



**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:  $\geq 3.0$   
Science  $\geq C$   
Dietetics  $\geq B-$

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 be 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%**

Year of Application	# Applicants	# Matched (percentage)
2011	16	10 (63%)
2012	13	7 (54%)
2013	17	9 (53%)
2014	19	15 (79%)
2015	18	10 (55.5%)
2016	17	9 (53%)
2017	11	5 (45%)
2018	10	7 (70%)



# 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

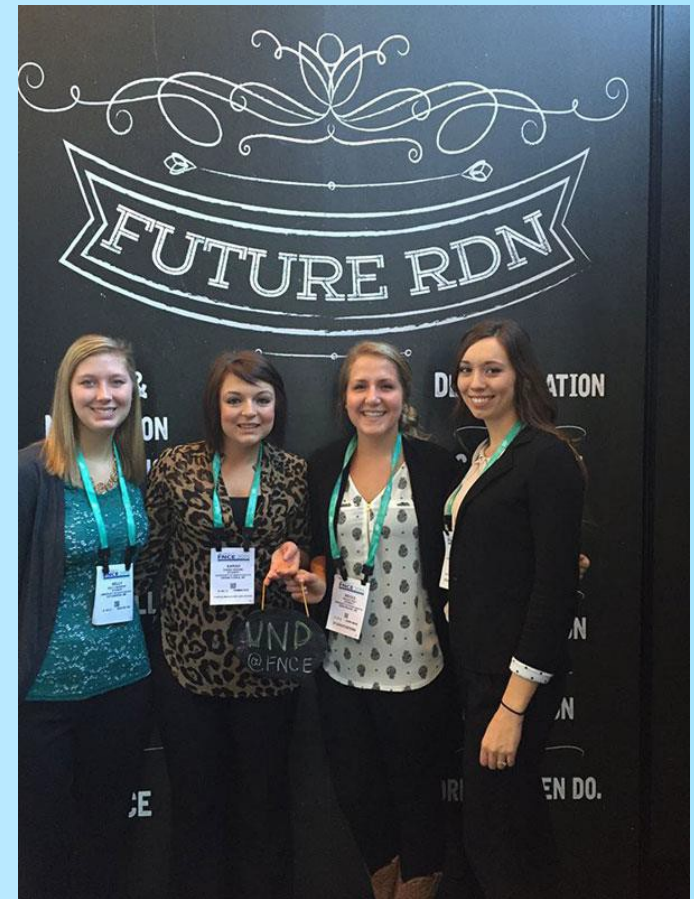
## **Education and Research**

- 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

Bureau of Labor Statistics, Nov. 2017

## Quick Facts: Dietitians and Nutritionists

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

	<u>Salary</u>
Executive Professional (Corporate)	\$97,500
Food Service or Clinical Manager:	\$76,875
Consultation and Business	\$75,891



# Science Course Requirements

**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

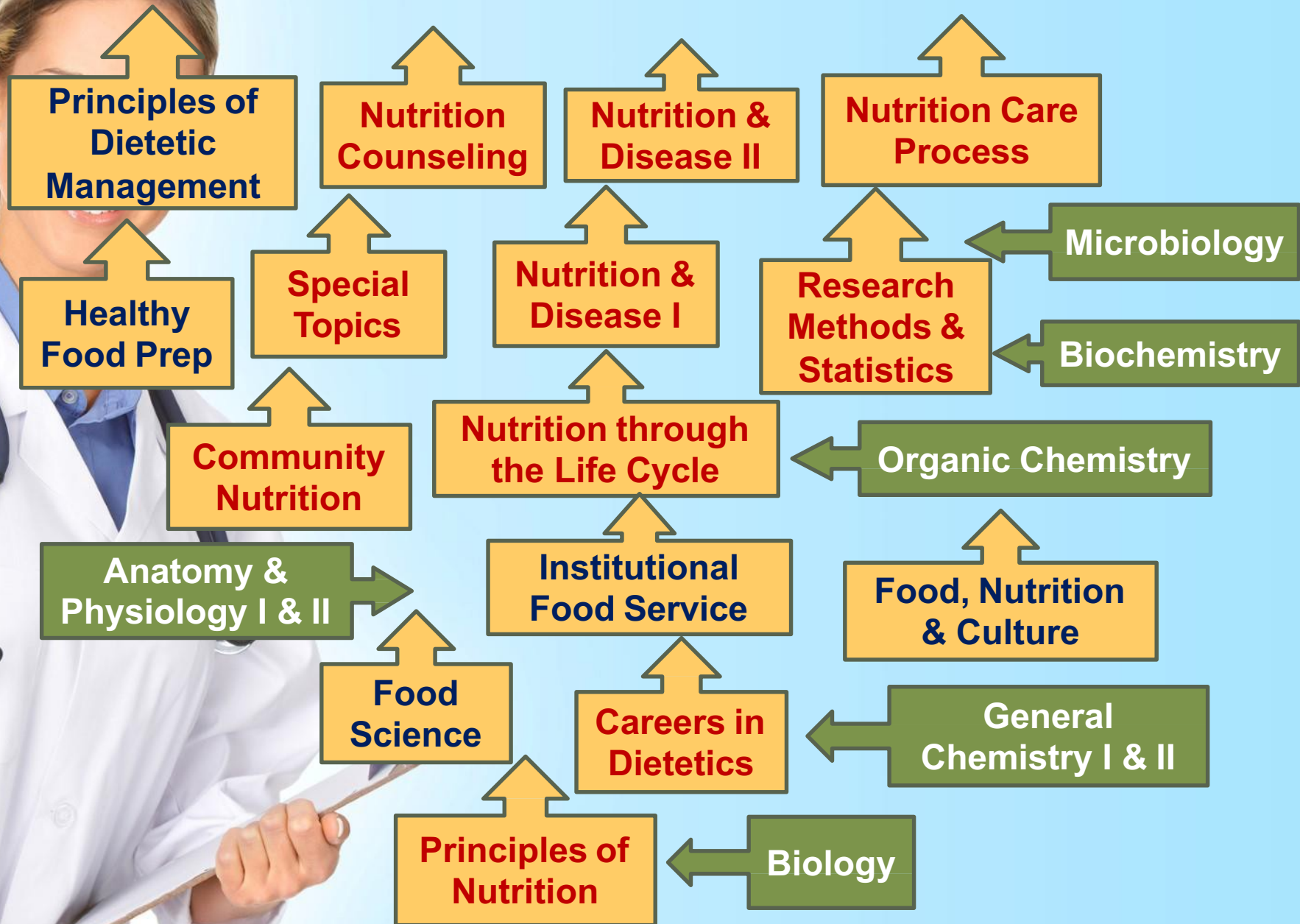




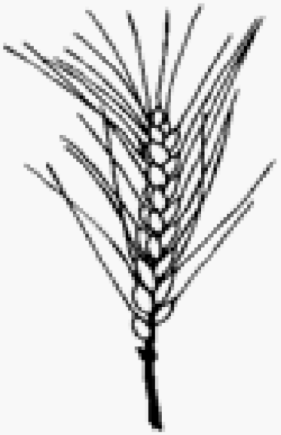
# Required Major Nutrition Courses

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



# Community Nutrition- Service Learning: WHEAT West Haven, New Haven Soup Kitchen



W est  
H aven  
E mergency  
A ssistance  
T askforce





# 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



# Dietetic Program Resources



## Nutrition-Focused Physical Exams

by Carrie Dennett, MPH, RDN, CD

They're an underused but much needed tool in the dietitian's toolbox to help identify more cases of malnutrition and improve patient outcomes.



**D**ietitians have many tools to assess the nutritional status of patients. One of the most powerful tools is a physical exam (NFPE). RDs don't know how to change the criteria for diagnosing malnutrition or how to get up to speed with this

**What is an NFPE, and Why is It So?**

An NFPE is a systematic head-to-toe patient physical appearance and functional nutritional status by uncovering a nutrition, fluid and electrolyte, or multi-organ system abnormality, the Acute and Chronic (the A&C) and the Anorexia and Cachexia (the A&C) and the Anorexia and Cachexia (the A&C) and the Anorexia and Cachexia (the A&C).  
 • insufficient energy intake;  
 • weight loss;  
 • loss of muscle mass;  
 • loss of subcutaneous fat;  
 • localized or generalized fluid accumulation;  
 • decreased functional status.  
 The use of these characteristics assessed by a physical exam. In fact, you might reveal more about a patient's nutritional status than you could with a lab test. F&N2, an NFPE trainer and pediatric dietitian at Boston Children's Hospital in Salem, MA, is one of the few dietitians in the world who has developed a nutrition assessment tool. "If you don't see physical exam aren't getting a complete nutrition assessment could be missing things. All of our public complete assessment."

When doing an NFPE, an RD generally examines the patient to look for signs of malnutrition. This includes signs of health, level of frailty or fitness, posture, gait. The RD also may assess the patient's emotional status, and ability to





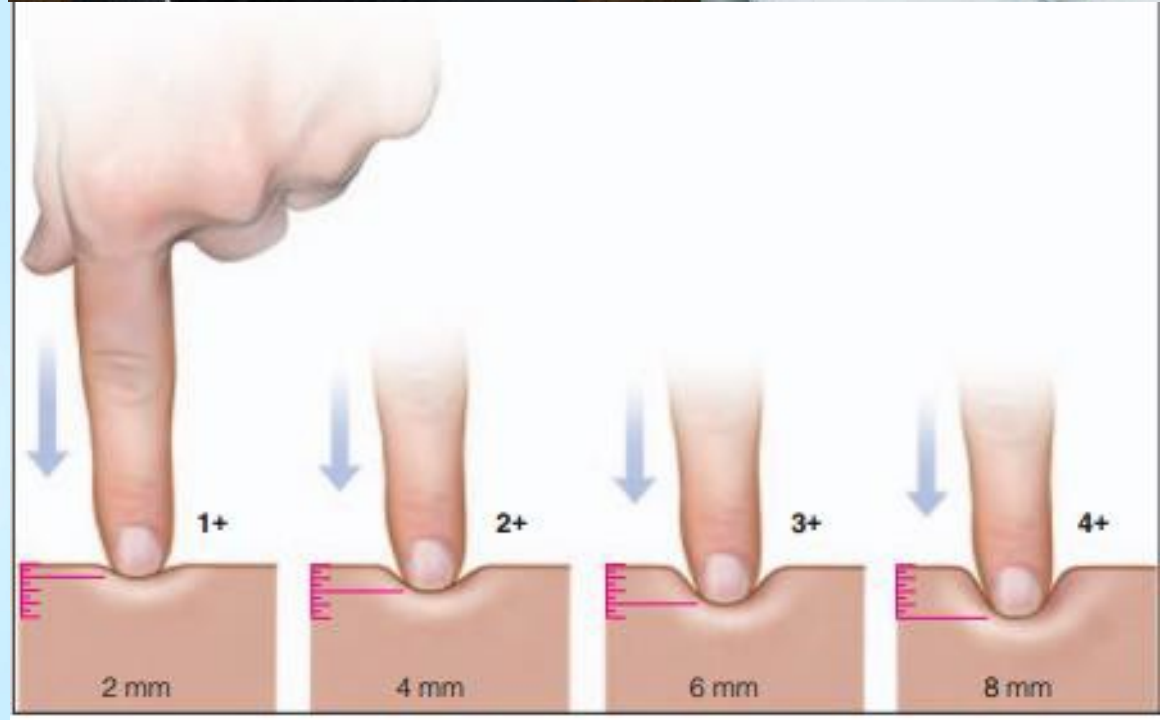
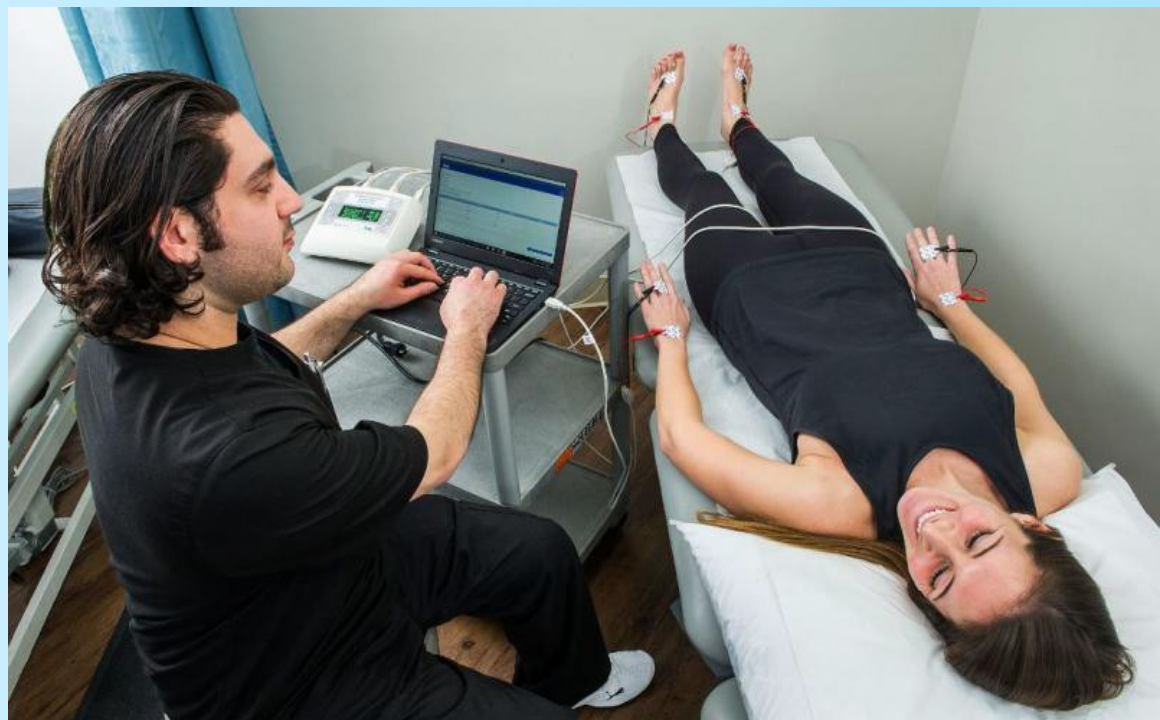
# Nutrition Hand Grip Dynamometry for Muscle Strength



MALE								FEMALE							
Age	n	Hand	Mean		SD	Min.	Max.	Age	n	Hand	Mean		SD	Min.	Max.
			kg	lbs							kg	lbs			
20-24	14	R	52.10	114.62	6.28	40	65	20-24	12	R	27.58	60.68	5.13	17	35
		L	49.76	109.47	9.06	28	63			L	26.83	59.03	4.02	18	34
25-29	10	R	45.73	100.61	10.39	34	74	25-29	11	R	25.58	56.28	3.59	19	33
		L	45.63	100.39	11.31	28	64			L	22.18	48.80	4.54	12	32
30-34	11	R	47.51	104.52	9.57	33	66	30-34	10	R	29.63	65.19	5.34	17	41
		L	42.21	92.86	9.59	30	64			L	28.60	62.92	5.22	18	38
35-39	10	R	48.43	106.55	8.34	32	65	35-39	13	R	30.49	67.08	5.08	18	40
		L	48.93	107.65	10.49	33	68			L	30.00	66.00	5.57	18	43
40-44	10	R	49.47	108.83	6.21	36	63	40-44	11	R	25.88	56.94	7.30	11	36
		L	47.38	104.24	7.70	34	68			L	24.03	52.87	7.96	12	36
45-49	10	R	43.33	95.33	7.70	25	57	45-49	13	R	27.67	60.87	7.01	12	40
		L	41.60	91.52	9.01	25	58			L	25.54	56.19	7.48	6	34
All	65	R	48.02	105.64	8.32	25	74	All	70	R	27.85	61.27	5.81	11	41
		L	46.09	101.40	9.72	25	68			L	26.26	57.77	6.36	6	43



# Body Composition & Edema



# Newest Resource



**Added to  
nutrition classes  
for:**

- **Sustainability**
- **Culinary**
- **Herbs**
- **Cultivation**
- **Microgreenery**

**Interdisciplinary  
education:**

- **Hospitality**
- **Biology**
- **Environmental  
science**
- **Engineering**





University of  
New Haven

# Course Activity: Nutrition throughout the Life Cycle

## **CHARGE** into Health! 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 Chavert, 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

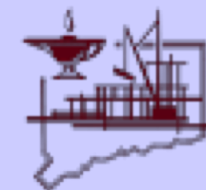
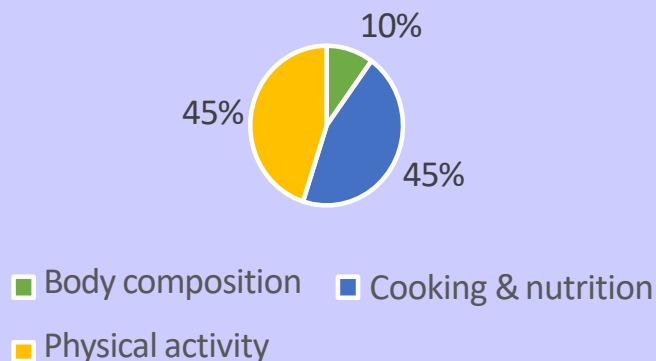


### Primary Outcomes:

*Changes in:*

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

### Time Spent on Program Activities



### 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



# Study Abroad



# Questions?

*Thank you for coming today!*

