


SDSU's Didactic Program in Dietetics (DPD) The Road to Becoming a Registered Dietitian Nutritionist

Yumi Petrisko, MS, RDN, CSSD
Director, Didactic Program in Dietetics
mpetrisk@sdsu.edu



Overview

- Career opportunities with a degree in nutrition
- Why become a registered dietitian nutritionist (RDN)?
- Steps to becoming an RDN
- Applying to and completing the SDSU Didactic Program in Dietetics (DPD)
- Applying to and completing a dietetic internship

WHAT CAN I DO WITH A DEGREE IN NUTRITION?

BS Nutrition

- Degreed nutritionist

BS Nutrition + DPD

- Registered diet tech (NDTR) – usually work in clinical or social services

BS Nutrition + DPD + Dietetic Internship

- Registered dietitian nutritionist (RD/RDN)
- Beginning Jan 1, 2024, a graduate degree will be required to take the credentialing exam

MS or PhD Nutrition

- 50% of practicing RDNs have a master's degree
- Teach at college/university level
- Research



Clinical Nutrition Career Opportunities

- RDN usually required
- Many specialities
- Acute care/inpatient RDN – median salary \$65,000
- Ambulatory care/outpatient RDN (– median salary \$67,000
- Long term care RDN – median salary \$65,000

Food & Nutrition Management Career Opportunities

- Director, supervisor or manager
- Inpatient and long-term care facilities
- Schools
- Businesses
- Median salary \$82,000

Community Nutrition Career Opportunities

- USDA Nutrition Assistance Program
 - Women, Infants & Children (WIC)
 - Supplemental Nutrition Assistance Program (SNAP)
 - Child nutrition programs
 - Nutrition programs for older adults
- State or county public health department
- USDA cooperative extension system
- Meals on Wheels
- Mama's Kitchen
- Hunger relief organizations
- Median salary \$60,900

Source: Compensation & Benefits Survey of the Dietetics Profession, 2019

Nutrition Education and Research Career Opportunities

- College, university, health professional school, and culinary school
- Teach K-12
- Create and write curriculum for state board of education, Cooperative Extension
- Worksite wellness--teach nutrition and health promotion to employees
- Manage or assist with clinical protocols, interventions, or clinical trials
- Median salary \$85,000

Source: Compensation & Benefits Survey of the Dietetics Profession, 2019



Nutrition Consultation and Business Career Opportunities

- Private practice consultation to hospitals and long-term care facilities
- Client counseling from either physician referrals and/or advertisements
- Cookbook or textbook author
- Media
 - Radio, TV, magazines, newspapers
 - Social media, blogging
- Consult at health clubs, restaurants, supermarkets
- Median salary \$85,000

Business and Industry Career Opportunities

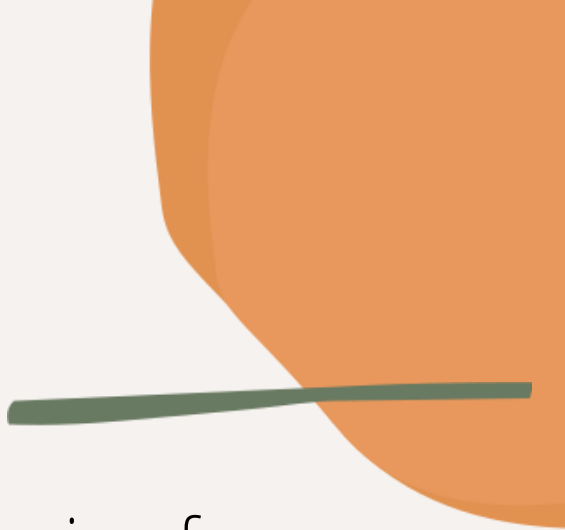
- Food Industry
- Information Technology
- Nutritionals
- Nutraceuticals
- Pharmaceutical
- Food Service Equipment
- Food Service Contract Management
- Food Service Vendors
- Medical Equipment
- Trade Associations



Other Career Opportunities

- International Food Organizations
 - Peace Corps
 - NGOs
 - UN Food and Agriculture Organization
- Public Policy
 - Legislator staff
 - Lobbyist
 - USDA, NIH, FDA
 - Health care reform

Why Become a Registered Dietitian Nutritionist?



- RD/RDN only nationally recognized profession for nutrition expertise
- RD/RDN services included in state and federal regulations
- RD/RDN reimbursement under medical services
- RD/RDN one of fastest growing health careers
- RD/RDN nutrition expert, credibility, accountability

The Road to Your RD/RDN

- Apply to the SDSU DPD
 - Must be advanced to Foods and Nutrition major or grad student in MS Nutrition or Dual MS
- Maintain grades for DPD
 - 3.1 overall GPA
 - 3.1 DPD course GPA
 - No DPD course grade less than a C
 - No grade lower than a C on DPD- required assignment
- Apply for and complete an accredited dietetic internship (DI)
 - Minimum 1200 hours of supervised practice
 - Apply in Feb (spring match) or Sept (fall match)
- Take national registration exam



SDSU DPD website

- <http://ens.sdsu.edu/dietetics.php>
- DPD handbook with portfolio instructions
- Courses in DPD curriculum
- DPD application process and forms
- Internship application process and forms



Applying to the DPD

- As soon as you are eligible
- No later than two full semesters before you graduate
 - **By June 1 for May grads**
 - **By January 1 for December grads**
- Grade criteria met
- Download application from DPD website
- Official or unofficial transcripts
- Email to DPD Director

Staying in the DPD



Required

- Complete Nutr 407, Nutr 409, Nutr 510
- Complete portfolio
- Maintain required grades/GPA

Optional, but recommended

- Work or volunteer in the field
- Participate in SNO activities
- Get involved in the Academy of Nutrition and Dietetics and the San Diego district (CANDSD)

What to Save for your Portfolio

- Refer to DPD Handbook
- Reflection statements for all nutrition courses taken at SDSU plus ENS 434
- Assignments, papers, projects, presentations from each nutrition course taken at SDSU plus ENS 434
- Completed grading rubrics showing grades for each required item



Applying to an Accredited Dietetic Internship/Supervised Practice

- Attend DI Workshop
- Begin to research DIs
 - Academy of Nutrition and Dietetics website:
<https://www.eatrightpro.org/acend/accredited-programs/dietetic-internships>
 - Internship websites
 - Applicant Guide to Supervised Practice Experience online
- Considerations
 - Location
 - Cost
 - Availability of financial aid and scholarships
 - Emphasis
 - Schedule

Options for Dietetic Internships

- Traditional
- Distance
- Combined with MS
- WIC



Resources

- DPD Instagram (@sdsudpd) and Facebook page
<https://www.facebook.com/SDSU-Didactic-Program-in-Dietetics-357146781002100>
- Academy of Nutrition and Dietetics and local chapter – join as a student member!
www.eatright.org
<https://www.dietitian.org/san-diego>
- Accreditation Council for Education in Nutrition and Dietetics (ACEND)
<https://www.eatrightpro.org/acend>






Join

SNO/DPD MENTORSHIP PROGRAM

Student Nutrition Organization & Didactic Program in
Dietetics

Connect with upper class students and professors to help guide you through the Didactic Program in Dietetics (DPD). Learn how to prepare portfolios, search for internships & graduate programs as well as discover possible future careers in dietetics!

Sign up to be a mentee at
www.snosdsu.org



CONTACT MAYUMI PETRISKO, MS,
RDN, CSSD (MPETRISK@SDSU.EDU)
FOR ANY QUESTIONS

