

ROLE OF DIETICIAN IN COMMUNITY: - WORK AREA OF COMMUNITY DIETICIAN, ROLE OF COMMUNITY DIETICIAN

Public Health or Community Dietitian

Public Health or Community Dietitian is a dietitian directly involved in health promotion, prevention and policy formulation focusing on families, groups and populations; minimizing risk of nutritionally derived illness and health inequalities. Public health/community dietitians can work within government and non-government organizations; within the voluntary and independent sectors, as well as in community care.

Community dietitians work with wellness programs, public health agencies, home care agencies, and health maintenance organizations. These dietitians apply and distribute knowledge about food and nutrition to individuals and groups of specific categories, life-styles and geographic areas in order to promote health. They often focus on the needs of the elderly, children, or other individuals with special needs or limited access to healthy food. Some community dietitians conduct home visits for patients who are too physically ill to attend consultations in health facilities in order to provide care and instruction on grocery shopping and food preparation.

Community Nutrition and Dietetics

The dietitian plays a key role in the care of people with diabetes. Achieving a healthy diet and lifestyle is the cornerstone of diabetes management.

Community dietitians and community nutritionists develop programs and counsel the public on topics related to food, health, and nutrition. They often work with specific groups of people, such as adolescents or the elderly. They work in public health clinics, government and non-profit agencies, health maintenance organizations (HMOs), and other settings.

Community nutrition and dietetic team consist of dietitians working within primary care.

ROLE OF COMMUNITY DIETITIAN

Dieticians spread awareness regarding healthy eating habits at an individual and community level. They work hard to educate the public on good nutrition to create

and maintain their health, which helps prevent diseases and hinder diet-related conditions such as obesity and malnutrition.

The Community Dietitian's role is to:

- devise and deliver evidence based dietetic care and support collaborative patient goal setting.
- empower the individual to develop the skills, knowledge and confidence to self-manage their disease.
- deliver a quality assured self-management education programme.
- work within the multidisciplinary primary care team.
- audit and evaluate the dietetic service provide education to health professional colleagues.

WORK AREA OF COMMUNITY DIETITIAN

A community dietitian works with organisations like the World Health Organisation, public health groups, day-care centres, resorts, and health clubs in coming up with effective nutritional plans for the people.