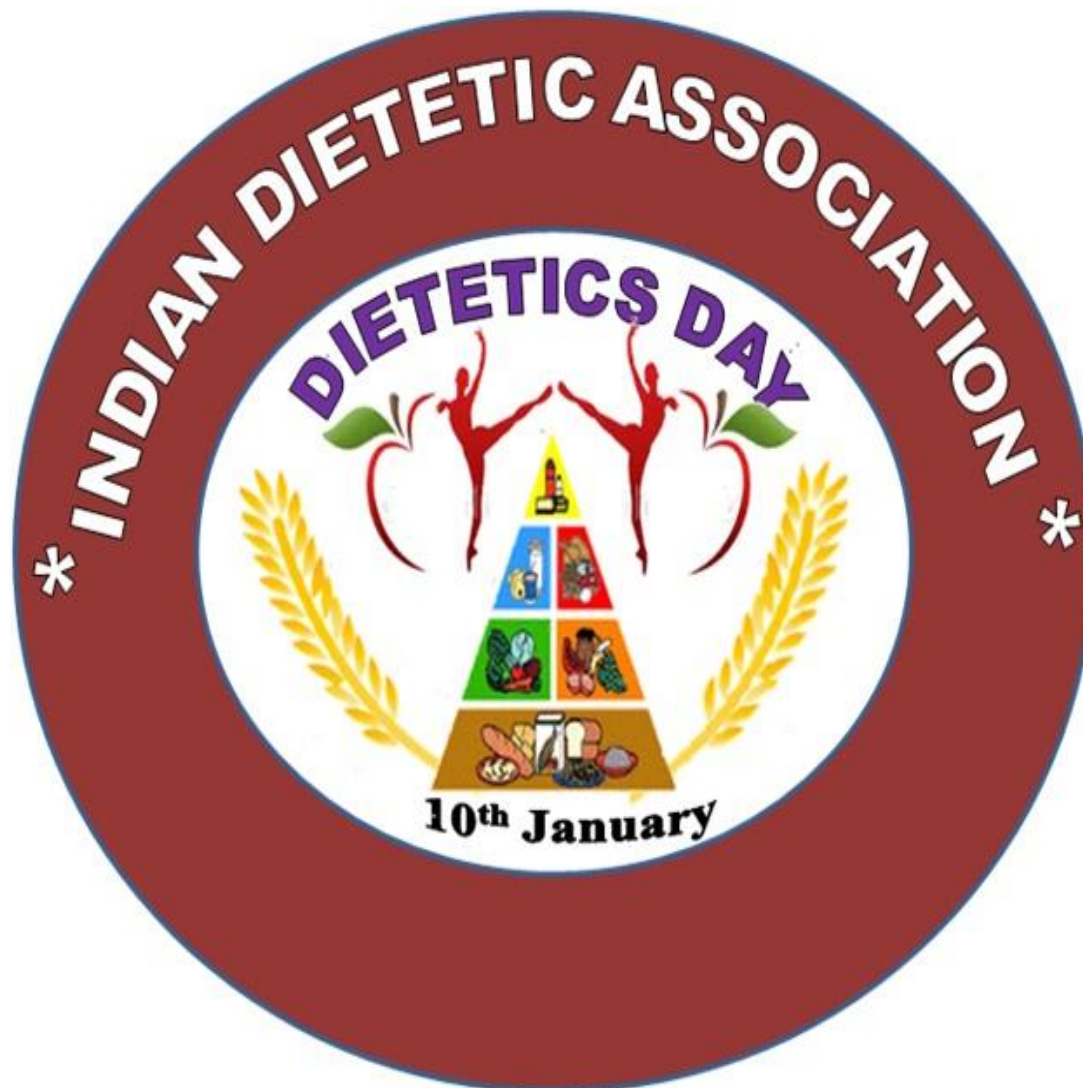


Dietetics Day

10th January 2017



Theme

Consult a dietitian - get fooducated



INDIAN DIETETIC ASSOCIATION

Indian Dietetic Association (IDA)

Indian Dietetic Association, popularly known as IDA, is a renowned scientific association.

Origin:

In 1962, a group of like-minded nutritionists, dietitians and workers in the allied health fields resolved to form a scientific body to highlight the importance of dietetics and nutrition in the maintenance of health, and in the prevention and treatment of diseases. Thus, the Indian Dietetic Association was founded, with Prof. Kalyan Bagchi as Secretary and Dr. C. Gopalan as President.



Formation of IDA (1962)



INDIAN DIETETIC ASSOCIATION

Objectives

To promote the cause of science by encouraging the spirit of active pursuit of knowledge and original scientific research particularly in the field of Nutrition and Dietetics.

To facilitate social, scientific and cultural fellowship and cultivation of goodwill among its members.

To promote close contact and interaction between persons following different branches and thus facilitate the development of a wider outlook and the integration and application of available scientific knowledge for the welfare of society.

To safeguard the interests of scientists generally and its members in particular and work for their welfare.



Chapters of IDA



Who is a Professionally Qualified Dietitian???

Nutrition is a science; hence you need to be guided by a well - qualified person when it comes to your diet and nutritional needs.

Credentials required for a person to be called Dietitian / Nutritionist

Bachelor's Degree (3 years) in Food Science & Nutrition

OR

Post Graduate Diploma in Nutrition & Dietetics (after the bachelor's degree in nutrition)

OR

Master's Degree in Food Science, Nutrition & Dietetics

The above credentials should be obtained from a recognized university.

Apart from this, added marks of quality are

6 months of clinical setting experience as internship in a multi- specialty hospital.

Clearance of the national level Registered Dietitian (R.D) exam conducted by the Indian Dietetic Association every year

Remember:

You have the right to know the qualification of the person who gives you nutritional advice

Be sure of the credentials of the person who guides you on your eating and food habits

Be aware and safeguard yourself



Dietitian / Nutritionist

DIETITIAN

A person with a qualification in nutrition and dietetics, recognized by national authority(s); applies the science of nutrition to the feeding and education of individuals or groups in health and disease.

NUTRITIONIST

A person with a qualification in nutrition from an accredited college.

Did you know

All Dietitians are Nutritionists, but not all Nutritionists are Dietitians.



Dietitian - Responsibilities

Provide high quality, cost-efficient services in nutrition and dietetics

Provide services based on the expectation and needs of the community or client

Communicate effectively through nutrition education, training, development of policies and programs

Plan food and nutrition programs

Supervise and advise on meal preparations in schools, hospitals and other institutions

Recommending dietary modifications

And many more.....



Dietitian - Roles in different sectors

Clinical

- Specialists in food and nutrition services in hospitals, nursing homes, outpatient clinics, and private practice

Community

- Work in public health agencies, health and fitness clubs, day care centers and similar organizations.

Management

- Specialize in food service systems or clinical management. Manage personnel, plan and conduct employee training programs, design food systems, plan budgets, etc.

Consultant

- Independent professionals who work as nursing home consultants, book authors, and patient counselors in medical centers and fitness programs.

Government

- Work with government hospitals, government's health department.

Other Sectors

- Hospitality, food companies, pharmaceuticals, sports, educational institutions, etc

