

Public Health Nutritionist



What do you like best about your job?

The job is challenging, which I enjoy. There is never a shortage of exciting projects and opportunities. I use a variety of skills throughout each day and I feel as though I learn something new each day.

Describe your typical day.

On a day-to-day basis, I work as part of a multi-disciplinary team that includes public health planners and public health nurses. However, I have also had opportunities to work with people across the entire organization. The job requires a great deal of research and writing, program development and evaluation, meetings with colleagues, workplaces and community organizations and presentations to various groups.

How are you making a difference?

My role requires me to be informed of the latest research and credible, evidence-based information to be used by the media, workplaces, community organizations and decision-makers in municipal and regional government. I also provide information for the public, through resources, websites and social media. The information is used by individuals to make healthier decisions for themselves and their families. Community organizations, workplaces and government organizations use the information to make changes to practices and policies that can enhance the health of a large number of people in the community.

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

Waterloo Region is large enough that it has everything that I need, and is small enough that it still maintains the charm of a smaller city.

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

There are many different roles for Registered Dietitians such as research, hospitals, primary care, home care and the food industry. I wanted a job in public health as I have a passion for health promotion. It is a good fit with my skill set and personal strengths.

Region of Waterloo Public Health has an excellent reputation for being a leader in Public Health. It is a great place to work.



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

Much of the difference that we make in this role does not happen overnight. A great deal of time and energy goes into providing the right information, to the right people at the right time. I see the shift in thinking that occurs as a result of my work. We are part of a movement that happens over time. It is an exciting time to be involved in Public Health nutrition.

Areas you could work in:

- Child and Family Health
- Healthy Living

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 \$67,300 to \$84,100 annually (2015 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



Region of Waterloo Public Health

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www.regionofwaterloo.ca/ph