

Introducing

# Dietitian



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Careers



## About the role

Dietitians help people with nutritional problems. They give practical advice about food and diet, so people make good lifestyle and food choices to improve their health and wellbeing.

**“Some patients find it difficult to accept or make changes to their diet. Dietitians need to have good communication and counselling skills. It’s rewarding to see a patient’s condition improve due to the changes I’ve helped them make.”**

*– Dietitian*

### Did you know?

There are around 9,000 registered dietitians in the UK<sup>(1)</sup> and over 900 working in the NHS in Scotland.<sup>(2)</sup> Dietitians are the only regulated healthcare professionals who assess, diagnose and treat dietary and nutritional problems.

### → How to pursue this role

You can get into this career through a Dietetics undergraduate or postgraduate degree programme. You’ll then need to register with the Health and Care Professions Council (HCPC).

### ☆ Top skills:

- caring for people
- working in a team
- communicating with people
- problem-solving skills
- persuading and motivating people
- leadership

#### References:

1. Health and Care Professions Council, registrant data, September 2020
2. Turas Data Intelligence, NHS Scotland workforce data, June 2020

Find out more at  
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