

## RD/RDN

### CAN IMPROVE THE HEALTH OF AMERICANS:

**A RD/RDN serves as an integral liaison in helping individuals and communities make changes for a healthy delicious diet.**

A RD/RDN can improve the health of Americans and save health care dollars.

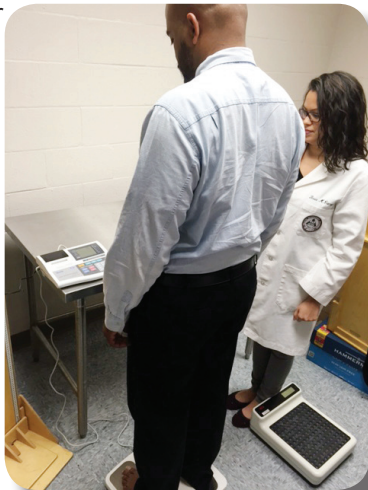
**You want to stave off diabetes and other chronic diseases.** A RD/RDN can change your life by teaching you skills that will help you lose and keep off weight and keep diabetes at bay.

**Your community has high levels of obesity.** A RD/RDN can work with public health, government, school and other local leaders to create wellness programs that promote healthful eating and physical activity for everyone.

**You are a marketing manager for a large food company and know consumers' preferences for good-tasting food that is healthy.**

A RD/RDN can make the connection and work with your food scientists to develop new products that will be successful in the marketplace.

**You want to improve your performance in sports.** A RD/RDN can help you set goals to achieve results — whether you're running a marathon, skiing or jogging with your dog.



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**You have had gastric bypass surgery.** Since your stomach can only manage small servings, it's a challenge to get the right amount of nutrients in your body. A RD/RDN will work with you to develop an eating plan for your new needs.

**Your teenager has issues with food and eating healthfully.** A RD/RDN can assist with eating disorders like anorexia, bulimia and overweight issues.

**Your community wants more local foods to be available.** A RD/RDN can lead efforts to make sure foods will not only be healthy but also will positively affect the local economy.

**You realize you need to feed your family healthier foods but you do not cook.** A RD/RDN who has special culinary skills can teach you how to cook in a simple, convenient way.

**You just had your first child and you are concerned the baby is not eating enough, and need help and confidence for breastfeeding.** A RD/RDN can provide guidance and assurance that you and your infant are getting enough iron, vitamin D, fluoride and B vitamins.

**Your mother, who is increasing in age, wants to stay in her home.** A RD/RDN leading a local congregate dining and home delivered meals program can obtain a nutrition screening to make sure this happens.



**TEXAS SOUTHERN UNIVERSITY**

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**DIDACTIC PROGRAM IN DIETETICS (DPD)**

## **Nutrition and Dietetics: Your Future as a Health Care Professional Starts at TSU**



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# Nutrition and Dietetics: Your Professional Future

## What is Nutritional Science?

Nutritional Science is the study of how nutrition affects the human body, health, and disease. The foundation of Nutritional Science is Chemistry, Physiology, and the Social Sciences.

This dynamic field is driven by evidence based science. Nutritional Science prepares you for careers in dietetics, public health, medicine, dentistry, food industry, and research.

## What is Dietetics?

Dietetics is the application of the principles of nutritional science to health. It includes nutrition counseling, clinical nutrition, community nutrition, and management of food and nutrition services in business and the health industry.

## What is a Registered Dietitian/Nutritionist (RD/RDN)?

A RD/RDN is a nutrition expert who has met the minimum academic and professional requirements to qualify for the credential "RD/RDN."

To obtain this credential you must complete at least a bachelor's degree at a US accredited college/university, required coursework and supervised practice accredited by Accreditation Council for Education in Nutrition and Dietetics (ACEND).

In addition, you must pass a national RD/RDN examination administered by the Commission on Dietetic Registration (CDR) and complete continuing professional educational requirements to maintain registration.

The "RD/RDN" credential can only be used by dietetics practitioners who are currently authorized by CDR to use these credentials. These are legally protected titles.

## What are the career opportunities for RD/RDNs?

The Department of Labor, Occupational Outlook Handbook, 2014-15 Edition stated employment of dietitians and nutritionists is projected to grow 21 percent from 2012 to 2022, faster than the average for all occupations.

The role of nutrition in preventing and treating illnesses, such as diabetes, heart diseases, cancers and kidney diseases are now well known.

More dietitians and nutritionists will be needed to provide care for patients with various medical conditions and to advise people who want to improve their overall health.

The majority of RD/RDNs work in the treatment and prevention of disease (administering medical nutrition therapy, often part of medical teams), in hospitals, HMOs, private practice or other health-care facilities. In addition, a large number of RD/RDNs work in community and public health settings and academia and research.

A growing number of RD/RDNs work in the research and development in the food industry, in business, journalism, sports nutrition, legal, and corporate wellness programs.



## What do I need to do to become a RD/RDN?

To become a RDN you would need to:  
Complete high school.

Enroll in a university that offers an accredited Didactic Program in Dietetics (DPD).

After you receive your bachelor's degree, you will then need to apply for and complete a ACEND-accredited Dietetic Internship Program (DI). The DI provides at least 1200 hours of supervised practical experience.

DI graduates are eligible to take the Registration Examination for Dietitians to become credentialed as RDNs, registered dietitian nutritionists.

or



Complete high school.

Enroll in a university that offers an accredited Coordinated Program (CP). A CP combines classroom and required hours of supervised practical experience and is accredited by ACEND.

CP graduates are eligible to take the Registration Examination for Dietitians to become credentialed as RD/RDNs, registered dietitian/registered dietitian nutritionists.