

Health Career Observer



The Official Newsletter of the WNY R-AHEC

November 2023

Registered Dietitians and Certified Nutritionists

Registered Dietitians (RD) and Certified Nutritionists (CN) plan and conduct food service or nutritional programs to help people lead healthy lives. Dietitians and nutritionists work in many settings, including hospitals, nursing homes, clinics, cafeterias, and for state and local governments. Nutritionists usually cannot provide medical nutritional counseling or diagnose or treat illnesses. In contrast, a registered dietitian is a credentialed professional. In addition to doing everything a nutritionist can do, an RD can provide medical nutritional therapy and counseling.



"You don't have to make a huge impact, you don't have to change the world, however small it may be, it is still an impact."

Glotilda Chelimo

How Do I Become a RD or CN

**PROJECTED JOB
MARKET GROWTH:
7%
FROM 2022-2032**

Registered Dietitians and Certified Nutritionists need at least a bachelor's degree. They also are required to have supervised training through an internship. Dietitians need to be licensed by passing the CDR exam, while nutritionists generally only need a certification.

**Average Annual Pay:
\$66,450**

What Does a RD or CN Do?

- ✓ Counsel clients on nutritional issues and healthy eating habits.
- ✓ Experts on use of food and nutrition to promote health and manage disease.
- ✓ Plan and conduct nutritional programs to help improve the lives of their patients and communities.
- ✓ Help with the treatment of nutritional conditions such as; diabetes, coeliac disease, food allergies and malnutrition
- ✓ Can help identify, diagnose and treat eating disorders, malnutrition, renal disease and obesity.



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A Professional Account

Glotilda Chelimo, CN

Graduate Research Assistant at the Rochester Institute of Technology

What is the most rewarding part of your job?

"When the community benefits from the programs I've implemented. Dietetics and Nutrition is more than just telling people what they should eat. It's being able to help educate them. When I first started practicing in Kenya, I had received an award from Mastercard for one of my first projects. The project focused on women, diversifying food crops, and community education. My mission was to help educate people, for generational change. When we possess the knowledge of; if you have a chicken, you can get eggs, if you have a cow, you can get milk, along with how to properly grow a variety of vegetables, it facilitates a life-long change within a struggling community."

What is the most challenging?

"One of the most challenging parts of my job is dealing with the misinformation about nutrition. The things that people come across online and on social media, a lot of the time is misinformation. Once someone has their mind made up, it can be difficult to get them to understand that what they have seen or read online isn't always factual and in fact can potentially be the opposite of healthy."

Additionally, another challenge is tailoring nutrition plans to accommodate the individual lifestyles and taking into consideration the social economic factors. Having worked most of my career in a place where people struggle to meet the most basic needs, when I am creating a nutritional plan I need to think about; can this person afford to eat these foods I'm recommending? Is it accommodating to the needs of my patient? Does my patient even have access to the foods I'm suggesting?"

What do you wish you knew back in school that you know now?

"I wish I had taken some courses in Psychology. I think being able to understand why people are the way they are and why they do what they do is important knowledge to have. It's also very challenging to motivate change. Understanding how people think about food, how people view food and being able to understand where that person is coming from and their perspectives can help, especially when you are trying to get them to make the changes needed to better themselves."

Anything else you want to share?

"People don't always consider this type of work a very serious field until you get into it. There is so much more to it than just writing meal plans. Understanding the agriculture your working with, the community your serving and the economic needs are just a couple of the things we, in this field, need to think about when working with our patients."

"If your able to get people to truly understand the importance of food and nutrition you can help improve their outcomes. Getting my patients to "walk with me in health" and seeing them gain that knowledge has a lifelong impact."

"Also, this field requires commitment, not just for personal growth but also for evolution of our collective understanding of nutrition science. It is important to continue to learn and find new ways to connect and educate our patients. Whether your working in an underserved community, an oncology unit or working with wealthy communities, it's in your best interest to always continue to grow your knowledge."



Click on the image for
Day in the life: The
Dietitian

<https://www.youtube.com/watch?v=1q8tiQoq0tk>



Scan Me



Click on the image
for a professional
account from a
Certified
Nutritionist

<https://www.youtube.com/watch?v=GqkPL8sk07U>



Scan Me



For more information visit the U.S. Bureau of Labor Statistics

<https://www.bls.gov/ooh/healthcare/dietitians-and-nutritionists.htm> | <https://www.bls.gov/oes/current/oes291031.htm>

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Student Mental Health Toolkit

<https://www.governor.ny.gov/news/governor-hochul-announces-multi-agency-collaboration-raise-school-age-youth-mental-health>

DAEMEN UNIVERSITY



COLLEGE OF HEALTH PROFESSIONS NURSING, B.S. (1+2+1 PROGRAM)

Western New York's Premier
Health Sciences Educator



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DEGREE

- Nursing, B.S. (1+2+1 Program)

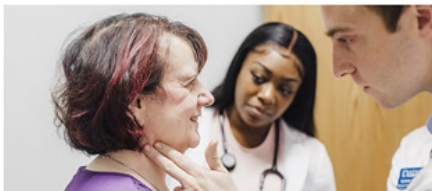


The U.S. will need an additional
203,200
registered nurses each year
from now through 2031

*From the U.S. Bureau of Labor Statistics



Daemen's Center for Interprofessional Learning and Simulation (CILS) provides students experiential learning opportunities to promote best practice and collaboration. This leads to improved health and well-being outcomes for individuals, organizations, and communities!



daemen.edu/nursingnbs

DAEMEN UNIVERSITY

STUDY AT DAEMEN

- Daemen nursing students pay community college tuition in their second and third year and are given a 50 percent tuition discount when they return to Daemen for their final year of the program.
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- Flexible scheduling and a choice of online or hybrid courses support the needs of the working RN during the fourth year while taking courses to complete a B.S. degree.
- Curriculum combines the direct care clinical strengths of the associate degree programs with the strengths of the baccalaureate program, which promotes critical thinking, leadership skills, evidence-based practice, quality care, population health, and professional development.

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Education Department

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We are happy to answer your questions and discuss the program with you.

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Daemen's nursing programs are accredited by the Accreditation Commission for Education in Nursing (ACEN), 3390 Peachtree Road NE, Suite 1400, Atlanta, GA 30335, Phone: 404.975.5000, Fax: 404.975.5020, www.acenursing.org.



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Please use QR code for more information on Daemen University Nursing Program

Please use QR code for the Health Careers Resource Guide

