

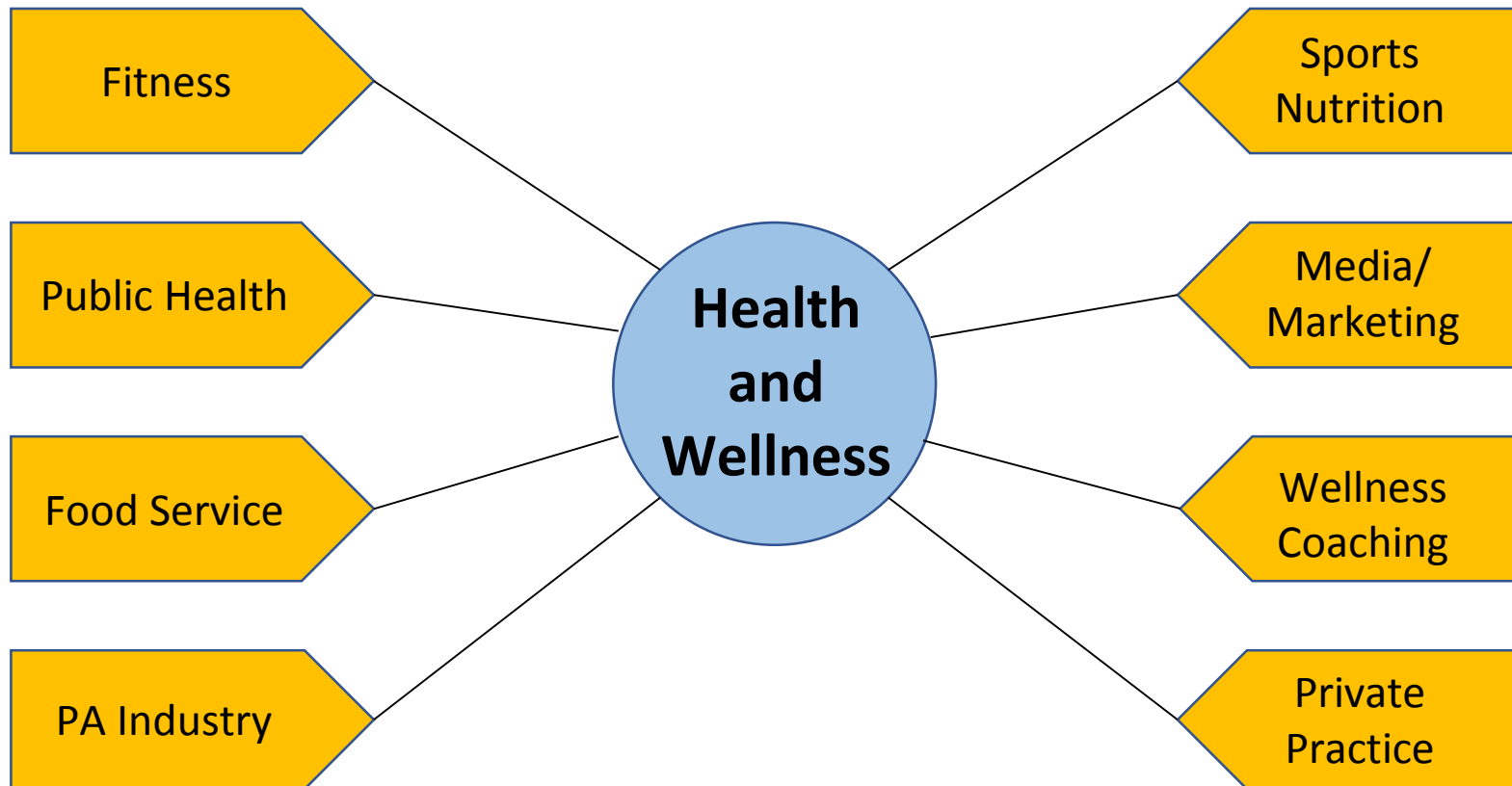
Career Paths in Nutrition, Food Health and Wellness

Monday, November 19th 1:30-2:20pm
Hemenway Hall 312

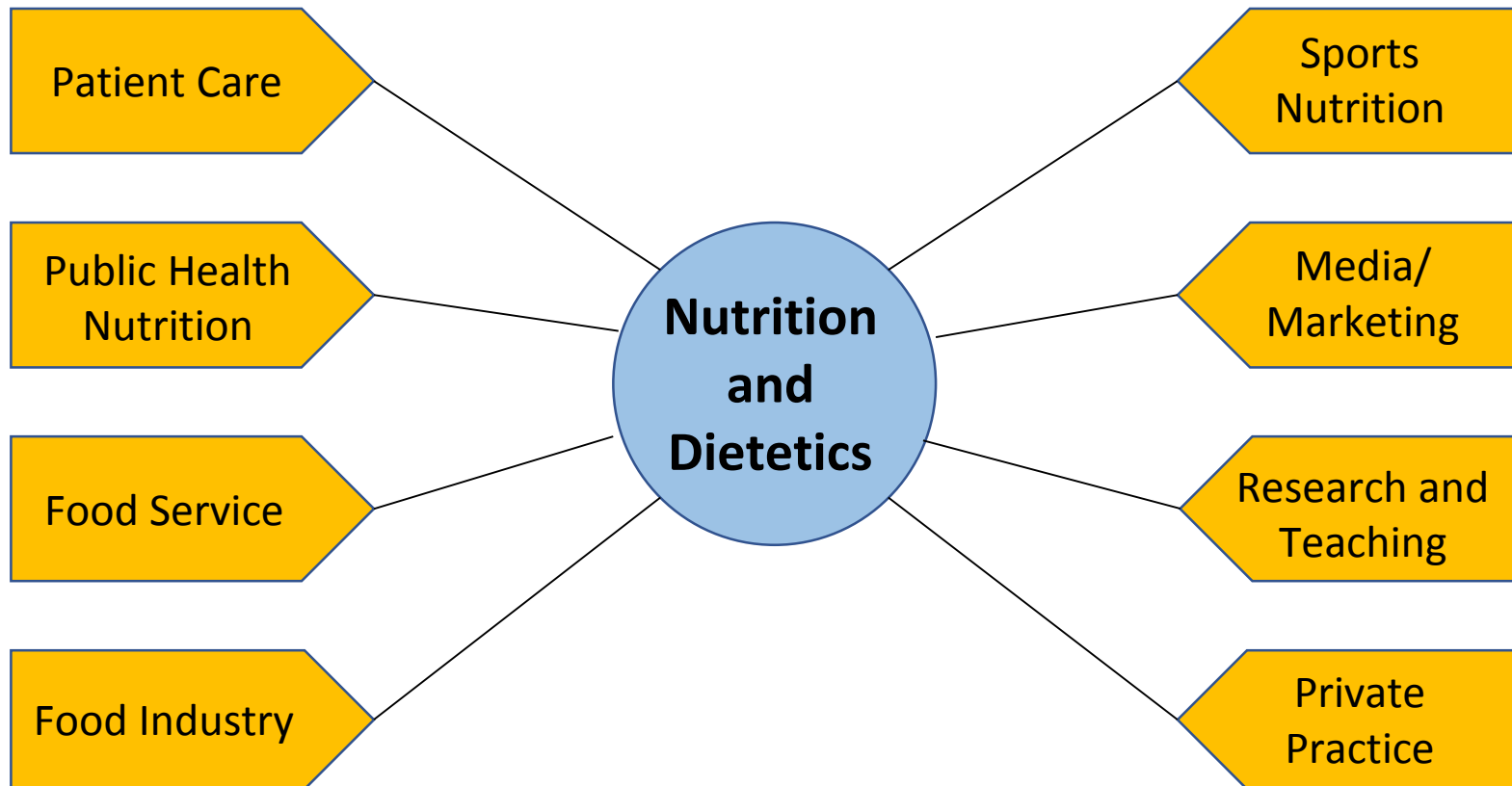
Presented by Dr. Souza & Dr. Nelson-Peterman



You have a degree in Health and Wellness... now what?



You have a degree in Nutrition and Dietetics... now what?



Good News!

US Bureau of Labor Statistics reports:



- The industry for dietitians and nutritionists is growing FAST – projected to grow **15%** from 2016 to 2026 **faster than average for all occupations.**
- [More on Nutrition Careers and Growth](#)
- Employment of fitness professionals is projected to grow **10-13 percent** from 2016 to 2026, **faster than average for all occupations.**
- [More on Fitness Careers and Growth](#)
- Role of food and exercise in preventing & treating illnesses, such as diabetes: now well known.



Academy of Nutrition
and Dietetics

The Academy of Nutrition and Dietetics is here to help in your search through development, advice, mentoring and networking.

Click here for more information, and consider a membership if you aren't currently for more perks!

[Career Development and Advice](#)

[Current Job Openings](#)



More Places to Find Nutrition Job Postings:



jobrapido

- [Click here to see their weekly job listings!](#)
 - Sign up for their weekly E-mail
- [Click Here for PHFR Health and Fitness Career Resources](#)
- Don't forget to check these listings as well:
 - <http://www.nutritionjobs.com/>
 - <http://dietitiansondemand.com/>
 - <http://www.indeed.com/jobs?q=Nutrition&l=USA>
 - http://www.careerbuilder.com/?sc_cmp2=js_home_cblogo
 - <http://www.monster.com/>

Some “outside of the box” jobs held by food and nutrition graduates:

- Chiropractic office, running front desk, developing X-rays, doing exercise and nutrition consultations with patients. Also training as a chiropractic technician (which involves more clinical work)
- Correctional facility (prison): food service, some clinical
- Working for the FDA regulating imports.

Employment Trends 2017

- Healthcare (e.g., hospitals, assisted living)
- Food industry, Supermarket Dietitians!
- Dietitians/Nutritionists may analyze foods, prepare literature on current nutritional issues, write articles for general public
- More jobs involve computer technology (e.g., diet analysis software, “apps”)
- Wearable technology



FSU Alumna, Brianna Mears is a former consulting dietitian for Hannaford Supermarkets



What are our graduates doing?

- Northeast sales director for “**Computation**”
- **Sodexo** here on campus
- Quality Assurance Technician for **corporate supermarket chain**
- Health Educator, Yale University **Wellness Center**
- Quality Ingredient Manager for “**Kashi**” Foods
- Professional Research Assistant for **NIH** study
- **Public School** Food Service Director
- Nutrition Team Specialist at the **Trader Joe's**
- Sales Rep for a pediatric **medical nutrition company**
- Nutrition Program Manager for **grant funded program**: Healthy Schools, Healthy Families



National Institutes
of Health

Cont.→

Our graduates are doing it all!

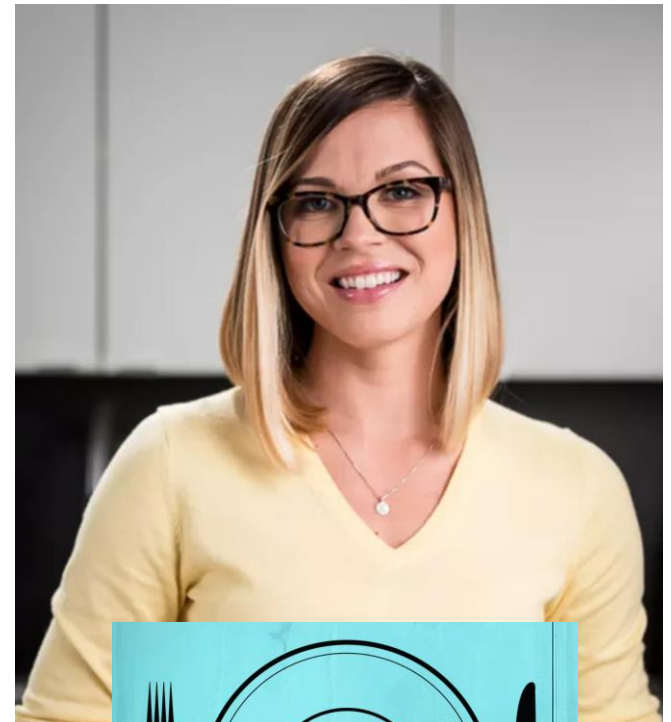
- Clinical Dietitian for **hospitals and nursing homes** (many different specialties – renal, cardiac, pediatric, bariatric)
- Sensory Analyst for “**Daymon Worldwide**” (designs, executes, and analyzes results from consumer tests and sensory evaluations of private label and competitive brand retail food products)
- Vice President: Client Support & Education with **The CBORD Group, Inc.** ([Food service company](#)).
- Community Nutritionist – **Head Start, WIC, and YMCA**
- Nutrition Consultant for **USA Swim team**
- Sports Nutritionist at **private health club**
- Research positions at **Universities**
- Product trainer for “**Rewco, Inc.**”





Fort Myers Florida Sodexo: MAGIC, a business branch of Sodexo lead by Magic Johnson.

- **Sports Dietitian, Kate Moran, RD, LDN** graduated in 2012 and is now the dietitian for the Minnesota Twins Baseball Organization at their Minor League Academy.
- She also runs a private practice and blog called "The Educated Plate".
- Kate regularly does individual counseling, and group education sessions which are videotaped and offered to all leagues.
- Nutritionist has full range over the menu and kitchen.



Food Service

Schools; Check out → [School Nutrition](#)

Business and Industry - management positions

Culinary Arts

Hospital/Restaurant Chains

- SODEXO Marriott
- Hannaford
- Aramark
- Morrisons
- Chartwells
- Unidine

Health Care

- Hospitals
- Retirement Communities



FSU Alumnus, Bryan Roof,
works for
[America's Test Kitchen](#)

Food Service

Government Jobs

Some positions require RD credential (e.g., Dietitian in a VA hospital), but **many others do not**.

All Federal jobs are listed on www.USAjobs.gov → can be searched by keyword (e.g. nutrition) by location and by pay scale. Someone with a BS but not RD would probably look for positions in a GS-6 to GS-7 range.



Food Service

School Nutrition Director or Assistant Director

With a BS in Food & Nutrition from FSU you will have...

- Foodservice Systems practicum experience
- “[ServeSafe](#)” Food Safety and Sanitation Certification



The John C. Stalker Institute
of Food and Nutrition
AT FRAMINGHAM STATE UNIVERSITY

While you're a student you can take advantage of opportunities to work with JSI to increase your school nutrition experiences.

- Food Culture and Society – Lab designated for school nutrition recipes from JSI
- JSI Resource Center @ <http://johnstalkerinstitute.org/blog/jsi-resource-center/>
- Undergraduate Internships – NUTR 495 Internship in Food and Nutrition
- Graduate Assistantship Program
- Volunteer opportunities and school nutrition projects

For More information, contact Karen McGrail, Director of JSI @ kmcgrail@framingham.edu

Click [here](#) for information about JSI @ FSU

Food Service

Graduate Certificate in School Nutrition

Now offered via our graduate and continuing education program:

- Click [here](#) for information
- 10 online courses and 2 semester internship in a school nutrition program
- Meets eligibility requirements to take SNA School Nutrition Specialist certification exam

Also see: <https://schoolnutrition.org/sns/>

For more information contact Dr. Ann Johnson @
ajohnson3@framingham.edu



Framingham
State University

Clinical

Clinical Dietitian jobs are typically in hospitals, assisted living facilities & nursing homes

[Sample Job Description](#)



Clinical

Diet Technician in Hospital

Responsibilities vary according to institution

NOTE: you qualify to take the exam with a 4-year degree in Food and Nutrition Dietetics: [Become Registered!](#)

Diabetes Educator

Certification www.ncbde.org

RN, PA, RD, or MS in health field required

Research Assistants in Clinical Trials



Community



Offices in:

- Boston Area
- Cape Cod
- Central Mass.
- Northeastern Mass.
- Southeast Mass.
- Western Mass.

1-800-WIC-1007

<http://www.fns.usda.gov/wic/jobs-wic>

Community

Elderly Nutrition Program

- <http://www.mass.gov/elders/meals-nutrition/mass-elderly-nutrition-program-sites.html>

Food Banks:

- Worcester
www.foodbank.org
- Western Mass.
www.foodbankwma.org
- Greater Boston
www.gbfb.org



Emily Biegner '15, Assistant Manager of Produce Acquisition at the Greater Boston Food Bank

Community

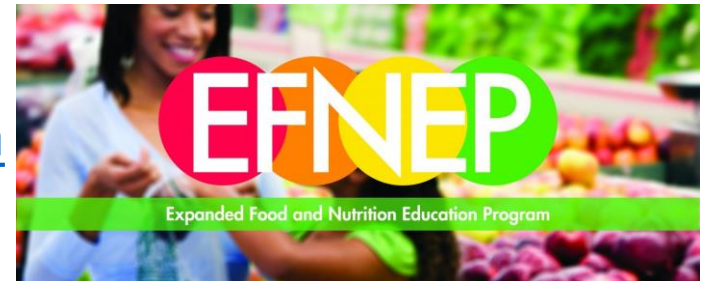
UMass Extension Nutrition Education Program: <https://ag.umass.edu/nutrition>

Expanded Food and Nutrition Education Program (EFNEP):

<http://ag.umass.edu/nutrition/efnep>

Supplemental Nutrition Assistance Program Education (SNAP-Ed):

<http://ag.umass.edu/nutrition/snap-ed>



SNAP-Ed
Healthy Eating on a Budget

Community

Example: Become a “Freedom from Smoking Facilitator” through American Lung Association

→ [Become a Facilitator](#)

Local: <http://www.lung.org/about-us/local-associations/massachusetts.html>

Helpful to have additional training!



STATE OF
TOBACCO
CONTROL 2017



Media

- **Nutrition and health writer** for health newsletter, magazine, or other media
- Nutrition writer for Internet, including nutrition articles, “**ask a nutritionist**”, message board moderator
- Contributor or employee for nutrition or health-related **internet company**
- **Health speaker**
- **Author** - books, cookbooks
- **Food critic**



Research

Places for Employment

Food Industry -

e.g. Ocean Spray

<http://www.oceanspray.coop/Careers.aspx>

Ocean Spray Consumer Affairs Department

Ocean Spray Cranberries, Inc.

One Ocean Spray Drive

Lakeville-Middleboro, MA 02349

1-800-662-3263



Research

Places for Employment

Federal Government US Army, Soldier Systems (Natick Lab)

<http://www.army.mil/info/organization/natick/>

US Army Soldier Systems Center

Kansas Street

Natick, MA 01760

(508) 233-4300

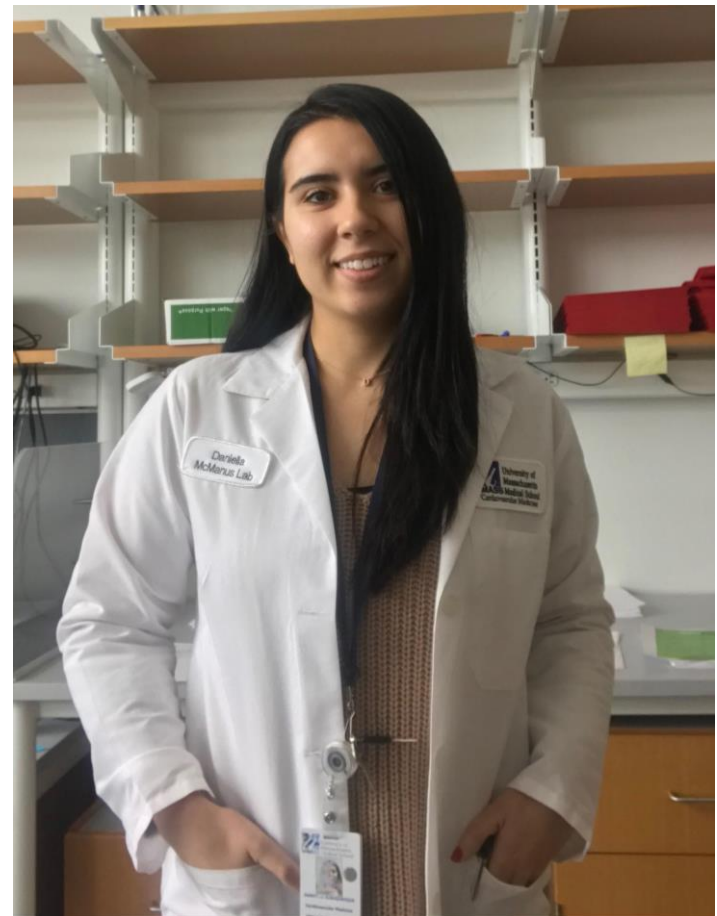
Combat food program



Research Clinical Trials

- **PAREXEL** Headquarters: 200 West Street
Waltham, MA 02451-1163 USA Tel: +1 781
487 9900
<http://www.parexel.com/>
- **Center Watch**
<http://www.centerwatch.com/jobwatch/>
- **HSPH Nurses Study** – Harvard
<http://www.channing.harvard.edu/nhs/>
- **USDA Human Nutrition Laboratory on Aging**
<http://hnrca.tufts.edu/mission/jobs/>

Daniella Albuquerque, graduated in 2017, she is a researcher in a cardiology lab at UMass Medical School.



Research for the traveler

- Be an interviewer for large national surveys such as **NHANES**.
- “**Westat**” is the contractor for NHANES and many other surveys, and openings are listed on their Web site:
- Ex: “Field data collectors”
 - <http://westatcareers.jobs/>



Food Research

Additional Training

Food Science Courses

- Food Analysis
- Food Chemistry
- Food Microbiology
- Food Engineering and Processing
 - Minor in Food Science
 - Take communications courses



Sports

Career Center

Academic professionals use the Career Center to search for current job openings or students can research future careers in the field of kinesiology. Posting job openings to our Career Center is a free benefit of AKA membership.



Job Openings

Sports

If you have any prior certifications:

e.g. Personal Trainer, Lifeguard, First Aid/CPR

→ keep up-to-date and documented

Possible to work with variety of audiences

- children, adults, elderly

Increased interest in diet analysis/software skills

Note: recent job posting for Nutritionist at area YMCAs

→ [YMCA Career Opportunities](#)



Sports Trends

AMERICAN COLLEGE of SPORTS MEDICINE
LEADING THE WAY

2016 FITNESS TRENDS

- 1 Wearable Technology
- 2 Body Weight Training
- 3 High Intensity Interval Training
- 4 Strength Training
- 5 Educated, Certified, and Experienced Fitness Professionals
- 6 Personal Training
- 7 Functional Fitness
- 8 Fitness Programs for Older Adults
- 9 Exercise and Weight Loss
- 10 Yoga

Additional Trends for 2016...

11. Group Personal Training
12. Worksite Health Promotion
13. Wellness Coaching
14. Outdoor Activities
15. Sport-specific Training
16. Flexibility and Mobility Rollers
17. Smartphone Exercise Apps
18. Circuit Training
19. Core Training
20. Outcome Measurements

ACSM's **HEALTH & FITNESS** JOURNAL
To view the full report, visit www.acsm-healthfitness.org

2017	
1	Wearable technology
2	Body weight training
3	High-intensity interval training
4	Educated, certified, and experienced fitness professionals
5	Strength training
6	Group training
7	Exercise is Medicine®
8	Yoga
9	Personal training
10	Exercise and weight loss
11	Fitness programs for older adults
12	Functional fitness
13	Outdoor activities
14	Group personal training
15	Wellness coaching
16	Worksite health promotion
17	Smartphone exercise apps
18	Outcome measurements
19	Circuit training
20	Flexibility and mobility rollers

Sports Certifications

ACSM (American College of Sports Medicine)

317-637-9200 www.acsm.org

ACE (American Council on Exercise) Certifications:

- Group Fitness Instructor
- Health coach
- Personal Trainer
- Fitness Nutrition Specialty Certification

800-234-9229 www.acefitness.org



Sports Additional Training

- First Aid
- CPR
- Water Safety
- Yoga



Sports

Careers that may require graduate school or additional training

- Adapted PE
- Athletics administrator
- Coaching
- Research
- Strength and conditioning
- Nursing
- Occupational therapy
- Physical education
- Physical therapy
- Sports journalist
- Fitness and wellness blog
- Sports marketing
- **Sports management**
 - Minor available at FSU through business department!

[Click Here for Featured Careers in Exercise Physiology](#)

Health Education

Places for Employment

- HMOs
- Family Planning
- American Cancer Society
- Red Cross
- March of Dimes
- Lung Association
 - (Get Facilitator Training for American Lung Association's adult smoking cessation program)
- American Heart Association
- Schools – Teaching
- Worksites – Corporate Wellness Program



**American
Red Cross**

Health Education

Massachusetts **Teacher**
Certification in:
Health/Family and Consumer
Sciences

Graduate programs at:

- Bridgewater State College
- Springfield College
- Worcester State College

Certified Health Education
Specialist (CHES)

- National Commission for Health Education Credentialing Inc.
<http://www.nchec.org/>



Health and Wellness Coach

- **New credential:**

- <http://ncchwc.org>
- Recent listings for health and wellness coordinators at the YMCAs

Some training offered through the **Mayo Clinic:**

[Learn More about Mayo Clinic's Healthy Living Center](#)

Healthy Living® home cooking classes and personalized counseling →

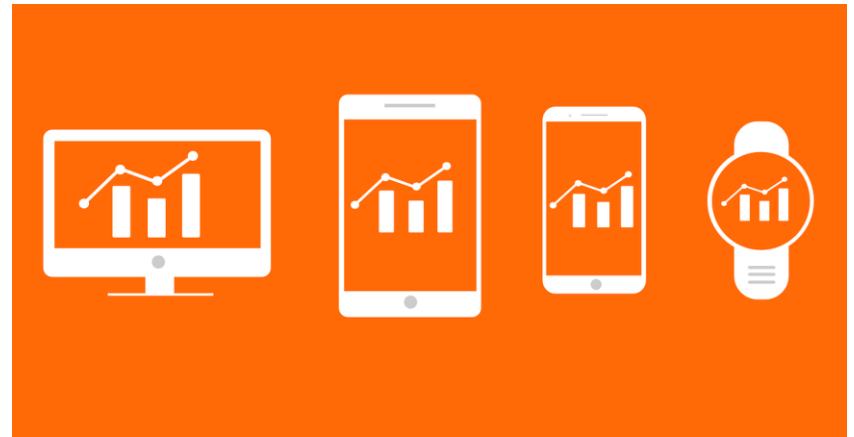


Computers

Minor in Instructional Technology

Develop your skills:

- Diet analysis
- Presentation software
- Spreadsheets
- Data control
- Statistics
- Internet research
- Writing – technical
- Design - graphic



NOTE: Computer Applications in Nutrition course will help you sell yourself

Computers

Nutrition Software Companies

Computrition -Bedford, MA & Chatsworth, CA

<http://www.computrition.com/career-opportunities/>

The Nutrition Company:

<http://www.nutritionco.com/>

Nutritionist Pro:

<http://www.nutritionistpro.com/>

“Dine Healthy” in Wilmington NC

<http://www.dinehealthy.com/>

C-Bord - Ithaca, NY:

<https://www.cbord.com/jobs/>



NUTRITIONIST PRO™

COMPUTRITION
FOODSERVICE SOFTWARE SOLUTIONS

Business

Additional Training

Helpful to have a minor:

- Business
- Instructional Technology (IT)
- **Writing**
- Computer science
- **Marketing**
- **Communication**



Business

Employment Opportunities

- Computer Companies
- Pharmaceutical Companies
 - Novartis
 - Ross Pharmaceuticals
 - Pfizer Pharmaceuticals
- Food Companies
- Fitness equipment



Business

Pharmaceutical Sales

Some pharmaceutical and/or blood glucose meter companies seek personnel with nutrition expertise:

- Abbott <http://www.abbottdiabetescare.com/>
- AgaMatrix <http://agamatrix.com/>
- Bayer <http://pharma.bayer.com/>
- Diagnostic Devices <http://www.diagnostic-devices.com/>
- Hypoguard <http://www.arkrayusa.com/>
- Lifescan <http://www.lifescan.com/>
- U.S. Diagnostics <http://www.usdiagnostics.net/>
- List of companies:
<http://www.diabetesmonitor.com/glucose-meters/brands>



Business

Local Pharmaceutical Company

Nova Biomedical → [Career Information](#)

Nova Biomedical

Attn: Human Resources

200 Prospect Street

Waltham, MA 02454-9141

Fax: 781-899-6259

* Sell glucose monitors and other diagnostic equipment



Food Companies

- **Whole Foods** → [Careers](#)

Example of recent listing:

Prepared Foods

Department Manager



- **Trader Joes** → [Careers](#)

Example of recent listing:

Nutrition Team Specialist



Private Practice in Nutrition

- **Counseling skills** required
- Combine nutrition degree with other **specialized training**
- **State licensure** will help – exam
- Need to develop a **business plan** to focus yourself
- **Not recommended** for you right out of college – need experience

Private Practice

Work Towards a Creative Niche

- Nutrition counseling with personal chef
- Personal training with nutrition counseling
- Nutrition counseling with complementary health practices
- Family and nutrition counseling



MA Board of Registration of Dietitians and Nutritionists

[Click Here to Learn More about Licensing!](#)

- Requires 4-year degree in nutrition and 900 hours of work experience in the nutrition field



Common Food and Nutrition Job Titles

Dietitian

Nutritionist

Food Service Manager

Child/School Nutrition Specialist

Nutrition Educator

Community Health Educator

Sales Representative

Research Scientist

Common Fitness Titles

Personal Trainer

Physical Education Teacher/Instructor

Head/assistant Coach

Strength and Conditioning Specialist

Activities Director

Fitness Club/Department Manager

Academic Counselor (NCAA)

Sales Representative

Develop your Portfolio

Your portfolio contains anything that communicates your skills, talents and expertise.

- Research Papers
- Nutrition Analysis Projects
- Nutrition Care Plans
- Previous Job Evaluations
- Consumer Education Materials
- Writing Samples



- **Be sure your samples are your best work!**
- **Check out the [Career Center](#) for handouts**

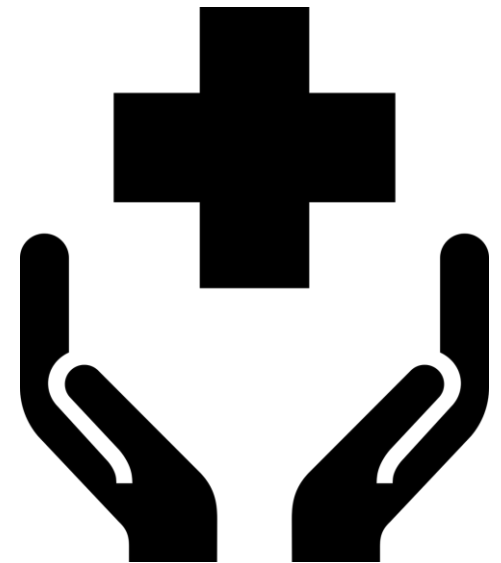
Graduate School: Food and Nutrition

Consider School Food Service here at FSU:

- MEd with a specialization as a [School Nutrition Specialist](#) (4+1 degree in development)
- MS in Nutrition Science (4+1 degree in development)

Also, MBA or MS in “Food Marketing”

- St. John’s University: www.sju.edu/execfood
- **MPH** (Master of Public Health)
- **Other Health Fields**
 - Physician Assistant School
 - Accelerated BSN



Graduate School Fitness

Many institutional members of the **American Kinesiology Association** have graduate programs:

Kinesiology is a diverse field with many opportunities (e.g., physiology, psychology, sociology, biomechanics, etc...)

→ [Learn More about Kinesiology Opportunities](#)



If you're interested in...

- Psychology
- Stress management
- Disordered eating
- Eating disorders



Combine your nutrition knowledge with a graduate degree in [counseling](#)



Helpful Tips



Identify your **transferable skills**

Go on **informational** interviews

Develop **unique** skills

Develop a **reputation** for **excellence**

Keep **writing samples** – different types

Show off your **artistic** skills (if you have them)

Be a **team player**

Show your willingness to **jump in and work**

Interview Tips

Find out what the acceptable salary range is before the interview.

- State payroll salaries [here](#)
- BLS data on earlier slides
- Ask people you know in the field: “What is a starting salary range for XXX position?”
- Do **NOT** ask people how much they make

