Part I  The Past  
CHAPTER 1  The Profession Is Born  

Part II  The Present  
CHAPTER 2  The Dietetics Profession  
CHAPTER 3  Joining Together: The Team Approach  
CHAPTER 4  Beginning Your Path to Success in Dietetics  

Part III  Preparing for Practice  
CHAPTER 5  Dietetics Education and Training  
CHAPTER 6  The Supervised Practice Experience  
CHAPTER 7  Credentialing  

Part IV  Professional Organizations  
CHAPTER 8  Why Join a Professional Association?  

Part V  The Future  
CHAPTER 9  Trends, Predictions, and Your Future  
CHAPTER 10  Crossing the Bridge: From Student to Professional
## Contents

Preface ix  
New to this Edition xi  
Acknowledgments xv  
Reviewers xvi

### Part I  The Past  

<table>
<thead>
<tr>
<th>Chapter 1</th>
<th>The Profession Is Born</th>
</tr>
</thead>
<tbody>
<tr>
<td>The Very Beginning</td>
<td>3</td>
</tr>
<tr>
<td>The Middle Ages</td>
<td>4</td>
</tr>
<tr>
<td>Progress (?) in the Eighteenth and Nineteenth Centuries</td>
<td>5</td>
</tr>
<tr>
<td>The Young Profession in the Twentieth Century</td>
<td>10</td>
</tr>
<tr>
<td>Entering the Twenty-First Century</td>
<td>16</td>
</tr>
<tr>
<td>Summary</td>
<td>18</td>
</tr>
<tr>
<td>Suggested Activities</td>
<td>21</td>
</tr>
<tr>
<td>Selected Websites</td>
<td>22</td>
</tr>
<tr>
<td>Suggested Readings</td>
<td>22</td>
</tr>
<tr>
<td>References</td>
<td>22</td>
</tr>
</tbody>
</table>

### Part II  The Present  

<table>
<thead>
<tr>
<th>Chapter 2</th>
<th>The Dietetics Profession</th>
</tr>
</thead>
<tbody>
<tr>
<td>What Is Dietetics?</td>
<td>28</td>
</tr>
<tr>
<td>What Is a Profession?</td>
<td>28</td>
</tr>
<tr>
<td>How Is Dietetics a Profession?</td>
<td>29</td>
</tr>
<tr>
<td>What Is a Registered Dietitian Nutritionist?</td>
<td>29</td>
</tr>
<tr>
<td>Who Are Dietitians?</td>
<td>31</td>
</tr>
<tr>
<td>Where Do Dietitians Work, and What Do They Do?</td>
<td>32</td>
</tr>
<tr>
<td>What Is the Salary Range for RDNs and NDTRs?</td>
<td>37</td>
</tr>
<tr>
<td>Specialty Areas and New Employment Opportunities</td>
<td>39</td>
</tr>
<tr>
<td>What Are Some of the Issues Facing Dietetic Practice?</td>
<td>41</td>
</tr>
<tr>
<td>A Brief Introduction to the Professional Association</td>
<td>42</td>
</tr>
<tr>
<td>Summary</td>
<td>43</td>
</tr>
<tr>
<td>Suggested Activities</td>
<td>48</td>
</tr>
<tr>
<td>Selected Websites</td>
<td>50</td>
</tr>
<tr>
<td>Suggested Readings</td>
<td>50</td>
</tr>
<tr>
<td>References</td>
<td>51</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chapter 3</th>
<th>Joining Together: The Team Approach</th>
</tr>
</thead>
<tbody>
<tr>
<td>The History of the Healthcare Team Concept</td>
<td>54</td>
</tr>
<tr>
<td>What Makes a Group a Team?</td>
<td>54</td>
</tr>
<tr>
<td>Teamwork</td>
<td>55</td>
</tr>
<tr>
<td>Fundamentals of Team Dynamics</td>
<td>56</td>
</tr>
<tr>
<td>Team Development</td>
<td>59</td>
</tr>
</tbody>
</table>
## Contents

Communicating for Team Success 59  
Members of Healthcare Teams 63  
Summary 72  
Suggested Activities 76  
Selected Websites 77  
Suggested Readings 77  
References 78  

### CHAPTER 4  Beginning Your Path to Success in Dietetics 81  
Who Are You? 81  
The Portfolio 81  
What Are the Purposes of a Portfolio? 82  
The Résumé 89  
The Interview 94  
Summary 97  
Suggested Activities 102  
Selected Websites 103  
Suggested Readings 103

### Part III  Preparing for Practice 107  

### CHAPTER 5  Dietetics Education and Training 109  
Have I Got a Plan for You! 109  
The Accreditation Council for Education in Nutrition and Dietetics 110  
The Steps to Becoming a Registered Dietitian Nutritionist or Nutrition and Dietetics Technician, Registered 112  
The Academic Experience 116  
Distance Education in Dietetics 117  
Service Learning in Dietetics 119  
Verification of Academic Requirements 120  
Building a Career Portfolio 120  
Graduate Education 121  
Summary 124  
Suggested Activities 124  
Selected Websites 125  
References 130

### CHAPTER 6  The Supervised Practice Experience 133  
Trying Your Wings 133  
Competencies for the Supervised Practice Component 133  
When Does Supervised Practice Occur? 134  
The Dietetic Internship Shortage 135  
Making the Decision: Coordinated Program versus Dietetic Internship 135  
Distance Internships 137  
Individualized Supervised Practice Pathways (ISPPs) 138  
Applying for the Supervised Practice Experience 138  
The Interview as Part of the Admission Process 141  
Suggested Activities 147  
Selected Websites 148  
References 148
CHAPTER 7  Credentialing  151
Protecting the Public  151
Commission on Dietetic Registration  151
Dietetic Registration  152
The Registration Examination  152
Computer-Adaptive Testing  154
Getting Ready for the Credentialing Examination  155
Maintaining Registered Status  156
Steps in Professional Portfolio Development  157
Specialty Credentials  157
Fellow of the American Dietetic Association/Fellow of the
Academy of Nutrition and Dietetics  160
Licensure  160
Other Tools Supporting Professional Competence  161
Summary  167
Suggested Activities  170
Selected Websites  171
References  171

Part IV  Professional Organizations  173
CHAPTER 8  Why Join a Professional Association?  175
The Academy of Nutrition and Dietetics  175
Mission, Vision, Philosophy, and Values  177
Academy of Nutrition and Dietetics Headquarters  179
The Volunteer Element of the Academy of Nutrition and
Dietetics  180
Honors and Awards Bestowed by the Academy of Nutrition and
Dietetics  187
Why Should I Become a Member of the Academy of Nutrition and
Dietetics?  190
Other Professional Associations  190
Summary  190
Suggested Activities  196
Selected Websites  196
References  197

Part V  The Future  199
CHAPTER 9  Trends, Predictions, and Your Future  201
Implications for Dietetics Practice  204
The Future for Dietetics Professionals  205
Summary  205
Suggested Activities  207
Selected Websites  208
References  208
CHAPTER 10  Crossing the Bridge: From Student to Professional  211
Professional Advice  212
You Are Entering a Helping Profession  214
Lifelong Learning and Professional Development  214
Standards of Professional Practice  215
Contents

Professional Ethics 216
Commitment to the Profession 216
Finally, Some Tips for Career Success 218
Summary 220
Suggested Activities 224
Selected Websites 225
Suggested Readings 225
References 226

APPENDIX

Commonly Used Acronyms in the Dietetics Profession 229

Index 233
The Profession of Dietetics: A Team Approach is written for students interested in finding out more about the profession of dietetics. Understanding who dietetics professionals are, what dietetics professionals do, and how to become a certified dietary manager; a nutrition and dietetics technician, registered; or a registered dietitian nutritionist is a complex task. Few other professions offer so many educational routes for entry or so many ways to practice one’s trade. While this diversity is a strength, it often confuses those who wish to enter the profession, as well as prospective customers who are trying to understand who dietetics professionals are or why they should consult one.

It is the goal of this book to present a clear and up-to-date picture of the profession of dietetics and to try to answer some basic questions:

- What is a profession and how does dietetics qualify as a profession?
- How has the history of the profession shaped dietetics practice today?
- Who are members of the dietetics team and how do they work together?
- What is the Academy of Nutrition and Dietetics (formerly the American Dietetic Association) and why should one become a member?
- What is involved in the credentialing of dietetics professionals and why is it important?
- What kinds of positions do dietetics professionals fill?
- Why are communication and teamwork so important in the dietetics profession?
- How can a person develop effective communication skills and become a good team player?
- What are some ways to successfully make the transition from student to professional?
- What does the future hold for dietetics practice?

Features throughout the text are designed to help students connect with the material presented. Suggested Activities at the end of each chapter allow students to explore topics further and offer opportunities for thought-provoking research outside the classroom. Selected websites direct students to view related content online and to peruse a variety of Web pages pertaining to the field of dietetics. The ever-popular Profile of a Professional feature includes real interviews with individuals who work in various positions as dietetics professionals. Each professional who is profiled offers advice and words of wisdom for students entering the field.
Qualified instructors can also receive access to instructor resources including a test bank, slides in PowerPoint format, and an instructor's manual. The profession of dietetics is dynamic, exciting, and in need of enthusiastic, energetic, and visionary men and women who wish to join the team. It is our hope that this book enlightens, informs, and inspires those who read it. If this occurs, then our dream for this book will have been achieved.
This edition of *The Profession of Dietetics: A Team Approach* reflects the latest standards, developments, and data in the dynamic and constantly evolving field of dietetics. Key changes for this edition include the following:

- Seventeen all-new *Profile of a Professional* features, spotlighting the experiences and accomplishments of both dietitians and dietetic technicians
- The latest numbers relating to the growth of the profession, including employment outlook, median salary expectations, and new program accreditation
- The highlighting of digital portfolios and the utility of LinkedIn and other digital career resources
- Updated information regarding education requirements, reflecting the most recent changes announced by the Academy of Nutrition and Dietetics

Major chapter-specific updates are listed below.

**Part I: The Past**

**Chapter 1: The Profession Is Born**

- Adds references to the recently introduced RDN and NDTR credential
- Updates timeline of selected milestones in dietetic history
- Includes discussion of Marjorie Hulsizer Copher’s contributions during World War I

**Part II: The Present**

**Chapter 2: The Dietetics Profession**

- Updates the discussion surrounding the various titles and credentials a dietitian may use
- Features the latest statistics on
  - RDN and NDTR median salaries
  - Top-paying states and metropolitan areas for professionals
  - Projected growth in employment through 2022
- Integrates today’s understanding of food’s role in preventing and treating diseases
- Discusses the Academy’s development of Board Certification in some specialty areas of dietetic practice
New to This Edition

Chapter 3: Join Together: The Team Approach
- Incorporates current titles and credentials for all team members

Chapter 4: Beginning Your Path to Success in Dietetics
- Updates portfolio (now profile) information to emphasize digital career resources like LinkedIn and other social media platforms
- Adds a section on digital portfolios (e-portfolios)
- Incorporates new formatting and stylistic tips for résumés
- Adds and updates interviewing tips
- Supplies a variety of online resources for assistance with online self-marketing, job searching, e-portfolios, and interviews

Part III: Preparing for Practice

Chapter 5: Dietetics Education and Training
- Describes the two current options for becoming a dietetic technician
- Details ACEND’s recommendation that the master’s degree become the standard for all entry-level dietitians and the controversy surrounding this move
- Incorporates information regarding the differences in salaries between RDNs with a master’s degree and those with a bachelor’s degree

Chapter 6: The Supervised Practice Experience
- Addresses the dietetic internship shortage in a new section, providing the latest statistics and explanations for why the shortage is occurring
- Delves into reasons why students are increasingly taking more than 4 years to graduate with a bachelor’s degree
- Provides more detail regarding distance internships and their admission criteria

Chapter 7: Credentialing
- Provides the latest statistics for the number of dietitians, dietetic technicians, and various specialty credentials
- Addresses the Academy’s new Fellow of the Academy of Nutrition and Dietetics program
- Provides advisory information on researching and preparing for state licensure

Part IV: Professional Organizations

Chapter 8: Why Join a Professional Association?
- Updates the distinction between active members, retired members, and academy associates of the Academy of Nutrition and Dietetics
- Updates the presentation of the Academy’s vision, mission, and values
• Adds the Academy’s Governing Structure Infographic to outline the membership, functions, management responsibilities, and frequency of meetings for both the Board of Directors and the House of Delegates
• Updates the listing of Dietetic Practice Groups (DPGs) and Member Interest Groups (MIGs)
• Expands the list of awards and grants offered by the Academy
• Lists and describes affiliate award programs

Part V: The Future

Chapter 9: Trends, Predictions, and Your Future
• Describes the change drivers and trends for the dietetics profession that have been identified by the Council on Future Practice
• Delves into the implications of these change drivers and trends on dietetic practice

Chapter 10: Crossing the Bridge: From Student to Professional
• Distinguishes Standards of Practice (SOP) from Standards of Professional Performance (SOPP) and describes by whom and how they are used
We owe a debt of gratitude to Karen Lechowich at the Academy of Nutrition and Dietetics who, because of her love of this profession and its history, went “above and beyond the call of duty” in her efforts to help us with this project. We would also like to express special thanks to our editorial and production staff at Jones & Bartlett Learning for their patience while working with us and for their support and encouragement for the completion of this revision, especially Sean Fabery, who pushed and prodded us at the right times, always with tact and diplomacy, to make sure this book was published on time. His guidance and wise suggestions made this a better book.

We wish to acknowledge the special people in our lives who helped us through the production of this edition. Appreciation is expressed to Deb’s “adopted family,” Rebecca and Jeff Daniels and children Hope (along with her husband Sam and new daughter Sophia), Ian, Grace, Nigel, and Gavin in Overland Park, Kansas. Many thanks also are expressed to friends Sharon and Medo Morcos in Manhattan, who share so much love and support. Special love and appreciation are also expressed to June’s husband, Cliff Duboff, for his emotional support and untiring help. And, finally, we thank the dietetics students at Pepperdine University, Kansas State University, and across the country who daily confirm our belief in the secure future of the profession of dietetics.
Judith Anglin, PhD, RDN
Director of Dietetics
Associate Professor
Texas Southern University
Houston, TX

Carol Beier, MS, RD/LD
Director, Didactic Program in Dietetics
Oklahoma State University
Stillwater, OK

Elise Cowie, MEd, RD, LD
Director, Coordinated Program in Dietetics
Assistant Professor
University of Cincinnati
Cincinnati, OH

Amy A. Drescher, PhD, RD
Instructor
Central Arizona College
Coolidge, AZ

Andrea Hutchins, PhD, RD
Associate Professor
University of Colorado Springs
Colorado Springs, CO

Dorothy Chen Maynard, PhD, RD, FAND
Director, Directed Program in Dietetics
Associate Professor
California State University, San Bernardino
San Bernardino, CA

Lisa Sheehan-Smith, EdD, RD, LDN
Director, Didactic Program in Dietetics
Professor
Middle Tennessee University
Murfreesboro, TN

Margaret Tate, RDN, MS
Adjunct Faculty
Paradise Valley Community College
Phoenix, AZ

Jennifer L. Warren, MS, RD, LD
Instructor
The University of Akron
Akron, OH