



# A career in nutrition ...a long and winding road?

**Nutrition Australia – Careers in Nutrition Seminar**

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**VicHealth**

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**So you want to work in nutrition?**

**So you'll become a dietitian, right?**

**WRONG!**

(Unless you want to of course)

**A career in nutrition is whatever  
you make it!**

# *My career pathway*

Bachelor of Science (genetics)



Graduate Certificate of Human Nutrition



Nutritional epidemiology



Master of Human Nutrition



Registered Nutritionist (RNutr) with NSA



Public health (T2DM prevention)



Public health nutrition

# Nutrition & Food Systems @ VicHealth

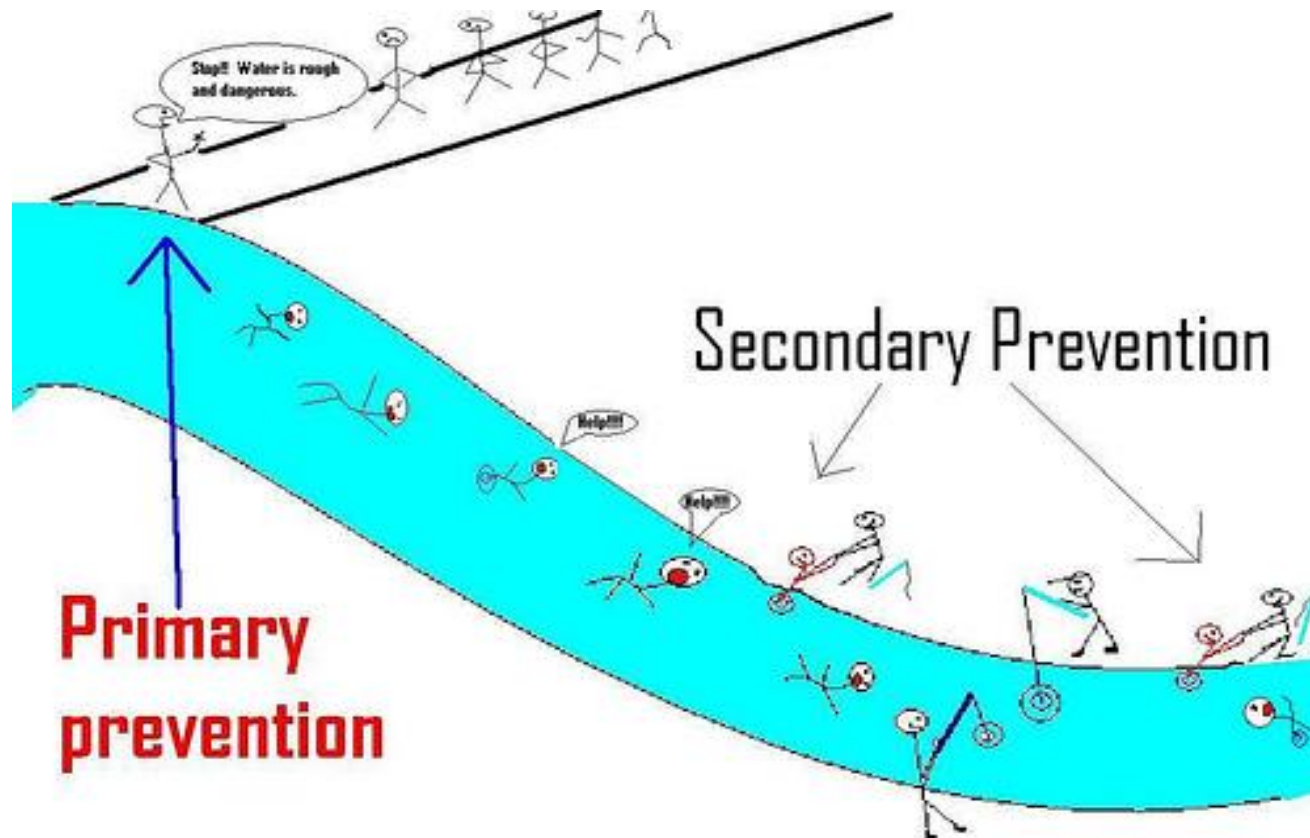
- Public health nutrition – focused on supply, access & culture
- Involved in several projects
- Just sprouted on Tuesday...



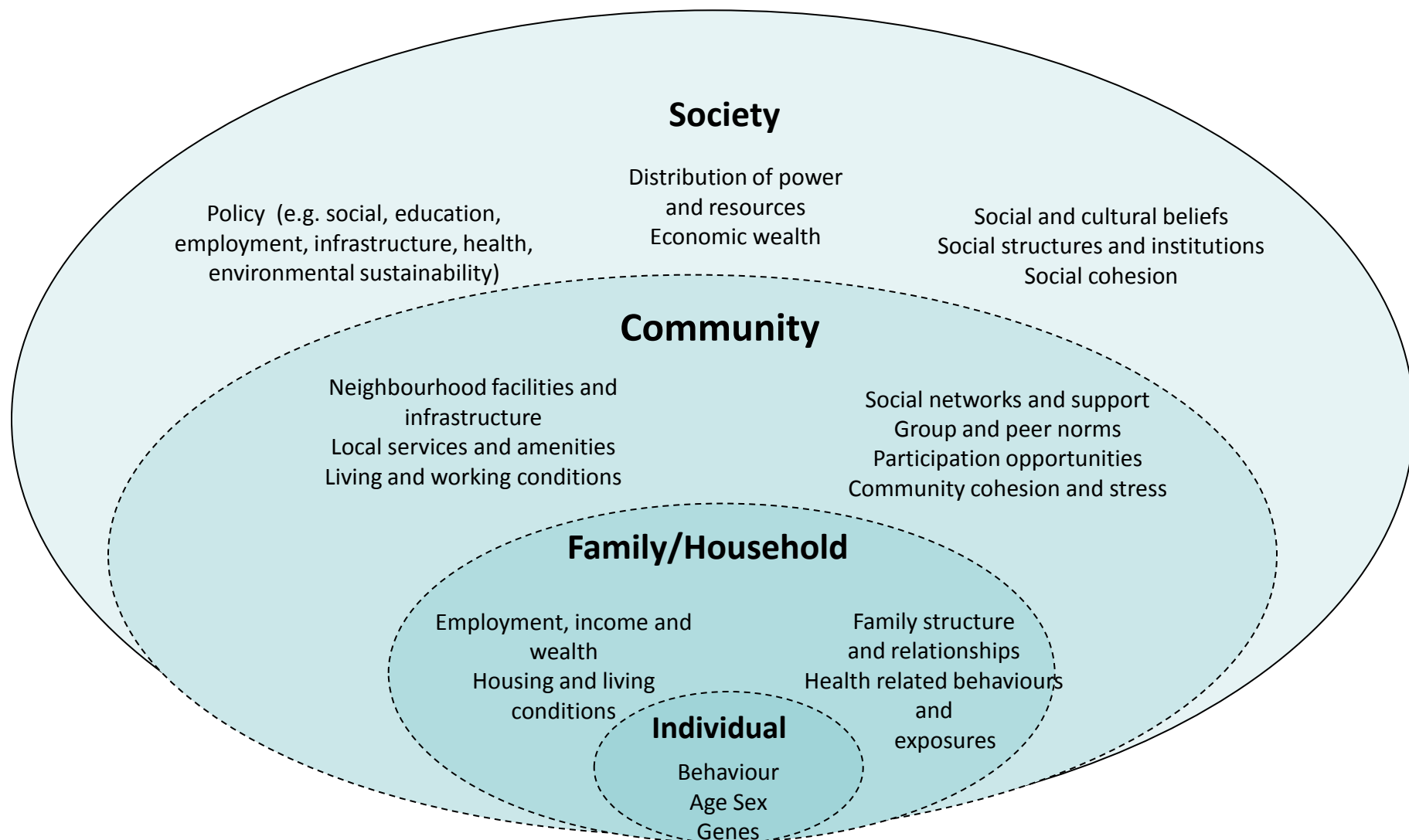
[www.vichealth.vic.gov.au/seedchallenge](http://www.vichealth.vic.gov.au/seedchallenge)



# Why PHN??



# What influences health??



# PHN Competencies

Food and nutrition monitoring and surveillance

Applied research, research and development. The ability to appraise, plan and manage research, interpret research findings and apply in practice

Needs assessment- assessing population needs using various methods

Analysing the determinants of nutrition issues using a range of information sources

Policy processes: policy development skills, influence policy development, evaluate policy impacts, organizational politics

Building community capacity: community engagement, collaboration, partnership, coalition building and community dimensions of practice skills

Advocacy at government, organization, profession levels

Awareness, knowledge and skills that enable a system, agency, or professional to work effectively in cross-cultural situations

Knowledge and understanding of the psychological, social and cultural factors which influence food and dietary choices

Design, plan, implement, monitor and evaluate nutrition strategies and programs for promoting health and well-being of the population, that reduce inequalities



# PHN Competencies

Principles and practice of health education, health promotion theory, behaviour change and health promotion policy and programs, public health methods

Building capacity of the health workforce through training, up-skilling and mentoring

Knowledge of food and nutrition systems and community food needs

Service and program prioritisation based on identified needs, their potential impact, as defined by objective measurable criteria

Grantsmanship-submission writing to access resources to enable intervention and service delivery

Interpersonal and written communication

Personnel (staff) management

Financial planning / management skills

Assessment of food, nutrient and dietary intakes and status in populations

Nutritional requirements of populations

Population nutrition intervention strategy options and selection

Professional accountability and social responsibility

Ethics of public health nutrition practice

# How did I get here?

Vowed to give everything a go!

- Volunteered for Nutrition Australia, World Public Health Nutrition Association and Food Alliance
- Regularly contributed to public consultations (eg: Food Labelling Law and Policy Review)
- Was an active member of various organisations' interest groups (PHAA, NSA, DAA etc)
- Attended conferences, workshops, seminars
- Volunteered time/body to research projects
- Picked up casual work with Deakin as an RA/marker

# Hot tips (that worked for me)

1. Network, network, network!
2. Find a good mentor who you trust
3. Join up with professional organisations
4. Get involved and volunteer your time if possible
5. Be passionate and throw yourself in the deep end



# Don't forget to expect the unexpected!

It's ok to not know what you want to do – passion and an openness to whatever comes your way is a great start!



*(this obese country kid who was good at maths and science never knew a life in public health nutrition awaited her!)*