

PUBLIC HEALTH NUTRITIONIST

Q What do you like best about your job?

A Wow! It would have to be the variety. It just changes all the time. On any given day I could be talking to a mom on the phone about feeding her toddler and then in a meeting with my colleagues and community partners talking about promoting breastfeeding in the community. I also work with a great team of people.

Q Describe your typical day.

A There is no such thing as a typical day! Often I attend meetings, consult with people over the phone, create pamphlets, or work on program creation and evaluation. I also work as part of a multi-disciplinary team that is comprised of nurses, social workers, family visitors and other community partners. I am a resource for all these people and we all rely on each other. It gets pretty busy.

Q How are you making a difference?

A When you are a dietitian there are different career paths you can take. For example, if you become a clinical dietitian you're more likely to work in a hospital setting. But as a dietitian that chose to work in Public Health,

I am for the most part helping healthy people make healthy nutrition choices. I am not treating a person with a disease for a short period of time; instead I am giving people the knowledge they can use for a lifetime.

*Continued
on reverse*



"I've been working with Region of Waterloo Public Health as a Registered Dietitian and Public Health Nutritionist since 2000."

"I have a Bachelor of Applied Science from the University of Guelph and a Master of Science in Applied Human Nutrition from the University of Guelph."



Region of Waterloo
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I like keeping healthy people healthy. I am part of the “Healthy Babies, Healthy Children” program and I know my skills, experience and knowledge makes a difference.

Q What do you like about working and living in the Waterloo Region?

A I know that everyone says they like the way the city and the countryside are so close, but it’s true. Being able to get out in the country for a walk or to a farmers’ market is part of a great lifestyle. People are friendly here and there are always a lot of recreational activities available.

Q Why did you choose to work for Region of Waterloo Public Health?

A There are several reasons including the fact that the building that I work in is such a great facility. It is a very nice environment and that makes my workday more enjoyable. I also like the fact that Public Health is a relatively large organization so there are a lot of well-trained, experienced people on my team. I don’t feel isolated, instead I feel appreciated. I had three other offers of employment from different Public Health units in Ontario, but I chose the Region of Waterloo. It’s a great job.

Q What would you tell someone considering a career as a Public Health Nutritionist?

A If you are interested in nutrition and the health and well-being of a community then a Public Health Nutritionist is a good career choice. I’m glad I work here.



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For information about other careers with Region of Waterloo Public Health, please contact us at (519) 883-2000 ext. 5354.

www.region.waterloo.on.ca/ph

Areas You Could Work In:

- Family Health
- Healthy Communities & Policy
- Heart Health & Cancer Prevention
- Sexual & Reproductive Health
- Youth Health

Qualifications You Need:

- A four year undergraduate degree in Foods and Nutrition or equivalent from a recognized university PLUS a Master’s Degree in Community Nutrition or equivalent from a recognized university
- A minimum of one public health nutrition practicum
- Registration with the College of Dietitians of Ontario (www.cdo.on.ca)

Wage/Salary Range:

Approximately
\$50,000 – \$63,000 (2004 rates)

Schools You Can Attend:

Schools offering Accredited Undergraduate Programs in Dietetic Education in Ontario:

- Brescia University College, Department of Human Ecology, www.uwo.ca/brescia
- Ryerson University, School of Nutrition, www.ryerson.ca
- University of Guelph, Department of Family Relations and Applied Nutrition, www.uoguelph.ca

Schools Offering Accredited Masters Programs in Dietetic Education:

- University of Guelph, Department of Family Relations and Applied Nutrition, www.uoguelph.ca
- University of Toronto, Department of Nutritional Sciences, www.utoronto.ca

Related Websites:

- Dietitians of Canada: www.dietitians.ca