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?

- 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 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.
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

- 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 Aluma, Brianna Mears is a former consulting dietitian for Hannaford Supermarkets
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, 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](#)
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

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
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](http://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 Biegnar '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**
Research
Places for Employment

Food Industry -
  e.g. Ocean Spray
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
• **PAREXEL** Headquarters: 200 West Street Waltham, MA 02451-1163 USA Tel: +1 781 487 9900 [http://www.parexel.com/](http://www.parexel.com/)

• **Center Watch** [http://www.centerwatch.com/jobwatch/](http://www.centerwatch.com/jobwatch/)

• **HSPH Nurses Study** – Harvard [http://www.channing.harvard.edu/nhs/](http://www.channing.harvard.edu/nhs/)

• **USDA Human Nutrition Laboratory on Aging** [http://hnrca.tufts.edu/mission/jobs/](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.
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

2016 FITNESS TRENDS

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

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

To view the full report, visit www.acsm-healthfitness.org
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
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](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

Computation - Bedford, MA & Chatsworth, CA
http://www.computation.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/
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
Some pharmaceutical and/or blood glucose meter companies seek personnel with nutrition expertise:


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
- Need to develop a business plan to focus yourself
- Not recommended for you right out of college – need experience
- Combine nutrition degree with other specialized training
- State licensure will help – exam
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
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](http://www.sju.edu/execfood)
- MPH (Master of Public Health)
- Other Health Fields
  - Physician Assistant School
  - Accelerated BSN
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