

## NUTRITIONIST I - LOCAL

Work in this class involves providing fundamental nutrition services to clients in a Local Health Agency. Direct services are typically provided through the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC). Work involves conducting interviews to obtain health and personal information; independently assessing nutritional and medical risk; establishing program eligibility; developing corresponding plans of care; and determining an appropriate food prescription. Medical data and socioeconomic information are analyzed to plan appropriate, client-centered nutrition interventions. Employees are responsible for providing individual and small group nutrition counseling for clients with uncomplicated or well-managed health issues. Clients with complex nutrition and/or medical problems are referred to other health professionals or a higher level Nutritionist. Employees may organize the clerical support function associated with the program. Work may include other related assignments as determined by management and is done under general supervision by a higher level Nutritionist, Nursing Director, or Health Director.

### **I. DIFFICULTY OF WORK:**

Variety and Scope – Employees complete a nutrition assessment using anthropometric and biochemical measurements, health history data, socio-economic information, and food/nutrition history and use this assessment to establish program eligibility. A nutrition care plan is developed and documented in the medical record based on the individual's nutritional and developmental needs, culture, and behavior change priorities. Employees provide fundamental nutrition counseling and education. Subsequent counseling sessions ensure and facilitate behavior change.

Intricacy – Employees utilize a variety of basic assessment techniques to obtain information, identify nutritional risks, elicit client action steps, and create a nutrition care plan. The care plan process guides intervention and education efforts in order to modify dietary and other wellness habits that impact upon health. Employees identify problem areas and determine the appropriate programmatic and/or nutrition information to provide. Clients may have multiple problems requiring referral for other services.

Subject Matter Complexity – Work requires specialized knowledge in fundamental dietetics, behavior change theory, and nutrition through the life-cycle. Skillful application of this knowledge is required in counseling clients from a variety of socio-economic and cultural backgrounds and who have uncomplicated or well-managed health issues.

Guidelines – Guidelines include standard assessment procedures, professional reference materials, nutrition program reference manuals, and standards from professional organizations. Interpretation and application of these guidelines and program goals and standards are usually provided by a higher level Nutritionist or other professional. Agency guidelines and federal or state standards are also used.

### **II. RESPONSIBILITY:**

Nature of Instructions – Work is performed independently according to established procedures and minimal daily instruction is required. Employees are familiar with aims and objectives of the program. Supervision is immediately available when problem situations are encountered. On-the job training is provided by a higher-level Nutritionist or supervisor.

Nature of Review – Work is typically appraised through quality assurance reviews on a weekly, monthly, or quarterly basis, as well as during established, periodic work performance reviews.

Scope of Decisions – Decisions regarding assessment, care and food prescriptions affect individual clients.

Consequence of Decisions – Decisions regarding assessment, care and food prescriptions affect clients' nutritional status and health outcomes.

### **III. INTERPERSONAL COMMUNICATIONS:**

Scope of Contact – Work requires daily contact with clients and their family members, as well as with other health professionals and staff in the Local Health Agency or community.

Nature and Purpose – Contacts are for the purpose of determining client nutrition needs and ensuring that clients receive appropriate nutrition services. Employees also work with other staff to coordinate service delivery.

### **IV. OTHER WORK DEMANDS:**

Work Conditions – Employees work in a Local Health Agency setting, which could be characterized as mildly disagreeable.

Hazards – Employees have contact with clients and other professionals, which would not, under normal circumstances, present any danger. Behavioral problems of some clients or their family members, such as aggression, could cause bodily injury.

### **V. RECRUITMENT STANDARDS:**

Knowledge, Skills, and Abilities – Specialized knowledge in principles and application of nutrition and dietetics to improve health outcomes. Knowledge of relevant medical terminology and skill in documenting in the medical record. Ability to deliver nutrition education programs and communicate with individuals and small groups. General knowledge of behavior change theory and learning theory. General knowledge of life-cycle nutrition with preference for knowledge of maternal and child nutrition, and lactation.

Minimum Education and Experience – Graduation from a Commission on Accreditation for Dietetics Education- approved Didactic Program in Dietetics; or Dietetic Technician, Registered with the Commission on Accreditation for Dietetics Education with a Bachelor's degree in any subject area from an accredited four-year college or university; or a Bachelor's of Science degree in Dietetics, Public Health Nutrition or Community Nutrition from an accredited four-year college or university.

Administering the Class – Candidates should provide documentation of registration status from the Commission on Dietetic Registration, provide university or college transcripts or CADE verification statement.