

Dietitians

A guide for newcomers to British Columbia



Contents

1. Working as a Dietitian.....	2
2. Skills, Education and Experience	5
3. Finding Jobs.....	7
4. Applying for a Job.....	9
5. Getting Help from Industry Sources	10

1. Working as a Dietitian [NOC 2021: 31121 / NOC 2016: 3132]

Job Description

Dietitians and nutritionists help people understand the connection between food and their well-being. You assess people’s nutritional needs, then create nutrition plans and food service programs to promote good health.

As a dietitian, you perform the following duties:

- assess people’s nutritional needs
- create care plans and menus to match clients’ needs
- provide nutrition information and help people make healthy food choices
- develop educational materials and programs
- may develop, test and market food and nutrition products
- may represent companies and supply product-related information

You may specialize in areas such as clinical dietetics, community and public health dietetics or food service administration.

Source:

WorkBC Career Profile for Dietitians

<https://www.workbc.ca/plan-career/explore-careers>

Industry Overview

Demand for dietitians and nutritionists is high and expected to rise. Employers in all areas of BC are finding it difficult to recruit dietitians, especially in remote and rural regions.

In the near future you will see even more job vacancies due to retirement and population growth. Also, new roles for workers are emerging, especially in the areas of research, public health and the food industry.

Job Outlook in BC

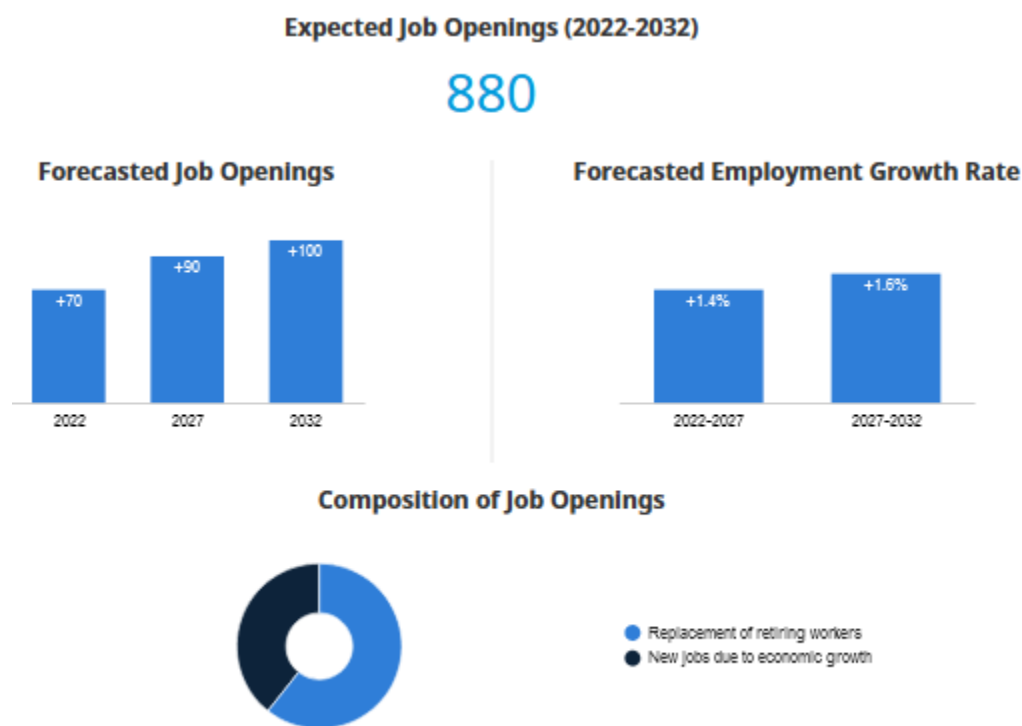


Chart from WorkBC

You can learn more about working as a dietitian in BC from:

- **WorkBC Career Profile for Dietitians**

<https://www.workbc.ca/plan-career/explore-careers>

- **Dietitians of Canada**
<https://www.dietitians.ca/Become-a-Dietitian/Education-and-Training>
- **Career Cruising (Profile for 'Dietitian')**
<https://www.vpl.ca/digital-library/career-cruising>
Available from the VPL Digital Library | Explore our Digital Library page

Types of Employers

Dietitians work in many settings including:

- Hospitals and long term care facilities
- Home care programs
- Community health centres
- Schools, colleges & universities
- Government
- Food, beverage & pharmaceutical industries
- Private health clinics
- Private practice/consulting
- Gyms and sports organizations

Salary

The median annual salary for Dietitians working full-time in BC is \$73,559 a year. Salary depends on experience, location, and employer.

Most full-time dietitians get benefits as well as a salary. These can include health and dental care, paid sick days, and vacation time. Those who are self-employed must provide their own benefits.

In BC regions, you can expect to earn:

Community/Area	Low (\$/hour)	Median (\$/hour)	High (\$/hour)
British Columbia	24.61	40.51	44.45
Lower Mainland–Southwest Region	24.61	40.51	44.45
Vancouver Island and Coast Region	24.61	40.51	44.45

Source: Job Bank Wage Report <https://www.jobbank.gc.ca/trend-analysis/search-wages>

Working Hours

Most dietitians work fairly regular schedules, 8 hours a day, 5 days a week. If you work as a Community dietitian you may have to attend weekend or evening meetings with local groups. If you work in a critical care unit at a hospital, you might be called in for an emergency case, but this would be a rare situation.

Source: Career Cruising (Profile for 'Dietitian')

2. Skills, Education and Experience

Skills

- Strong interest in food and nutrition
- Enjoy helping people
- Excellent oral and written communication skills
- Good organizational abilities
- Detail oriented
- Research skills

Education and Experience

To work as a Dietitian in BC you require:

Dietitians

A guide for newcomers to British Columbia

- a bachelor's or master's degree in dietetics, nutrition or a related field such as food and nutritional science or biochemistry
- 10 months supervised practical training
- registration with the College of Dietitians of BC
<https://collegeofdietitiansofbc.org/>

Qualifications

This occupation is regulated in British Columbia.

You must be registered with the **College of Dietitians of BC (CDBC)** to use the title *dietitian* and *registered dietitian*.

Full registration with the CDBC requires successful completion of:

- an academic education program
- the Canadian Dietetic Registration Examination (CDRE)
- a Canadian program of practical training

For more information see:

College of Dietitians of British Columbia (CDBC)

<https://collegeofdietitiansofbc.org/applicants/>

Internationally Educated and Accredited Dietitians

Candidates educated outside of Canada must have your education, knowledge and practical training assessed for “substantial equivalence” to current Canadian dietetic education and practical training in order to register with CDBC.

For more information:

- **College of Dietitians of British Columbia (CDBC)**
<https://collegeofdietitiansofbc.org/applicants/international-applicants/>
- **Dietitians of Canada – Internationally Educated**
<https://www.dietitians.ca/Become-a-Dietitian/Internationally-Educated.aspx>

3. Finding Jobs

You'll find job advertisements in local newspapers, trade journals, and electronic sources, as well as through professional association publications.

Dietitians often find jobs through networking and establishing professional relationships. Among new graduates, almost 40% found their jobs by networking.

Local Newspapers

You can look at the *Vancouver Sun* & *the Province* at Vancouver Public Library for free. Check the job postings daily and the careers section in the *Vancouver Sun* on Wednesdays and Saturdays and in *The Province* on Sundays.

Online Job Postings

- **B.C. Health Authorities**
 - Vancouver Coastal Health <https://careers.vch.ca/>
 - Fraser Health <https://careers.fraserhealth.ca/>
 - Vancouver Island Health <https://www.islandhealth.ca/careers>
 - Interior Health <https://www.interiorhealth.ca/careers>
 - Northern Health <https://careers.northernhealth.ca/>
 - Provincial Health Services Authority <http://www.phsa.ca/careers>
- **First Nations Health Authority**
<https://www.fnha.ca/about/work-with-us>
- **Providence Health Care** [Catholic health care agency operating over ten health care facilities including St. Paul's Hospital, Mount St. Joseph and Holy Family Hospitals]
<https://careers.providencehealthcare.org/>
- **Indeed.com**
https://ca.indeed.com/advanced_search
Find jobs posted on a multitude of company career sites and job boards
- **BC JobConnect**
<https://www.bcjobconnect.ca> **must have permanent resident number**
newcomers can post their skills, education and work experience to BC employers looking for workers

Professional Associations' Career Resources

- **Dietitians of BC Classifieds**
<https://www.bcdietitians.ca/jobs>
- **Dietitians of Canada Job Postings [Registration Required]**
<https://members.dietitians.ca/DCMember/s/jobposting>

Identifying the Right Position

When you browse job advertisements, you'll find a range of different job titles that are relevant.

For dietitians, look for these related job titles:

- Administrative/Food Service Dietitian
- Clinical Dietitian
- Community Dietitian
- Nutrition Consultant
- Nutrition Specialist
- RD (Registered Dietitian)
- Research Dietitian
- Dietitian-Nutritionist

Creating a List of Potential Employers

You can use directories to produce lists of potential employers. Contact them directly to find out if they're hiring.

- **Healthlink BC Directory**
<https://www.healthlinkbc.ca/health-services/search-services-your-area>
Search by keyword 'dietitian'
- **Directory of Canadian Healthcare Personnel**
Available at the Central Library, 362.11025 C21a
- **Reference Canada**
<https://www.vpl.ca/digital-library/reference-canada>

Dietitians

A guide for newcomers to British Columbia

Click on "Start Search" beside Canadian Businesses, then select the "Advanced Search" button. Select both "Keyword/SIC/NAICS" under Business Type and "City" under Geography. In the top search box enter "Dietitians" and click SEARCH. Select the appropriate headings. Lower down, select the Province, choose the cities, and click the "View Results" button.

Available from the VPL Digital Library | Explore our Digital Library page

NOTE: *You can access this database from a Library computer. If you are using a computer from outside the Library, you will need a Vancouver Public Library card to login to this database. After clicking on the database name, you will be asked to enter your library card number and PIN (usually last four digits of your telephone number).*

4. Applying for a Job

In Canada, employers usually expect to receive a resume or curriculum vitae and a cover letter that identifies the position you are applying for and summarizes your relevant experience.

Use the library catalogue, <https://vpl.bibliocommons.com/> to find books on writing resumes and cover letters specific to your industry.

To learn about applying for jobs in Canada, use the following guides which are available in print at the Central Library or online at <https://www.vpl.ca/siic/>.

- **Writing Resumes and Cover Letters**
<https://www.vpl.ca/siic/guide/job-search-resources/writing-resumes-and-cover-letters>
- **Getting Canadian Work Experience**
<https://www.vpl.ca/siic/guide/job-search-resources/getting-canadian-work-experience>
- **Networking for Employment**
<https://www.vpl.ca/siic/guide/job-search-resources/networking-for-employment>
- **Learn More About Working in BC and Canada**
<https://www.vpl.ca/siic/guide/job-search-resources/learn-more-about-working-in-bc-and-canada>

5. Getting Help from Industry Sources

Industry Associations

Associations for dietitians in BC and Canada can provide information and assistance. Registration and fees are required for membership.

- **College of Dietitians of BC (CDBC)**
<https://collegeofdietitiansofbc.org>
- **BC Dietitians**
<https://www.bcdietitians.ca/>
- **Dietitians of Canada**
<https://www.dietitians.ca/>
- **University of British Columbia Dietetics Program**
<https://dietetics.landfood.ubc.ca/>
- **Health Sciences Association**
<https://www.hsabc.org>
BC union representing more than 20,000 health care and social services professionals including dietitians

Industry Journals

Search for journals related to your profession, including:

- ***Canadian Journal of Dietetic Practice & Research***
<https://dcjournal.ca/journal/cjdpr>

Questions? Please ask the Information Staff in the Central Library, Vancouver Public Library or telephone 604-331-3603.

Please note that the information in this guide is also available online through the Skilled Immigrant InfoCentre website at <https://www.vpl.ca/sic/>