



Dietitians of Canada  
Les diététistes du Canada

Advancing health through food and nutrition  
Promouvoir la santé par l'alimentation et la nutrition

# Corporate Profile

## About Us

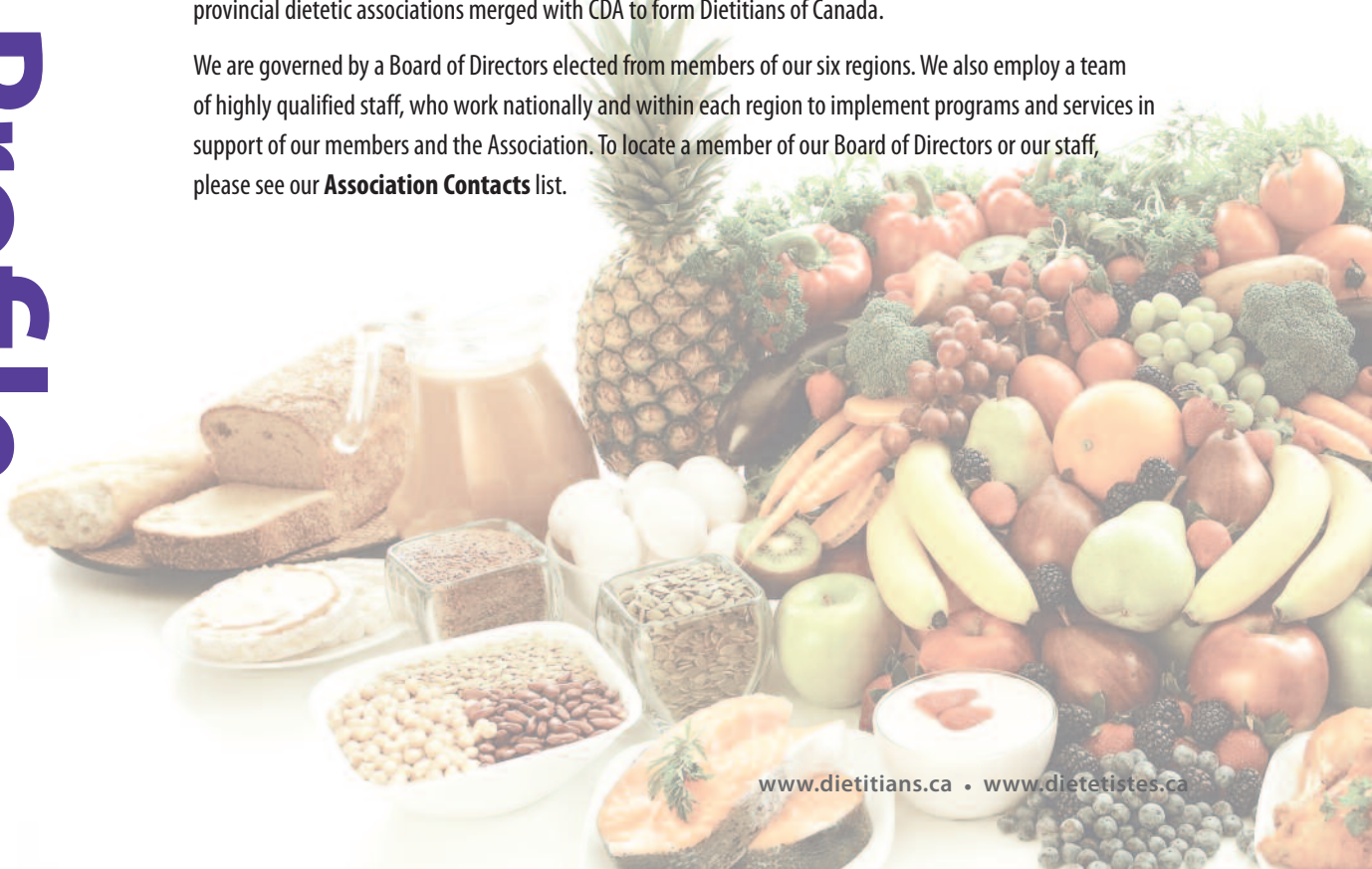
**Dietitians of Canada (DC) is the national professional association for dietitians, representing almost 6,000 members at the local, provincial, and national levels. DC accredits Canadian baccalaureate and practicum training programs that prepare dietitians for registration to practice in Canada.**

As the recognized leaders of dietetic practice, we advance health through food and nutrition, providing trusted information to Canadians and advising governments at the federal and provincial/territorial levels on best practices in nutrition.

Dietitians of Canada is also one of the largest organizations of dietetics professionals in the world, and actively facilitates the global advancement of dietetics.

Our organization has its roots in the Canadian Dietetic Association (CDA), established in 1935. In 1997, the provincial dietetic associations merged with CDA to form Dietitians of Canada.

We are governed by a Board of Directors elected from members of our six regions. We also employ a team of highly qualified staff, who work nationally and within each region to implement programs and services in support of our members and the Association. To locate a member of our Board of Directors or our staff, please see our **Association Contacts** list.





## What We Do

Dietitians of Canada and our member dietitians advance the health of Canadians in several very important ways.

### 1 We educate Canadians.

We provide trusted nutrition information to Canadian consumers and professionals. Three key communications activities drive this goal.

**The Dietitians of Canada web site.** Our public website, [www.dietitians.ca](http://www.dietitians.ca), is used by more than 2 million visitors each month. It provides proprietary resources, tools and advice from a trusted source to the public, health professionals, and the media. Approximately 700 other websites link to our site.

**Annual Nutrition Month Campaign.** For more than 25 years, we have led one of the most recognized social marketing campaigns in Canada. Dietitians and organizations across Canada participate by using a range of media to reinforce the role of dietitians and nutrition in promoting optimal health.

**Find a Dietitian/Media Expert.** Our national database of dietitians provides quick and easy access for individual Canadians, businesses, or members of the media who seek the expertise of a dietitian for private counseling, business consultation or media interviews.

**93% of Canadians believe that dietitians are the most credible and reliable source of nutrition information.**

### 2 We provide thought leadership.

Dietitians of Canada and our members act in an advisory capacity to other health organizations and governmental and regulatory bodies, sharing our respected expertise as:

- **Appointed experts** on federal and provincial task forces addressing issues such as sodium and trans fat reduction,
- **Consultants** in shaping provincial school nutrition guidelines,
- **Collaborators** on national–provincial/territorial alliances that promote healthy living and healthy eating,
- **Partners** with organizations such as the Canadian Obesity Network, Canadian Pediatric Society, and Blood Pressure Canada.

We **author reports and statements** on issues that affect the nutritional health of Canadians. These include:

- Reports calling for better supports for low-income Canadians and better access to dietitians in home care, primary health care, and long-term care,
- Position papers on topics such as Household, Individual and Community Food Security, Nutrition and Athletic Performance, Growth Monitoring of Infants and Children,
- Government briefs on topics such as nutrition labelling, prenatal and infant nutrition guidelines, and vitamin and mineral fortification of foods.



### 3 We develop evidence-based standards and resources.

As part of our commitment to evidence-based research, in 1991 we established the Canadian Foundation for Dietetic Research (CFDR), a registered charitable foundation that grants funds for applied and practice-based dietetic and nutrition research. This research supports health professionals to provide science-based guidance and intervention in the prevention and treatment of chronic disease and the pursuit of optimal health.

We also support health professionals in their practice by providing evidence-based standards and resources, including:

**An online nutrition knowledge database. Practice-based Evidence in Nutrition (PEN)** is a leading-edge, comprehensive nutrition knowledge database that provides evidence-based practice guidance and tools for food and nutrition professionals. PEN is the reference standard used in health and tele-health services across Canada, such as the British Columbia HealthLink BC service and the EatRight Ontario Dietitian Advisory Service.

**A professional journal.** The **Canadian Journal of Dietetic Practice and Research**, the official peer-reviewed quarterly publication of Dietitians of Canada, publishes original research, professional practice and reviews to build the profession's unique body of knowledge.

**A professional development service. Dietetics@Work** is a web-based, professional support service featuring e-learning courses on science-based topics such as Vitamin/Mineral Supplementation and Dysphagia Management. A Critical Appraisal tutorial, developed with the Centre for Health Evidence, University of Alberta, supports the development of advanced-level skills needed for evidence-based practice.



### 4 We promote dietitians as valuable members of the health team.

Our reviews and analyses have shown the work of registered dietitians to be a cost-effective service for health promotion, disease prevention, treatment and rehabilitative/supportive care.

For this reason, we strive to improve access to dietitians as an important and valuable contribution to Canadian health services. Initiatives that support this goal include:

**EatRight Ontario Dietitian Advisory Service.** In collaboration with the Ontario Ministry of Health Promotion, Dietitians of Canada is piloting an advisory service to provide better access to trusted nutrition advice from dietitians through a toll-free telephone number, email and interactive website.

**Pan-Canadian Task Force on Public Health Nutrition.** Funded by the Public Health Agency of Canada, DC oversees and collaborates as a member of the Task Force, along with representatives from the public health nutrition community, to strengthen public health nutrition practice.

**Workforce Planning.** Part of our mission is to ensure sufficient numbers of dietitians will be available to meet the current and future health needs of Canadians. DC conducts workforce planning studies and provides opportunities for internationally trained dietitians to acquire the practice-based experience needed for registration to practice in Canada.



# How Registered Dietitians Contribute to the Health of Canadians

With their strong education in science, management, human development, and population health, dietitians are highly qualified professionals who practice in many different settings, including health care institutions, private practice, government and public health, schools, and sports and recreation facilities.

As trusted professionals, dietitians fill many roles. In addition to being champions for healthy eating, they are:

- **Specialists** who address the nutrition needs of people with complex health problems.
- **Policy makers** advising government at all levels on population health strategies and regulatory measures.
- **Leaders** in all aspects of food systems, including food security and sustainability, food service management, and food production and marketing.
- **Knowledge brokers** who conduct research, answer questions, and translate science into best practices.
- **Educators** of health professionals in other disciplines and future dietetic practitioners.



## Reaching Beyond Borders

DC serves on the Board of Directors of the **International Confederation of Dietetic Associations (ICDA)**, an organization of 38 national dietetic associations representing more than 160,000 dietitians worldwide. As the Secretariat for ICDA, DC hosts the **ICDA website**, which links dietitians from around the globe.

## The Future of our Profession

Dietitians of Canada has developed a vision for the future of our profession as part of a long-term strategy to guide Canadians towards adopting a healthier lifestyle.

As part of this vision, we are committed to positioning our members as leaders in health and wellness by fostering a self-directing and self-renewing profession with access to diverse and rewarding roles as well as to flexible and innovative dietetics education.

For more information about the future of our profession in Canada, please download our **Vision 2020** report.

For information about recent activities and accomplishments, please view our **Annual Report**.

## Contact Us

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