wellbeing, self-care, and clinical care options including GP referrals.

Clinical Practitioners currently employed in the program include a Dietitian and an Occupational Therapist. Reporting to the Manager, Clinical Care Coordination, the Allied Health Practitioners liaise with program stakeholders and provide discipline-specific care and education for individuals in an
integrated multi-disciplinary service model. Using their clinical and communication skills, the Allied Health Practitioners are making a direct contribution and difference to the communities in the region.

We welcome expressions of interest from

- registered Allied Health Practitioners (all disciplines)
- graduates eligible for registration, and
- credentialed diabetes educators

Charleville is set along the picturesque Warrego River, and boasts a laid back country atmosphere with a thriving community. On offer is a variety of hospital and medical services, sporting and recreational clubs and facilities, as well as quality schools from Kindergarten through to grade twelve. There are a variety of real estate options for those looking to relocate or invest in this iconic outback community.

Supported by the regional experience of RHealth, Australia’s award-winning Division of General Practice, we offer you a rewarding role, professional development, and an attractive salary package with salary sacrificing benefits.