Welcome to the University of New Haven

Nutrition and Dietetics
Accredited Undergraduate
DPD Program
Overview

The BS in Nutrition and Dietetics, part of the University’s School of Health Sciences, is designed for students seeking a career as a registered dietitian (RD).

The program consists of a Didactic Program in Nutrition and Dietetics (DPD) curriculum (122 credit hours)

The DPD is accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND) with new 2017 Standards. Program accreditation is required.

Received re-accreditation in August 2017
University of New Haven
Program to Become a RD

STEP 1 Didactic coursework in an accredited program: DPD-Didactic Program in Nutrition and Dietetics

STEP 2 Verification Statement from an accredited DPD program

STEP 3 Apply to an accredited Dietetic Internship Program

4 years
GPA: ≥ 3.0
Science ≥ C
Dietetics ≥ B-

Need nutrition-related experience (work of volunteer-hospital)
Educational Path to Becoming a RD

Acceptance into supervised practice in a Coordinated or Internship program IS competitive and may require repeated applications!

STEP 4 **1200 Hours** of Supervised Practice in an Accredited Program such as a Dietetic Internship Program or as part of Coordinated Program

STEP 5 Passing grade of the RD national registration exam

9-12 mos (depending upon the Program)

≥ 70%

5 years total
New Educational Model is Here!

Currently, the minimum requirements to become a registered dietitian include the successful completion of a: 1) bachelor’s degree in an accredited (ACEND) program, 2) Verification Statement, 3) dietetic internship program, and 4) passing (70%) the national registration examination.

As of January 1, 2024, the minimum requirements to become a registered dietitian will change to successful the completion of a: 1) graduate degree [either your bachelor’s degree or master’s degree must be from an accredited (ACEND) program], 2) Verification Statement, 3) supervised practice (also known as a dietetic internship), and 4) national registration examination. Verification statement and will be required before taking the national dietetic registration examination to become an entry level registered dietitian.
New Educational Model

For new students entering the program *fall of 2018 and later*, it will mandatory to follow the new education model requirements. Several Pathways will be allowed.

**Pathway 1**
- DPD Undergrad Nutrition program w/ Verification
- Masters degree
- Dietetic Internship
- RD Exam

**Pathway 2**
- Any Bachelor degree
- Coordinated Masters degree (MS-DI) program w/ Verification
- RD Exam

**Pathway 3**
- Coordinated Undergrad Nutrition program [includes supervised practice] w/ Verification
- Masters degree program
- RD Exam

The class of 2022 will be the last class able to meet the minimum requirements with a bachelor’s degree to become a registered dietitian by completing a B.S. by spring 2022 (4 years), *dietetic internship by 2023* (9 to 12 months) and successfully pass the national registration examination *before January 1, 2024*. 
Accredited Dietetic Internship Programs (DI) (like a clinical residency)

- Located throughout the country in health facilities or universities (5 in CT)
- Application during fall of senior year of study
  - Match process (national)- competitive
  - Depends on GPA and nutrition-related work/volunteer hours/experience
- Full or part-time
- Tuition required (living expenses)
- Accreditation w/ Competency & Standards
- DI programs (alone):
  - Typically 10 to 12 months
- DI may be combined with an M.S. program
  - Typically 18 to 24 months
Dietetic Internship Programs
Rotations in all areas of dietetics practice!
# University Matching History

8 year average: 59%  National average: 50%

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<th>Year of Application</th>
<th># Applicants</th>
<th># Matched (percentage)</th>
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Registration Exam

Professional Registration

- National exam of competence (Boards)
- Computerized, comprehensive
- Successfully passing the exam = Registered Dietitian (R.D.)
- Many states require Licensure to practice – being an R.D. usually meets those educational requirements
- RDs who have private practices usually have malpractice insurance
- Life-long Learning: RDs must earn 75 continuing education hours every 5 years to maintain RD status
Where do RDs work?

**Hospitals**
- Clinical
- Food service management

**Ambulatory Care**
- Hospitals outpatient departments
- Clinics
- Outpatient care centers

**Long-term care**
- Nursing Homes
- Assisted living facilities

**Public Health**
- Maternal and child health
- Obesity, Cardiovascular, Diabetes, etc.

**Community**
- Corporate wellness
- Food stores
- Fitness Facilities

**Business and industry**
- Food service-contract food service
- Manufacturing-food industry
- Research & Development

**Government**
- Food Policy

**Education and Research**
- University Sports Dietitians

**Private Practice Dietitians and Consultants**
Other areas of practice...

- Journalism
- Media
- Freelance Work
- Specialties
  - Obesity
  - Kidney diseases
  - Food allergy
  - Eating disorders
  - Diabetes
  - HIV/Aids
  - Oncology
  - Gastroenterology
  - Pediatrics
What Happens If …?

- **I decide not to apply for a Dietetic Internship?**
  - Graduates of Didactic Programs are eligible to sit for the national Dietetic Technician, Registered (NDTR) exam

- **I am not accepted into a Dietetic Internship program?**
  - Same as above, OR retake courses and gain additional experience OR apply to a graduate nutrition program
  - Apply again
  - Apply to graduate school to become a Health Educator, Family and Consumer Science teacher or Science teacher
Can I get a job without being an RD?

YES!!!

- Work in **community nutrition programs** such as WIC, Head Start, Cooperative Extension Services
- Work as a **food service manager** or become a Certified Dietary Manager, Food Safety Inspector or **long term care** consultant
- Work in a fitness or weight loss facility- become a **personal trainer** with an undergraduate degree in Nutrition and Dietetics!
- Become a **NDTR** and work in any capacity above
Dietitian/Nutritionist


Quick Facts: Dietitians and Nutritionists

Typical Entry-Level Education: Bachelor's degree
Work Experience in a Related Occupation: None
On-the-job Training: Internship/residency
Number of Jobs, 2016: 68,000
Job Outlook, 2016-26: 14% (Faster than average)
Employment Change, 2016-26: 9,600

• Latest Compensation and Benefits Survey by the Academy of Nutrition and Dietetics
• Median pay: $63,700 (salary increases >6% in past two years)

In the Top 25 Jobs: #20

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Strong high school / college science preparation is advised or take remedial science courses as electives.

**Nutrition and Dietetics Science Curriculum:**
- 1 semester of Human **Biology** w/ lab - 4 credits
- 2 semesters of General **Chemistry** w/ Lab - 8 credits
- 2 semesters of **Anatomy and Physiology** with lab - 8 credits
- 1 semester of **Organic Chemistry** - 3 credits
- 1 semester of **Biochemistry** - 3 credits
- 1 semester of **Microbiology** with lab - 4 credits
Required Major Nutrition Courses

1. Principles of Nutrition
2. Food, Nutrition and Culture
3. Food Science w/Lab
4. Institutional Food Service
5. Special Topics (such as: Sports Nutrition)
6. Nutrition Through the Lifecycle
7. Nutrition Counseling
8. Community Nutrition
9. Nutrition Counseling
10. Nutrition and Disease I & II
11. Nutrition Care Process
12. Research Methods & Statistics in Nutrition
13. Principles of Dietetics Management
14. Healthy Food Prep w/Lab
Building Your Nutrition IQ

- Principles of Dietetic Management
- Nutrition Counseling
- Nutrition & Disease II
- Nutrition Care Process
  - Microbiology
- Special Topics
- Nutrition & Disease I
  - Research Methods & Statistics
  - Biochemistry
- Nutrition through the Life Cycle
  - Organic Chemistry
- Community Nutrition
  - General Chemistry I & II
- Institutional Food Service
  - Food, Nutrition & Culture
- Healthy Food Prep
  - Biology
- Food Science
  - Anatomy & Physiology I & II
Community Nutrition - Service Learning:
WHEAT West Haven, New Haven Soup Kitchen

West Haven Emergency Assistance Taskforce
Required Major Food and Management Courses

- Food Science and Preparation - food lab course
- Institutional Food Service
- Issues and Careers in Nutrition and Dietetics
- Principles of Dietetics Management
- Healthy Food Preparation - food lab course
Nutrition-Focused

Physical Exams

Dieticians have many tools to help identify and treat issues of malnutrition and improve patient outcomes. They're the unsung heroes of healthcare, working behind the scenes to ensure that patients are getting the nutrition they need to thrive.

What is an NPP dietitian? Dietitians are experts in nutrition who work closely with healthcare professionals to ensure that patients receive a personalized plan that meets their unique needs. They use this comprehensive approach to help patients achieve their health goals and lead a healthier lifestyle.

Common Responsibilities:
- Assisting in the development of meal plans and nutritional interventions
- Conducting nutrition assessments and counseling patients on dietary changes
- Working with healthcare teams to coordinate care
- Educating patients and families about nutrition

Tools and Equipment:
- Digital scales
- Measuring cups and spoons
- Food portion guides
- Calorie calculators
- Nutrition software

By using these tools and conducting physical exams, dietitians can help ensure that patients are getting the proper nutrition they need to maintain their health and wellness.
Nutrition Hand Grip Dynamometry for Muscle Strength

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Body Composition & Edema
Newest Resource

Added to nutrition classes for:
- Sustainability
- Culinary
- Herbs
- Cultivation
- Microgreenery

Interdisciplinary education:
- Hospitality
- Biology
- Environmental science
- Engineering
Course Activity: Nutrition throughout the Life Cycle

UNH NutriFit Campaign

Sarah Rondinone, Michelle Switach, Kristin Laroe, Ashley Perrin, Haley Lemieux, Jenna Rabadi and Anne Davis, PhD, RDN, FAND, University of New Haven, Nutrition and Dietetics, 300 Boston Post Rd, West Haven, CT 06516
Dietetic Experiential Practice Locations

- Yale University Bright Bodies Program - Child Obesity Study / Yale Medical School
- St. Vincent’s Hospital, Bridgeport, CT
- Veteran’s Administration Health Care Center, West Haven, CT
- Center for Discovery, Southport, CT
- Connecticut Mental Health Center, New Haven, CT
- SNAP-Education, southeastern, CT

Greater New Haven is known for top medical centers and leading nutrition professionals.
Undergraduate Research

CHOMP & STOMP TO THE FITTEST YOU

Anne M. Davis, PhD, RDN, FAND, Rosa Mo, EdD, RD, Georgia Chavent, MS, RD, University of New Haven, Nutrition and Dietetics

The West Haven middle school-based, impedance, skinfold calipers, FitMate™

Time line: May until December 2017 grades 5 and 6 model includes collaborations with school lunch, ShopRite™ dietitian, UNH undergraduate nutrition students and faculty. Intervention includes weekly interactive active healthy lifestyle activities within school.

Equipment: activity trackers, bioelectrical impedance

Percentage of Childhood Obesity and Inactivity in Connecticut, CDC 2010

Primary Outcomes:

Changes in:

- body composition,
- healthy eating index &
- quantity of physical activity.

Time Spent on Program Activities

- 45% Body composition
- 45% Cooking & nutrition
- 10% Physical activity

Funding:
Connecticut Health and Educational Facilities Authority
Rosa A. Mo, EdD, RD
Chair, Division of Health Professions,
Director, Graduate Human Nutrition Program

- 40 years’ experience
  - Private practice
  - Teaching
  - Industry consultant for Fortune 500 companies
  - Coordinator of $500,000 USDA grant for CT Women, Infants and Children Program.

- Education
  - College of the Holy Spirit - BS Foods and Nutrition
  - Yale-New-Haven Hospital - Dietetic Internship
  - Columbia University - MS Community Nutrition
  - Columbia University - EdD Health Education

- Courses:
  - DIET 3325 & 3335 Nutrition & Disease I & II
  - DIET 1175 Food, Nutrition & Culture
  - UNIV 1175 Future of Food/ Common Course
  - DIET 4450 WW II & the Battle for Food
Anne M. Davis, PhD, RD, FAND
Assistant Professor, Director, DPD Nutrition and Dietetics

Over 30 years experience
• 17 years in Pediatric Nutrition
• 10 years in Industry- Clinical Nutrition Research

Education:
• University of Maine- B.S. Food & Nutrition
• Saint Louis University- Dietetic Internship
• University of Connecticut- M.S. Allied Health
• Temple University- Ph.D. Public Health

Courses:
1. DIET 2222 Issues and Careers in Nutrition and Dietetics
2. DIET 1175 Food, Nutrition and Culture
3. DIET 3315 Nutrition and Disease I
4. DIET 3335 Nutrition and Disease II
5. DIET 3350 Nutrition throughout the Life Cycle
6. DIET 4450 Research methods and Statistics in Nutrition
7. NUTR 6672 Nutrition and Physical Assessment
8. NUTR 6609 Research Methods
9. NUTR 6610 Nutrition and Disease I - graduate
Georgia Chavent, MS, RD
Director UNH Dietetic Internship Program
“Candidacy for Accreditation”

*Full-time faculty member at UNH > 21 yrs.
*Former Director, Nutrition & Dietetics Program > 13 yrs.

20 years prior healthcare experience:

Assistant Director, Food Services: Hospital of St. Raphael
Chief Clinical Dietitian: Hospital of St. Raphael
Clinical Dietitian: Memorial Sloan-Kettering Cancer Ctr., Medical College of Virginia, Richmond
Nutritionist: Visiting Nurse Association, Allegheny County, PA

Education:

*University of New Hampshire- BS Nutrition
*Dietetic Internship- Medical College of Virginia
*Columbia University- MS Nutrition Education

Courses:

• DIET 1150 Sports Nutrition
• DIET 2200 Food Science (4 credits-lecture/lab)
• DIET 3326 Dietetics Management
• DIET 3342 Healthy Food Prep (4 credits-lecture/lab)
Donald Stankus, MS, RD
Lecturer

Greenhouse Advisor
Clinical Dietitian- St. Vincent’s Hospital
Bridgeport
Adjunct faculty- Post University, Waterbury

Education:
• BS Biology- Quinnipiac University
• BS Nutrition and Dietetics-Univ. of New Haven
• MS Human Nutrition – Univ. of New Haven

Courses:
• Food Lab instructor :
  • DIET 2200 Food Science
  • DIET 3342 Healthy Food Prep
• DIET 1175: Food, Nutrition & Culture
• DIET 3360: Nutrition Care Process
• DIET 2217: Institutional Food Service
• DIET 4450: Special Topics- Nutrition and Media
Patricia Grace-Farfaglia, PhD, RDN, FAND
Practitioner in Residence

Adjunct Lecturer, Nutritional Sciences, Univ. of Connecticut

Education
- PhD, Health Science, Rocky Mountain Univ.
- MBA, Business & Technology, Rensselaer
- MS, Nutrition & Public Health, Columbia Univ.
- BS, Nutritional Sciences, Cornell University

Courses
- DIET 1175 Food, Nutrition and Culture
- DIET 2215 Principles of Nutrition
- NUTR Public Health Nutrition
Why Choose the Univ. of New Haven?

- Nutrition & Dietetics Club
- Athletics
- Small class size
- Research & Resources
- Individual instruction
- Volunteerism
- Faculty expertise
- Mentoring
- Experiential Learning
- Hands-on training
- Career guidance
- Study abroad
Nutrition and Dietetics Club
Volunteerism
Food Drives & Walks
Questions?

Thank you for coming today!