Career Paths in Nutrition, Food, Health, and Wellness

Presented by Dr. Wickham & Dr. Massad

Monday, November 21st, 1:30-2:20 p.m.
HH 219
You have a degree in Health and Wellness... now what?

- Fitness
- Public Health
- Food Service
- PA Industry
- Sports Nutrition
- Media/Marketing
- Wellness Coaching
- Private Practice
You have a degree in Nutrition and Dietetics... now what?

- Patient Care
- Public Health Nutrition
- Food Service
- Food Industry
- Sports Nutrition
- Media/Marketing
- Research and Teaching
- Private Practice
Good News!
US Bureau of Labor Statistics reports:

• The industry for dietitians and nutritionists is growing FAST – projected to grow 8% from 2019 to 2029 *much faster than average for all occupations*.

• **More on Nutrition Careers and Growth**

• Employment of fitness professionals is projected to grow 15% from 2019 to 2029, *much 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.
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 resources
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**
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
- Do your research and ask questions!
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:

• Click here to see their weekly job listings!
  • Sign up for their weekly E-mail

• 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/
Employment Trends

➢ 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 Aluma, Brianna Mears is a former consulting dietitian for Hannaford Supermarkets
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.

FSU Alumna, Natalie Hester works as a Nutrition Assistant in the “Holistic Nutrition” field
What are our graduates doing?

• Northeast sales director for “Computrition”
• 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

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, YMCA**
- Nutrition Consultant for **USA Swim team**
- Sports Nutritionist at **private health club**
- Research positions at **Universities**
- Product trainer for “**Rewco, Inc.**”

FSU Alumna, Emelia Blankson is a Nutritionist with the Women, Infants, and Children (WIC) nutrition program
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
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.
With a BS in Food & Nutrition from FSU you will have...

- Foodservice Systems practicum experience
- “ServeSafe” Food Safety and Sanitation Certification

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
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/](https://schoolnutrition.org/sns/)
For more information contact Dr. Ann Johnson @ ajohnson3@framingham.edu
Clinical Dietitian jobs are typically in hospitals, assisted living facilities & nursing homes

Sample Job Description
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](http://www.mass.gov/elders/meals-nutrition/mass-elderly-nutrition-program-sites.html)

Food Banks:
- Worcester [www.foodbank.org](http://www.foodbank.org)
- Western Mass. [www.foodbankwma.org](http://www.foodbankwma.org)
- Greater Boston [www.gbfb.org](http://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

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

→ Become a Facilitator


Helpful to have additional training!
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**
- **Blogging**
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.
• 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/](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.
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

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<th>Exercise for weight loss</th>
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<td>19</td>
<td>Outcome measurements</td>
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<td>Children and exercise</td>
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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 Specialist Certification
  https://www.acefitness.org/continuing-education/specialist-programs/fitness-nutrition/?campaignid=16007274387&adgroupid=132262427226&adid=578183240364&gclid=EAIaIQobChMI69Wm4s7T-wlVC67lCh2P6QNEAAYASAAEgKt3vD_BwE
800-234-9229  www.acefitness.org
Consider training or certification in any of these:

• 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!
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
Massachusetts Teacher Certification in Health/Family & Consumer Sciences: https://www.doe.mass.edu/licensure/academic-prek12/teacher/field-grade-levels.html

Master’s degree programs at:
• Bridgewater State University
• Springfield College
• Cambridge College
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 →
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/

**Nutritionist Pro:**
http://www.nutritionistpro.com/
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
Some pharmaceutical and/or blood glucose meter companies seek personnel with nutrition expertise:

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 is very useful
- Need to develop a **business plan** to focus yourself
- **Not recommended** for you right out of college – need experience
MA Board of Registration of Dietitians and Nutritionists, cont.

• Requires 4-year degree in nutrition and 1000 hours of work experience in the nutrition field

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
Consider School Food Service here at FSU:

• MEd with a specialization as a School Nutrition Specialist (4+1 degree)
• MS in Nutrition Science (4+1 degree)

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
- Tuition Free Master’s Degree and Dietetic Internship
- Choice between 4 Army Hospitals for Internship
- Paid as a 2nd Lieutenant Officer
- Free Healthcare
- GPN website at https://www.baylor.edu/graduate/nutrition/
- Program will allow fully qualified dietitians (e.g. fully qualified Dietitians with only a BS or MS degree with DPD verification requiring internship) to apply

**For more information please contact Anthony Ezman at (617) 279-3605**
UNITED STATES ARMY RECRUITING COMMAND

65C Direct Commission Dietitian

- ACEND accredited Bachelor’s degree (or higher) with internship
- Starting pay as a 1st Lieutenant
- Student Loan Repayment up to $120,000
- Commissioning bonus of $30,000
- Develops food/hydration guidelines based on mission, environment and available foods
- Conducts comprehensive nutrition assessment of Soldiers
- Evaluates menus of contract food providers and provides guidance for recovery foods/supplements during sustained operations

**For more information please call Anthony Ezman at (617) 279-3605**
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](#)
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
If you’re interested in...

- Psychology
- Stress management
- Disordered eating
- Eating disorders

Combine your nutrition knowledge with a graduate degree in counseling