

# Dietitians

A guide for newcomers to British Columbia



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## 1. Working as a Dietitian [NOC 3132]

### ***Job Description***

Dietitians and nutritionists plan, implement and oversee nutrition and food service programs. As a dietitian, you perform the following duties:

- develop and supervise nutrition and food service programs in hospitals, schools, company cafeterias or similar settings
- provide nutrition counselling and consulting to individuals, health professionals, community groups and government organizations
- plan and conduct nutrition education programs
- analyze current scientific nutritional studies
- work within industry in the development, testing and evaluation, and marketing of food and nutrition products

Dietitians and nutritionists may specialize in areas such as administrative dietetics, clinical dietetics, community dietetics, public health dietetics or research dietetics.

Source:

### **WorkBC Career Profile for Dietitians**

<https://www.workbc.ca/careers/3132>

### ***Industry Overview***

Employers in all areas of Canada are finding it difficult to recruit dietitians, especially in remote and rural regions. There are not enough dietitians trained in Canada to meet the demand.

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In the near future you will see even more job vacancies due to retirement and population growth. New job creation in the areas of chronic disease management and specialized nutrition care will also increase demand for dietitians.

Source: <http://www.dietitians.ca/Dietitians-Views/Health-Human-Resources.aspx>

## **Job Outlook in BC**

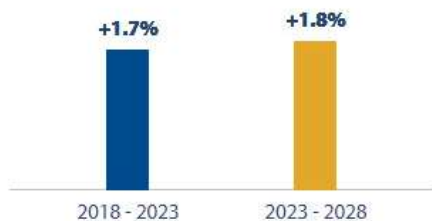
JobBank Canada forecasts that for the 2018-2020 period job opportunities will be good in British Columbia.

### **Dietitians NOC 3132 - Employment Outlook**

#### **B.C. Labour Market Outlook (2018-2028)**

Provincial outlook

##### **Forecasted average employment growth rate**



Source: B.C. Labour Market Outlook

##### **Job openings**

10 year expected job openings: **950**



Source: B.C. Labour Market Outlook

##### **Composition of job openings**

Replacement of retiring workers:

**64.2%**

**610 openings**



New jobs due to economic growth:

**35.8%**

**340 openings**

Source: B.C. Labour Market Outlook

Source:

<https://www.workbc.ca/careers/3132>

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

- **WorkBC Career Profile for Dietitians**
- **Career Cruising (Profile for 'Dietitian')**

<https://www.workbc.ca/careers/3132>

<http://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
- Research facilities
- Private practice/consulting
- Sports organizations

Source: <https://www.workbc.ca/careers/3132>

### ***Salary***

The median annual salary for Dietitians working full-time in BC is \$76,690 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.

Job Bank Canada provides hourly wages for Lower Mainland/Southwest BC and Vancouver Island:

### Hourly Wages for Dietitians, NOC 3132

Community/Area	Wages (\$/hour)		
	Low	Median	High
<a href="#">Cariboo Region</a>	N/A	N/A	N/A
<a href="#">Kootenay Region</a>	N/A	N/A	N/A
<a href="#">Lower Mainland–Southwest Region</a>	23.85	33.00	40.00
<a href="#">Nechako Region</a>	N/A	N/A	N/A
<a href="#">North Coast Region</a>	N/A	N/A	N/A
<a href="#">Northeast Region</a>	N/A	N/A	N/A
<a href="#">Thompson–Okanagan Region</a>	N/A	N/A	N/A
<a href="#">Vancouver Island and Coast Region</a>	23.85	33.00	40.00
<b><a href="#">British Columbia</a></b>	23.85	33.00	40.00

Source: Job Bank, Wage Report <https://www.jobbank.gc.ca/marketreport/wages-occupation/4146/BC>

### **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.

- **Career Cruising (Profile for 'Dietitian')**

<http://www.vpl.ca/digital-library/career-cruising>

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

## **2. Skills, Education and Experience**

### **Skills**

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

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- Detail oriented
- Research skills

### ***Education and Experience***

To work as a Dietitian in BC you require:

- a bachelor's or master's degree in dietetics, nutrition or a related field such as food and nutritional science or biochemistry
- supervised practical training
- registration with the College of Dietitians of BC  
<http://www.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)**

<http://www.collegeofdietitiansofbc.org/home/applicants>

### **Internationally Educated and Accredited Dietitians**

Candidates educated outside of Canada, who wish to register with the CDBC, must undergo an "Assessment for Substantial Equivalence", as part of the registration process. Your education, practical training and work experience are assessed for

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“substantial equivalence” to current Canadian dietetic education and practical training.

For more information:

- **College of Dietitians of British Columbia (CDBC)**  
<http://www.collegeofdietitiansofbc.org/home/applicants/graduates-of-other-dietetic-programs>
- **Dietitians of Canada – Internationally Educated**  
<http://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.

### ***Job White Pages***

Available in print at the Central Library or online at

#### **JOB Freeway.com**

<http://www.vpl.ca/digital-library/jobfreewaycom>

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

**NOTE:** Access at VPL locations only

**Online Job Postings**

- **Dietitians of Canada – Job Postings -**  
accessible for Members only: <https://www.dietitians.ca/Become-a-Dietitian/Job-Postings.aspx>
- **Indeed.com**  
[http://ca.indeed.com/advanced\\_search](http://ca.indeed.com/advanced_search)  
Find jobs posted on a multitude of company career sites and job boards
- **Neuvoo.ca**  
<http://neuvoo.ca/>
- **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**

- **Vancouver Coastal Health Authority**  
<http://careers.vch.ca/>  
Operates hospitals and public health service in Vancouver, North Vancouver, West Vancouver and Richmond
- **Fraser Health Authority**  
<http://careers.fraserhealth.ca/>  
Hospitals and community programs stretching from Burnaby to White Rock to Hope
- **Interior Health Authority**  
<http://www.interiorhealth.ca/sites/Careers/Pages/default.aspx>
- **Northern Health Authority**  
<http://careers.northernhealth.ca/>
- **Vancouver Island Health Authority**  
<http://www.viha.ca/careers/>
- **HealthLink BC Careers**  
<http://www.healthlinkbc.ca/abouthealthlinkbc/careers/>



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#### **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 Nutritionist
- 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.

- **Canadian Medical Directory**  
Available at the Central Library 610.92 C21
- **Directory of Canadian Healthcare Personnel**  
Available at the Central Library, 362.11025 C21a
- **Guide to Canadian Health Care Facilities**  
Available at the Central Library 362.105 C212ca
- **Reference Canada**

<http://www.vpl.ca/digital-library/reference-canada>

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. These should identify the position you are applying for and summarize your relevant experience.

Use the library catalogue, <http://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 <http://skilledimmigrants.vpl.ca/>

- **Writing Resumes and Cover Letters**

Go to <http://skilledimmigrants.vpl.ca>

[Search Writing Resumes and Cover Letters]

- **Getting Canadian Work Experience**

Go to <http://skilledimmigrants.vpl.ca>

[Search Getting Canadian Work Experience]

- **Networking for Employment**

Go to <http://skilledimmigrants.vpl.ca>

[Search Networking for Employment]

- **Learn More About Working in BC and Canada**

Go to <http://skilledimmigrants.vpl.ca>

[Search Learn More About Working in BC and Canada]

## 5. Getting Help from Industry Sources

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**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)**

<http://www.collegeofdietitiansbc.org/>

- **Dietitians of Canada**

<http://www.dietitians.ca/>

- **Health Sciences Association**

<http://www.hsabc.org>

BC union representing more than 17,000 health care and social services professionals including dietitians

### ***Industry Journals***

Search the Vancouver Public Library catalogue for journals related to your profession. An Example at the Central Library:

- ***Canadian Journal of Dietetic Practice & Research.***

Available at the Central Library, 641.105 C2122j and online at:

<http://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 <http://skilledimmigrants.vpl.ca/>.*

