

NUTRITIONIST I

NATURE AND VARIETY OF WORK

This is entry level professional nutrition work that involves planning, implementing and evaluating nutrition education services for clients. Work is performed in order to provide consultation and education services to various client groups, and to educate and train health professionals and the community. Incumbents in this class work with clients from various community and public health programs. Contacts are with Department personnel, agency representatives and clients.

Work assignments involve providing nutrition education/ training to departmental staff, clients and others, verifying the certification/recertification of eligible clients to receive food supplements, and individually counseling nutritionally high-risk clients who frequently require extensive dietary modification. The impact of the work performed will be improved health and disease prevention/ reduction through improved diet in the target population(s).

Work is performed under the close supervision of a higher level Nutritionist and/or health care professional, and is evaluated based on review of records, reports and conferences for adherence to departmental policies, procedures and protocols, State regulations and USDA policies.

Upon the satisfactory completion of a one (1) year probationary period, entry level incumbents may be non-competitively promoted to the II full performance level at management's discretion.

EXAMPLES OF WORK (ILLUSTRATIVE ONLY)

Performs entry level nutrition education and services in order to address the health care needs of target populations (e.g., infants, youth, adults, and seniors).

Implements nutrition services in several public health programs.

Assesses the nutritional status of program clients, from available health records and nutrition interviews, to determine service needs.

Assesses high risk program clients and prescribes specialized food packages.

Provides individual nutrition counseling and care plans for program clients designated as
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high risk.

Reviews nutrition information and materials for applicability to assigned program(s), and distributes appropriate materials.

Prepares and presents group nutrition training and education programs to departmental staff, clients and others.

Acts as liaison between the nutrition unit and specialized program officials.

Participates in studies and surveys concerning the relationship between dietary factors in health and disease.

Willingly and cooperatively performs tasks and duties which may not be specifically listed in the class specification or position description, but which are within the general occupational category and responsibility level typically associated with the employee's class of work.

KNOWLEDGES, SKILLS AND ABILITIES AND OTHER CHARACTERISTICS

Knowledge of the basic principles of public health nutrition and current developments in the field.

Knowledge of food and nutrition theories and practices.

Knowledge of the techniques of nutrition education and counseling.

Knowledge of food procurement, preparation, storage and handling standards.

Knowledge of the interrelationships of social, cultural and economic factors as they affect dietary customs.

Ability to teach nutrition principles and practices and counsel clients as required.

Ability to communicate effectively, both orally and in writing.

MINIMUM QUALIFICATIONS

Graduation from a college or university with a Bachelor's Degree in Nutrition or Dietetics; or an equivalent combination of education and experience.

CONDITIONS OF EMPLOYMENT

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Possession of a current valid license to practice dietetics issued by the Maryland State Board of Dietetic Practice.

Possession of a valid motor vehicle operator's license when required for job-related duties.

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