

**WHAT'S  
GONNA DO?**



# **BECOMING A DIETITIAN COULD B 4 U**

*"My work as a dietitian gives me the opportunity to have a direct influence on the nutrition and health of Pacific peoples."*

Mafi, dietitian for Pacific Islands Heartbeat,  
National Heart Foundation of NZ

**Q What does a dietitian do?**

**Q What subjects do I need to take at school?**

**Q How do I get into it?**

**Q Will I get a job after studying?**

**Q Where can I find out more information?**



**Are you interested in learning about food and nutrition? Do you like working with people? Are you able to relate to people from different backgrounds and cultures?**

**If you answered yes, then becoming a DIETITIAN could B 4 U!**

### **What does a dietitian do?**

A dietitian works with people to improve their health through nutrition. A dietitian works with people in the community, patients in hospitals, sports people, the food industry, and organisations like the National Heart Foundation to provide nutrition advice. Dietitians are responsible for planning, communicating, applying and evaluating effective nutrition management programmes.

### **What subjects do I need to take at school?**

Biology, chemistry, maths and English are all good subjects to take.

### **How do I get into it?**

You will need to study human nutrition at the University of Otago (3 years). You can do your first year at the University of Auckland or Massey University and then transfer to Otago for your final 2 years. Check your papers with the Otago Human Nutrition Department before you enrol.

After this you go on to do the Postgraduate Diploma in Dietetics (1.5 years) through the University of Otago. You will be based at your choice of one of five cities in NZ (including Auckland) where the course is run. Your training will include lectures and practical experience in hospitals and in the community.

Check out the accompanying "Health Occupations Summary" for a more detailed list of courses available and entry requirements.

### **Will I get a job after studying?**

It is very likely you will get a job. There are a lot of work opportunities for dietitians in Counties Manukau, New Zealand and overseas. Your NZ qualification is recognised by many countries around the world.

### **Where can I find out more information?**

University of Otago, Dietetic Training Programme

Website: [www.nutrition.otago.ac.nz](http://www.nutrition.otago.ac.nz)

Email: [human-nutrition@otago.ac.nz](mailto:human-nutrition@otago.ac.nz)

Tel: (03) 479 7959

The University of Auckland, Faculty of Medical & Health Sciences

Website: [www.health.auckland.ac.nz](http://www.health.auckland.ac.nz)

Email: [studentinfo@auckland.ac.nz](mailto:studentinfo@auckland.ac.nz)

Tel: 0800 61 62 63

Massey University

Website: [www.massey.ac.nz](http://www.massey.ac.nz)

Careers websites: [www.cmdhb.org.nz/careers](http://www.cmdhb.org.nz/careers)

[www.healthcareers.org.nz](http://www.healthcareers.org.nz)

[www.kiwicareers.govt.nz](http://www.kiwicareers.govt.nz)

[www.kiwiquals.govt.nz](http://www.kiwiquals.govt.nz)

For any other questions call Counties Manukau District Health Board on (09) 259 5052 to speak with someone about careers or email [careers@cmdhb.org.nz](mailto:careers@cmdhb.org.nz).