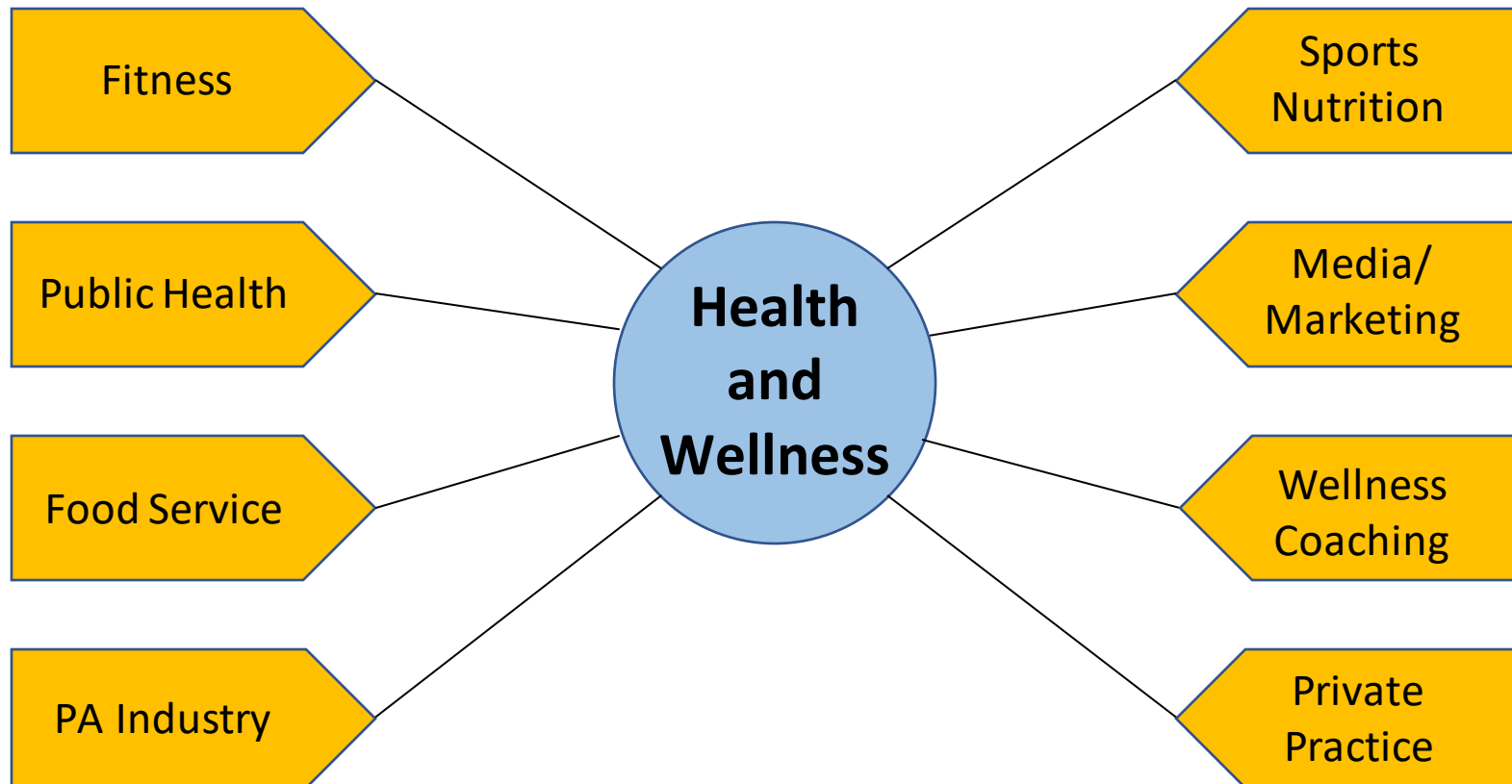


Career Paths in Nutrition, Food, Health, and Wellness

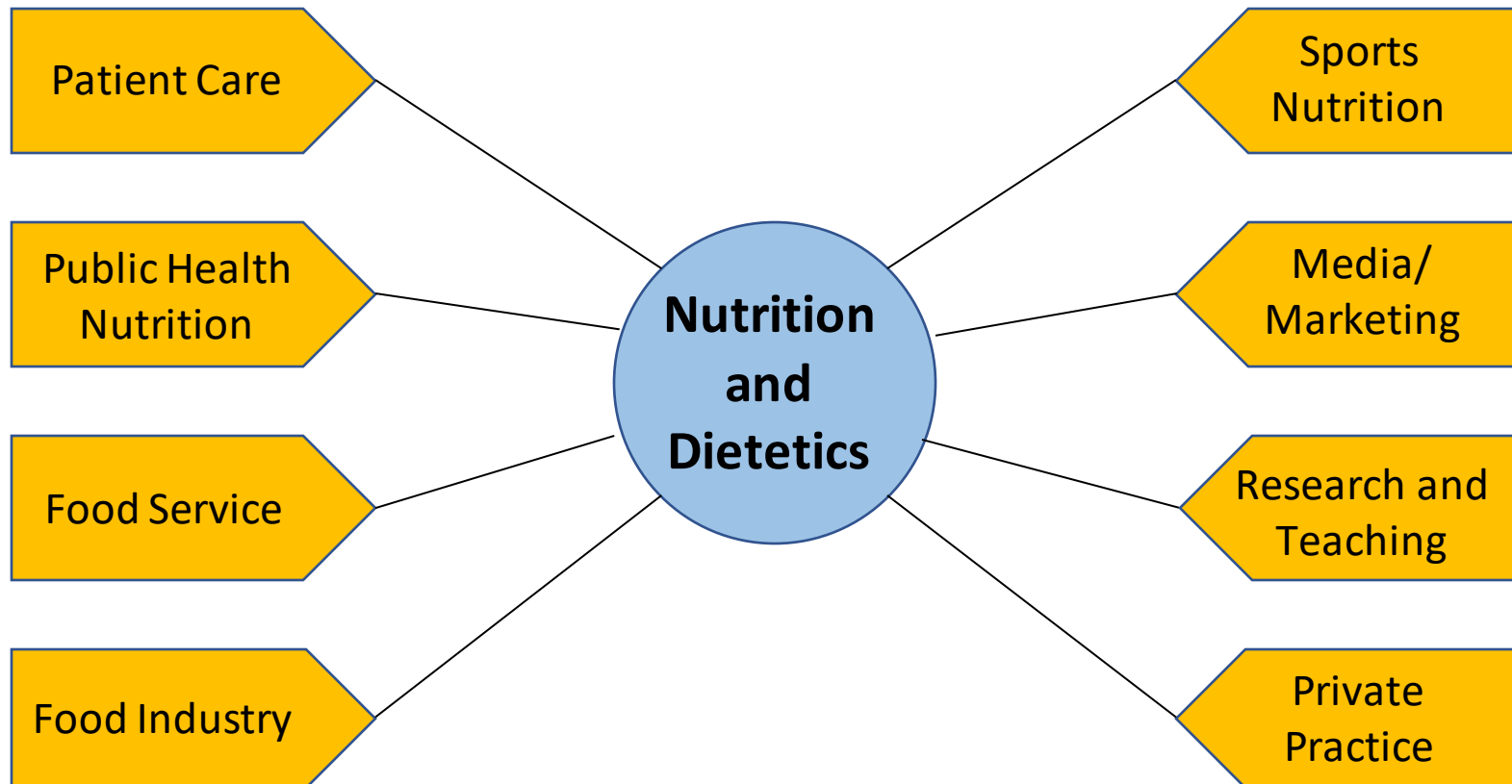
Presented by Dr. Wickham & Dr. Massad
Monday, November 21st 1:30-2:20 p.m.
HH 219



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



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 **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**

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
- Do your research and ask questions!





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
- 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 Alumna, 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 “**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

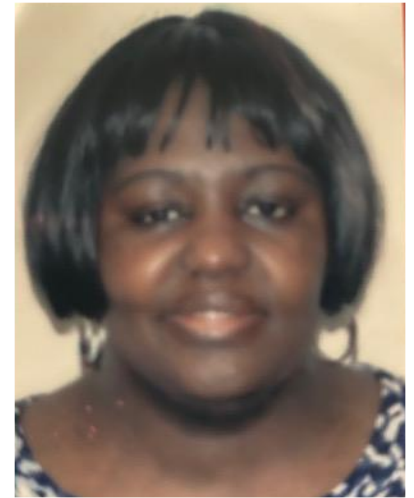


National Institutes
of Health

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

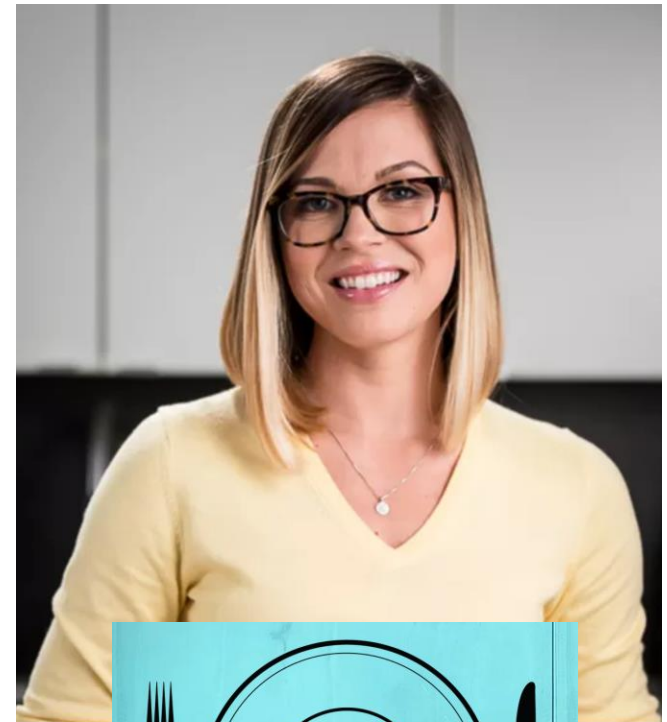


FSU Alumna, Emelia Blankson is a Nutritionist with the Women, Infants, and Children (WIC) nutrition program



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](#)

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

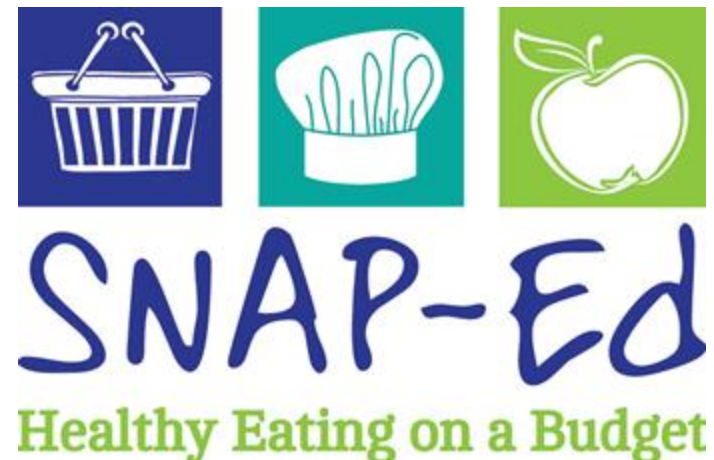
UMass Extension Nutrition Education Program: <https://ag.umass.edu/nutrition>

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>



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**
- **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

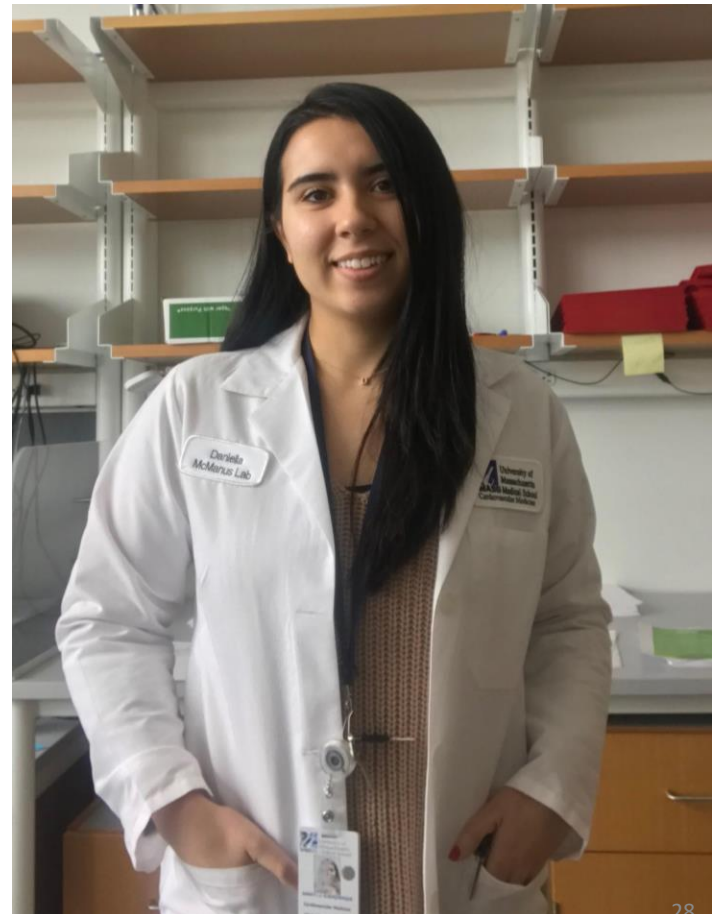
Combat food program



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.



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/>

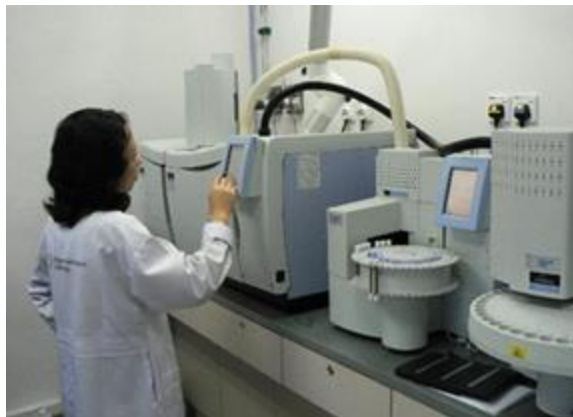


Food Research

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](#)



ACSM's Top 10 Fitness Trends for 2020



Sports Trends

11	Exercise for weight loss
12	Functional fitness training
13	Outdoor activities
14	Yoga
15	Licensure for fitness professionals
16	Lifestyle medicine
17	Circuit training
18	Worksite health promotion and workplace well-being programs
19	Outcome measurements
20	Children and exercise

ACSM'S HEALTH & FITNESS JOURNAL

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=EAlaIQobChMI69Wm4s7T-wIVC67ICh2P6QNQEAAAYASAAEgKt3vD_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



**American
Red Cross**

Health Education

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 →

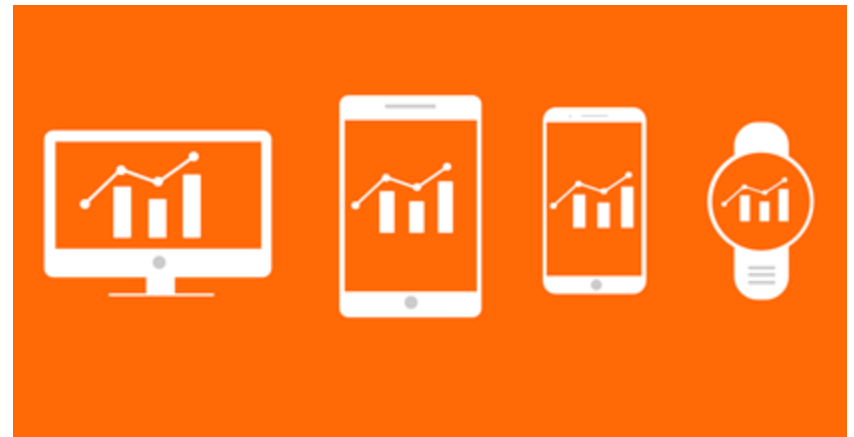


Computers

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/>

Nutritionist Pro:

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



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 is very useful**
<https://www.mass.gov/orgs/board-of-registration-of-dietitians-and-nutritionists>
- 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
- <https://www.mass.gov/orgs/board-of-registration-of-dietitians-and-nutritionists>



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



Graduate School: Food and Nutrition

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



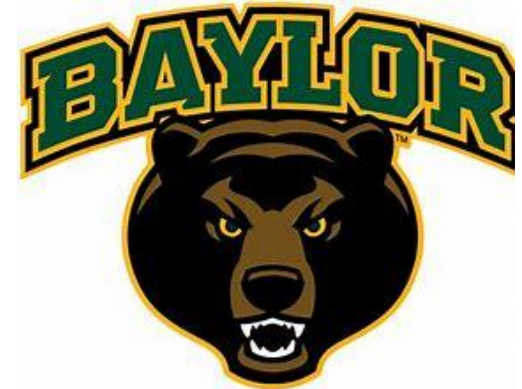


Army-Baylor Graduate Program Nutrition (GPN) & Dietetic Internship (DI)



- 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**





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



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](#)



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](#)