

NUTRITIONIST 1

Nature of Work: Under general supervision, performs beginning level professional work by promoting and presenting public health nutrition programs. Performs related work as required. Public contact and travel are required.

Distinguishing Characteristics: This is beginning level work in public health nutrition. The Nutritionist 1 provides nutritional assessment, education and counseling to individuals and groups, primarily prenatal and pediatric clinics, with emphasis on participants in the Special Supplemental Food Program for Women, Infants, and Children (WIC). Serves as a resource on nutrition and dietetics to nurses, health educators and other health care providers in local health departments, local public and private health care facilities and the community. Work is governed by federal regulations and state policies and procedures. Performs related work as required.

Examples of Work

- Evaluates and certifies the eligibility of applicants for participation in the Women, Infants and Children Program.
- Assesses and documents nutritional risk status of participants.
- Counsels participants concerning diet and food selections.
- Recommends a WIC food package tailored to the participant's needs.
- Prepares and presents nutrition classes to WIC participants, as well as other interested groups.
- Refers WIC participants to appropriate health and social agencies for additional assistance.
- Serves as a resource on nutrition and dietetics to the staff of local health departments, local health care facilities, community health and human service agencies.
- Distributes current nutrition promotional/educational materials.
- Attends in-service training, meetings, seminars and workshops pertaining to current practices in the field of nutrition.

Knowledge, Skills and Abilities

- Knowledge of the principles and practices of dietetics and nutrition, as related to public health and individual and family food needs.
- Knowledge of the organization of community health services, food services, food assistance and nutrition education resources.

NUTRITIONIST 1 (CONT'D)

Knowledge, Skills and Abilities (cont'd)

- Knowledge of developments in the field of public health as related to nutrition.
- Skill in interviewing participants, assessing their nutritional status and counseling them concerning nutrition.
- Skill in conducting group nutrition education sessions.
- Ability to establish and maintain effective working relationships with professional and lay groups concerning the development of nutrition programs.
- Ability to communicate effectively, both orally and in writing.
- Ability to create and develop educational and instructional materials effectively.
- Ability to oversee the operation of a hospital dietary unit.
- Ability to assess and evaluate nutritional requirements according to standard protocols of care.

Minimum Qualifications

- Training: Graduation from a four-year college or university with a bachelor's degree in foods and nutrition, dietetics or public health nutrition; or a bachelor's degree in a related field with 12 hours in nutrition.

Established: 7/16/92
Revised: 9/16/92, 3/1/95
Effective: 3/1/95