

Dietitians assess, diagnose and treat dietary and nutritional problems at an individual and wider public-health level. They work with both healthy and sick people (children and adults) in a variety of settings. Dietitians may work within hospitals, community, food industry, workplace, catering, education, sport, media or public health.

Dietitians use the most up-to-date public health and scientific research on food, health and disease which they translate into practical guidance to enable people to make appropriate lifestyle and food choices. They use a range of communication methods and techniques, including behaviour change skills, to help people achieve positive nutritional outcomes.

Dietitians often work as integral members of multi-disciplinary teams to treat complex clinical conditions such as:

- malnutrition
- diabetes
- eating disorders
- kidney disease
- food allergy and intolerance
- stroke
- intestinal failure
- cancer
- hypertension
- bowel disorders, including irritable bowel syndrome

Dietitians provide advice to caterers to ensure good nutrition within health and social care settings. They plan and implement public health programmes to promote health and prevent nutrition related diseases. Dietitians also train and educate other health and social care workers, as well as community and voluntary groups.

### **British Dietetic Association**

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