



# NUTRITION AND DIETETICS

## LOMA LINDA SEQUENCE

### JOB DESCRIPTION

Dietitians plan nutrition programs and supervise the preparation and serving of meals. They help prevent and treat illnesses by promoting healthy eating habits. They scientifically evaluate a client's diet and suggest modifications such as cutting back on salt for those with high blood pressure or reducing fat and sugar intake for those who are overweight.

Dietitians operate food service systems for institutions such as hospitals and schools and promote sound eating habits through education and research. Major areas of practice are clinical, community, and administrative dietetics. Dietitians also work as educators and researchers.

### CAREER PROFILE

**Clinical dietitians** assess patients' nutritional needs, develop and implement a nutrition program, and evaluate and report the results.

**Community dietitians** counsel individuals and groups on nutritional practices designed to prevent disease and to promote good health. Dietitians working in a home health setting may also provide instruction on grocery shopping and preparation of special infant formulas.

**Administrative dietitians** are responsible for large-scale meal planning and preparation in such places as health care facilities, company cafeterias, prisons, and schools. They select, train, and direct other dietitians and food service workers; budget for and purchase food, equipment, and supplies; enforce sanitary and safety regulations; and prepare records and reports.

**Research dietitians** are usually employed in academic, medical, or educational institutions. Popular interest in nutrition has led to opportunities in food manufacturing, advertising, and marketing, where dietitians analyze foods, prepare literature for distribution, or report on issues such as dietary fiber or vitamin supplements.

### EMPLOYMENT

A study done in 2018 by the U.S. Department of Labor showed that dietitians held nearly 65,000 jobs. Places of employment include hospitals, doctors' offices, health care facilities, social service agencies, residential care facilities, school systems, employer-sponsored food service programs, and the federal government.

Firms that provide food services for colleges and universities, airlines, and company cafeterias also provide employment. Some dietitians are self-employed consultants for hospitals, nursing homes, and individual clients. The average work week for a dietitian is 40 hours, although some weekend or shift work is possible.


### CAREER OUTLOOK

According to the U.S. Department of Labor, employment of dietitians is expected to increase 11 percent by 2028 due to increased emphasis on the prevention of disease by improved health habits. Employment of dietitians in hospitals will grow slowly as more hospital food-service operations are contracted out to private firms; however, rapid growth is expected in nursing home employment due to the increase in the elderly population. Also, growth is anticipated in residential care facilities, contract providers of food services, and other social services.

The median annual wage for dietitians was \$60,370 in May 2018. Salaries vary by years in practice, educational level, geographic region, and size of community.

More information on a career as a dietitian is available by visiting [nutritionist-world.com/careers](http://nutritionist-world.com/careers) or from the Academy of Nutrition and Dietetics at [eatrightpro.org/about-us](http://eatrightpro.org/about-us).

## ASSOCIATE OF SCIENCE IN ALLIED HEALTH PRE-NUTRITION AND DIETETICS

 Southern Adventist University's Pre-Nutrition and Dietetics program is the first step to becoming a dietician. A bachelor's degree in this area requires four years of college work, and many schools require two years of study at a liberal arts college to meet entrance requirements into their clinical programs.

By completing this two-year degree at Southern, a student meets the admission requirements for the dietetics clinical program at Loma Linda University. Additionally, Southern's program can be modified to meet other schools' entrance requirements for dietetics.



For further information on this or other Allied Health associate degrees offered by Southern Adventist University, contact:

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## LOMA LINDA UNIVERSITY

### SUGGESTED SEQUENCE OF COURSES

YEAR 1		SEMESTER: 1 2	
BIOL 101-102	Anatomy and Physiology	4	4
ENGL 101-102	Critical Thinking in Ac Rd/Wt	3	3
ALHT 111	Intro to Health Professions	1	
SOCI 125	Intro to Sociology		3
COMM 135	Comm and Public Speaking		3
AREA R-1	Religion	3	
AREA IN-6	Historical Perspectives (choose 1): 154, 155, 174, 175	3	
MATH 215	Statistics		3
NOND 101	Southern Connections	1	
PEAC 125	Fitness for Collegiate Life	1	
		<b>16</b>	<b>16</b>

YEAR 2		SEMESTER: 1 2	
BIOL 225	Basic Microbiology		4
CHEM 151-152	General Chemistry	4	4
NRNT 125	Nurition	3	
PSYC 122	General Psychology	3	
SOCI	SOCI 150 or 230		3
AREA R-2 or R-3	RELB (except 125), RELT 138, 225, or 255	3	
AREA IN-10	Aesthetic Analysis ♦		3
AREA P1-B	PE Activity		1
CPTC 100	Computer Concepts		1
HLED 210	Medical Terminology	1	
	Elective	2	
		<b>16</b>	<b>16</b>

### TOTAL OF 64 HOURS

#### Additional Christian Service Requirements:

One Community Service Activity (of at least three hours)  
One Level 2 **or** One Level 3 Service-Learning Experience

♦ Choose from the following: ARTH 128; ELIT 214, 215, 216; HMNT 205; MUCH 216; MUHL 115, 120, 218; MUPF 118, 119, 128, 129, 138, 158.

**Grade Requirements:** "C" is the lowest grade accepted by Loma Linda.