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

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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

Source: Compensation & Benefits Survey of the Dietetics Profession, 2019
Food & Nutrition Management
Career Opportunities

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

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

Source: Compensation & Benefits Survey of the Dietetics Profession, 2019
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](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
ATTENTION DPD STUDENTS/GRADUATES PLANNING TO APPLY TO A DIETETIC INTERNSHIP (DI) SPRING 2021, FALL 2021, OR SPRING 2022:

YOU ARE REQUIRED TO ATTEND AN INTERNSHIP APPLICATION WORKSHOP BEFORE YOU APPLY FOR A DI. THIS ANNUAL WORKSHOP WILL TAKE PLACE ON FRIDAY, SEPTEMBER 11, 2020 FROM 12:30-4:30PM.

Who should attend:
Junior and senior Foods and Nutrition students or graduate students and DPD students/graduates who plan to apply to a dietetic internship program Spring 2021 (for internships starting Fall 2021) or Fall 2021 (for internships starting Spring 2022) or Spring 2022 (for internships starting Fall 2022)

What will be covered:
- The different types of internships
- How to narrow down your choices
- The online centralized application process
- A panel of current and former interns will discuss their experiences successfully applying for internships. They will also describe the daily life of an intern
- Tips for submitting a strong application
- Asking for recommendation letters

REGISTER IN ADVANCE FOR THIS MEETING:
HTTPS://SDSU.ZOOM.US/MEETING/REGISTER/TICKET:OQDWRHNBW1RBKQXGKDI-3WOr6ECWAWEF3LID-TWAEYMM6_BF+ADT86DS7XGIMDBPIL6L-RVZT21FP2TMK086WALH1YIBSG61C

AFTER REGISTERING, YOU WILL RECEIVE A CONFIRMATION EMAIL CONTAINING INFORMATION ABOUT JOINING THE MEETING.

If you are unable to attend, the meeting will be recorded, and a link to the meeting recording will be posted on the DPD website and Canvas Homeroom page. If you have questions, please contact Yumi Petrisko, DPD Director, at mpetrisko@sdsu.edu