

Dietitians in Public Health

Improving the health of the community



Public Health Nutrition Practice

Public health nutrition practice includes the assessment, promotion, protection and enhancement of health and prevention of nutrition related diseases. Dietitians in public health work in a variety of areas including school and family health, food security and workplace wellness.

The Facts

Food Insecurity – Over 12% of Canadian households experienced some form of food insecurity each year. Inadequate income is one of the root causes of food insecurity

Food Environments – The places where people live, work, learn and play affect their food purchasing choices and quality of their diets

Family Nutrition – Only 26% of mothers breastfed their child exclusively for six months

School Nutrition – 70% of Canadian children do not eat the minimum daily recommended 5 servings of fruits and vegetables

Chronic Diseases – Half of Canadians (52%) over the age of 20 live with a chronic disease.

Dietitians in Public Health

- Create environmental and systemic changes to help **make the healthy choice the easy choice**
- **Build food security** in communities through advocacy, education and community mobilization. They help to **create supportive environments** that will provide communities with access to affordable and healthy food
- **Advocate for nutrition related-issues** such as food labelling guidelines, improved school nutrition guidelines, breastfeeding promotion, a sustainable food system, and nutrition screening for at risk populations
- **Apply health promotion strategies** to identify the needs of the community including workplaces, and build programs to address those needs
- Use strategies focused on the **social determinants of health** to help build healthy communities
- Participate in **policy development** and conduct **research and evaluation** to further nutrition knowledge and practice.

Dietitians in public health provide leadership in nutrition, food systems and healthy public policies.