

## NUTRITIONIST

**JOB TITLE:** Nutritionist

**GRADE:** 14

**JOB CODE:** 2503

**DATE:** 11/8/95

**GENERAL FUNCTION:** Under general supervision, performs work of moderate difficulty as an entry level nutrition professional in the provision of education and counseling to individual clients and groups of clients concerning nutritional requirements for normal development and for specific physical conditions; and performs related work as required. The nutritionist would primarily work in the maternal and child health program area, WIC programs, and general nutrition.

### CHARACTERISTIC DUTIES AND RESPONSIBILITIES:

Provides nutritional instruction, using a variety of instructional methods, to groups of clients attending public health clinics such as child health appraisal, pre-natal, family planning and hypertension clinics by teaching subjects such as menu planning, food selection, food preparation, and budgeting food stamps or WIC food instruments; demonstrations.

Provides individual counseling to selected clients identified by a nurse or a physician as needing individual nutritional counseling for a specific health condition.

Performs initial nutritional assessment and periodic reassessments of clients to identify nutritional problems relating to conditions such as obesity, anemia, hypertension, failure to thrive, and diabetes, plans a diet appropriate for the client, discusses the diet with the client and explains the relationship of the diet to the client's condition.

May determine eligibility for services according to program standards and requirements.

Assists nutritionists and other health professionals with the preparation of educational materials about nutrition, and participates as assigned in public health nutrition programs for schools and civic groups.

Refers clients to other agencies for additional services related to food and nutrition, such as the food stamp program and extension service programs.

Maintains individual client records, schedule of daily activities, monthly reports of group classes and individual counseling and other activities.

Participates with other nutritionists in the preparation of reports of nutritional services provided.

**JOB TITLE:** Nutritionist (Continued)

**JOB CODE:** 2503

**SUPERVISION RECEIVED:** Moderate supervision under standard operating procedures; incumbent occasionally can function autonomously, with supervisor available to answer questions.

**SUPERVISION EXERCISED:** No supervision responsibility required. However, there would be the requirement to coordinate activities with other appropriate service staff.

**JOB SPECIFICATIONS:**

**Knowledge and Abilities:**

Good knowledge of normal nutritional requirements of newborns, infants, children, adults, and pregnant women; of nutritional requirements of persons with conditions such as hypertension, diabetes, anemia, obesity; of signs and symptoms of improper nutrition.

Working skill in the assessment of the nutritional status of newborns, infants, children, adults, and pregnant women.

Some skill in interviewing and counseling clients concerning nutrition; in conducting group training sessions.

Working ability to provide nutrition education and counseling to individual clients, groups of clients, and groups of citizens.

Working ability to persuade individuals to follow a prescribed diet.

Working ability to recognize the impact of improper nutrition on normal development and physical health.

Ability to learn the standard operating procedures and federal and state standards governing the provision of services through the program unit.

Ability to learn what services related to food and nutrition are available through other public and private community agencies and procedures for referring clients to those agencies.

**Minimum Education, Training, and Experience Requirements:** Bachelor's degree from an accredited college or university with a major in community nutrition, public health nutrition, foods and nutrition, dietetics or a Bachelors Degree in home economics with eighteen (18) semester hours in foods and nutrition or dietetics.

The intent of this job description is to provide a representative summary of duties and responsibilities that will be required of positions given this title and shall not be construed as a declaration of the specific duties and responsibilities of any particular position. Employees may be requested to perform job-related tasks other than those specifically presented in this description.