

# Find a Dietitian



Nutrition Month  
March 2023

*Courtney Clendenning,  
Dietetic Intern*



# Outline

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## 1) What is a Dietitian?

Protected Titles

Regulated vs. Unregulated Nutrition Professionals

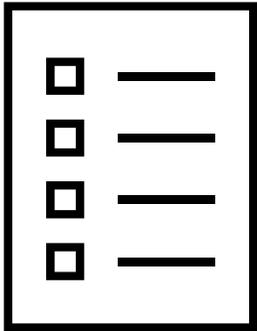
## 2) Where do Dietitians Work?

## 3) Reasons to see a **Clinical Dietitian**

Guest Speakers: *Health Link & OKAKI*

## 4) Reasons to see a **Public Health Dietitian**

Guest Speaker: *Indigenous Services Canada*



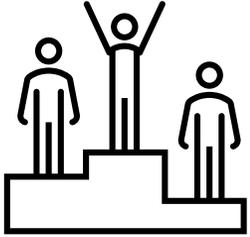
# What is a Dietitian?

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# Dietitians are Food and Nutrition Specialists

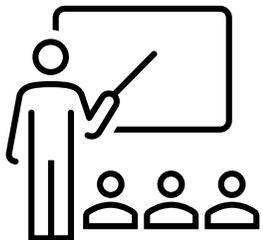
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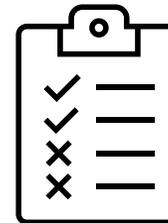
Help clients reach goals



Part of healthcare team



Nutrition counselling and education



Support health through policy

# Dietitians are Regulated Health Professionals

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 **Protected Titles** 

*Quality Guarantee for Nutrition  
Information*

# Protected Titles in Alberta

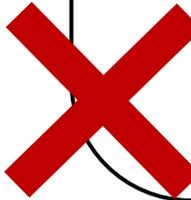
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## Regulated



(Registered) Dietitian  
(Registered) Nutritionist  
RD  
Provisional Dietitian  
Dietetic Intern

## Unregulated



Holistic Nutrition Consultant  
Certified Nutritional  
Practitioner  
Nutrition/Wellness Coach  
Mindful Eating Coach

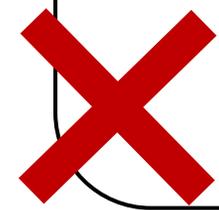
# Protected Titles Across Canada

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## (Registered) Nutritionist



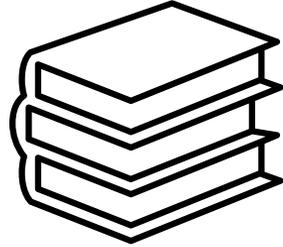
Alberta  
Quebec  
Prince Edward Island  
Nova Scotia



British Columbia  
Saskatchewan  
Manitoba  
Ontario

# Dietitians follow the rules of the College

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## Education

### Regulated

- Complete 5 years of education
- Receive degree upon completion
- Provincial registration & continuing competency

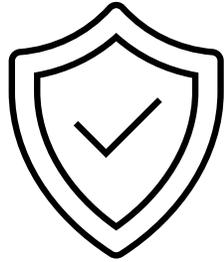


### Unregulated

- Education length varies
- Receive certificate upon completion
- No continuing competency

# Dietitians follow the rules of the College

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Liability Insurance

## Regulated

Carry insurance to protect the public



## Unregulated

Does not carry insurance

# Want to Know if a Nutrition Professional is **Regulated**?



1. Ask to see a **practice permit**

2. **Public registrar** has name of all practitioners registered with the College

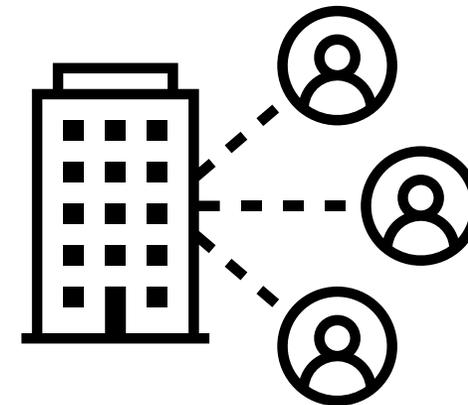
<https://cdav6.alinityapp.com/Client/PublicDirectory>

3. Contact the **College of Dietitians**:

[Contact Us | College of Dietitians of Alberta](#)

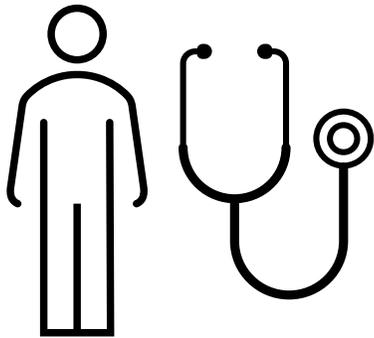
# Where do Dietitians Work?

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## Clinical

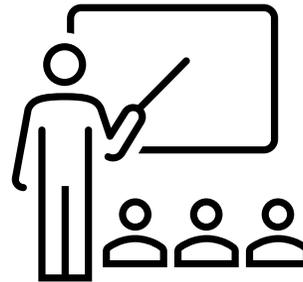
Support for Individuals



Hospitals  
Primary Care Networks  
Private Practice

## Community & Public Health

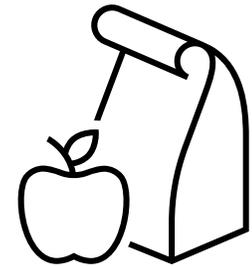
Support for Groups



Communities  
Public Health Agencies  
Indigenous Services  
Canada

## Food Service

Serve Food



Hospital Kitchen  
School Kitchens

# What is the difference between a Dietitian and a Nutritionist in Alberta?



- A) A dietitian is a regulated health professional, a nutritionist is not
- B) A nutritionist works in the community and a dietitian works in a hospital
- C) There is no difference, both are protected titles in the province of Alberta



# What is the difference between a Dietitian and a Nutritionist in Alberta?

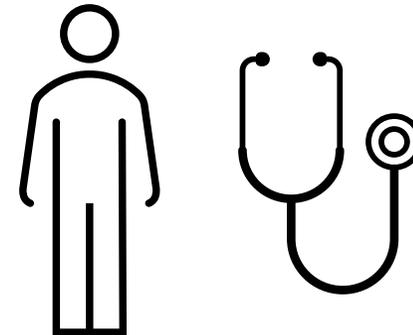
- A) A dietitian is a regulated health professional, a nutritionist is not
- B) A nutritionist works in the community and a dietitian works in a hospital

**C) There is no difference, both are protected titles in the province of Alberta**



# Reasons to see a **Clinical** Dietitian

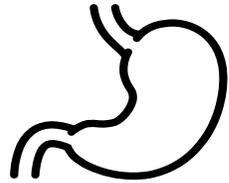
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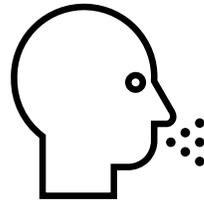
Health Condition

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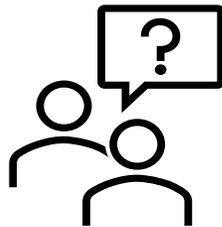
Digestion

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Food Allergies or  
Intolerances

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Nutrition Advice

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Eating Habits

**Clinical Dietitian: *Holly Bell*, RD**  
Health Link, Alberta Health Services



# Health Link Dietitian Service

Developed by Registered Dietitians  
Nutrition Services  
2023

# Outline

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- 811
- Health Link Dietitian Service
  - Who we are
  - What service do we provide
  - What types of questions do we answer
- Referring to us
- Example call
- Questions

# 811



[COVID-19 Info](#) | **Continuous masking** remains in effect at all AHS, APL and Covenant facilities provincewide.

ABOUT AHS ▾

FIND HEALTHCARE ▾

INFORMATION FOR ▾

CAREERS ▾

NEWS ▾

AHS IN MY ZONE ▾

ENGAGE ▾

Home > Information For > Health Link

## 811 Health Link



**COVID-19:** Information about [vaccines](#), [selfcare](#), [recovery](#) and [more](#).

# One Number.

All your trusted health advice.

For health advice or information, call [Health Link](#) 24/7 by dialing 811 or visit [MyHealth.Alberta.ca](#). For more ways to reach Health Link, visit our [Contact section](#).



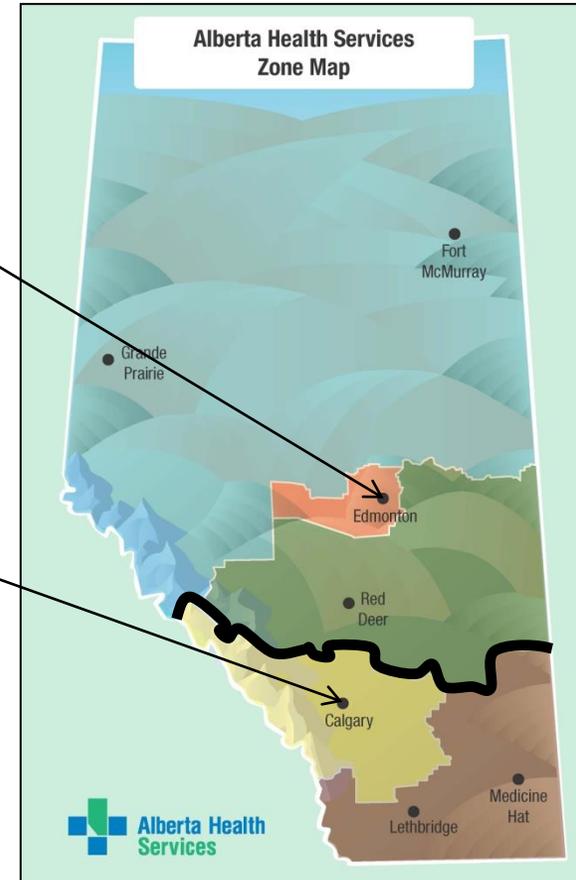
# Health Link Dietitian Service



Holly Bell  
Jacie Marcotte



Christine Fletcher  
Jill Jager



# Health Link Dietitian Service

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Answer nutrition  
related questions

Refer to community  
nutrition programs



Mail nutrition  
specific material

Coordinate referral for  
1:1 nutrition counselling

Direct to credible  
online resources

# Health Link Dietitian Service

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What types of questions  
do we answer

?

# Health Link Dietitian Service

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## Healthy Eating

- Do I need milk?
- What is the best type of protein?
- How to get enough vegetables and fruit?

## Feeding Issues

- My toddler drinks too much milk
- My 5 year old only eats 3 foods
- My teenager is a picky eater

# Health Link Dietitian Service

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## Pregnancy

- Is chamomile tea safe in pregnancy?
- How much Iron should my prenatal vitamin have?
- What fish is safe to eat?

## Malnutrition

- Lost weight recently without trying
- My toddler has stopped gaining weight
- Difficulty maintaining weight while breastfeeding

# Health Link Dietitian Service

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## **Breastfeeding/Infant Formula**

- Is caffeine safe in breastfeeding?
- What formula to give my baby with an allergy?
- How can I wean my 1 year old off the bottle?

## **Chronic Disease Management**

- Diet for high cholesterol, prediabetes, fatty liver, gout
- Meal ideas for Type 2 Diabetes
- How to decrease sodium?

# Health Link Dietitian Service

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## Gastrointestinal

- How can I prevent constipation?
- What can I eat to prevent a bowel obstruction?
- Should I follow a gluten free diet?

## Weight Management

- Looking for counselling to lose weight
- Questions about cleanses, fad diets
- Is my child gaining too much weight?

# Health Link Dietitian Service

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## Therapeutic Diets

- I have questions about my low potassium diet?
- My mother needs a soft diet, what can I cook for her?
- Which foods are low in lactose?

## Supplements and Medications

- Do I need a vitamin D supplement?
- Can I switch to a generic nutrition supplement?
- Do I need protein powder?



# Health Link Dietitian Service

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## How to contact a Health Link Dietitian

- 1) Call 811 (anywhere in Alberta)  
Toll Free: 1-866-408-LINK (5465)
- 2) NEW Online self-referral form:  
[Health Link | Alberta Health Services](#)

# Health Link Dietitian Service

## Nutrition Information

Do you have a nutrition question? Health Link has registered dietitians available to answer nutrition questions about:

- Healthy Eating
- Pregnancy
- Breastfeeding or infant formula
- Feeding your toddler or young child
- Health conditions such as: Diabetes, high cholesterol, high triglycerides, kidney disease, celiac disease, irritable bowel disease, irritable bowel syndrome, pancreatitis, cancer, obesity, malnutrition, and long COVID
- Eating after discharge from hospital
- Eating after surgery
- Weight gain or loss
- Digestive symptoms such as: Heart burn, constipation, diarrhea, or vomiting
- Nutrition supplements to provide extra protein and calories
- Vitamin and mineral supplements
- Food allergies
- Other

If you have a nutrition question, contact a dietitian or complete our [self-referral form](#).

Find out [how to access a dietitian in your area](#) and more information.



# Health Link Dietitian Service

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## Dietitian Process

- 3 attempts are made to contact the caller
  - A first attempt is made within 3 business days
  - A second attempt is made within the first week
  - A third attempt is made the following week
- One voicemail is left with a direct number to call back

**QUESTIONS?**

# Example call

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Caller wants to know....



RD may ask some clarifying questions...  
RD may confirm if they have a physician or have seen a health care provider for the concern.



Answers questions and offers to send info if needed via mail or email...



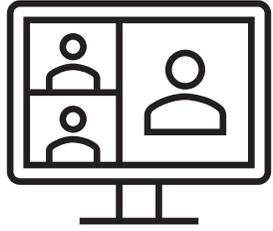
Dietitian ends call and documents

**Clinical Dietitian: *Larissa Ens*,**

RD, Certified Diabetes Educator

OKAKI Diabetes Virtual Care Clinic





# OKAKI: Diabetes Specialists

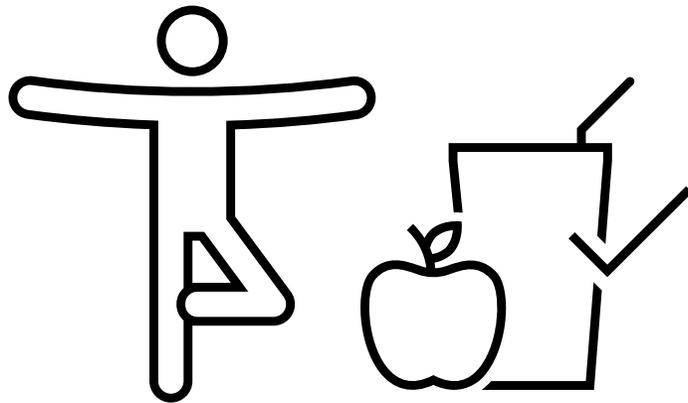
Serving Indigenous clients, their families, and healthcare providers supporting communities

Support for individuals living with type 1, type 2, pre-diabetes and gestational Diabetes

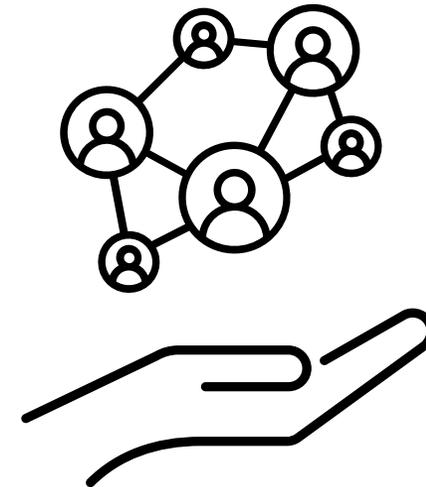
- 1 on 1 counselling
- Group sessions
- Training for community health representatives

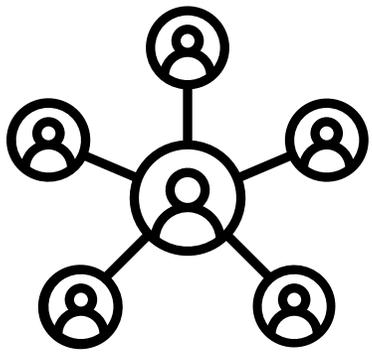
# Reasons to see an OKAKI Dietitian

Understand diabetes  
and your health



Access resources &  
additional support





# Contact an OKAKI Dietitian

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Website: <https://diabetescare.okaki.com/>

## Self-referral

Call or Text Clinic:  
587-882-4477

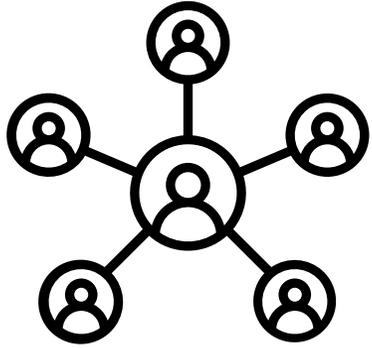
Email:  
[virturalcare@okaki.com](mailto:virturalcare@okaki.com)

## Referral from physician

Referral form:  
[Referrals – Okaki](#)

Don't have a family doctor?  
Access the Alberta Indigenous  
Virtual Care Clinic:  
[Home - Alberta Indigenous Virtual Care  
Clinic \(aivcc.ca\)](#)

Questions?



# Contact a Clinical Dietitian

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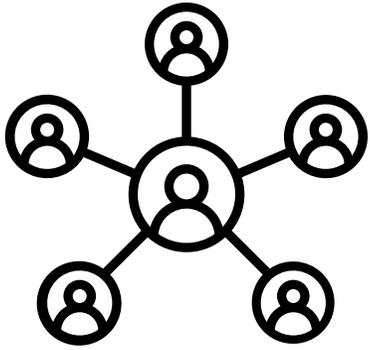
## Primary Care Network:

Ask your Doctor for a referral to a dietitian:

[Primary Care Networks | Alberta Find a Doctor](#)

## Outpatient referral (North Zone):

**Call: 1 844 793 7266**



# Contact a Clinical Dietitian

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## Search Online:

Based on your interests:

<http://www.dietitiandirectory.com/>

Based on health concerns:

[Find a Dietitian \(dietitians.ca\)](http://dietitians.ca)

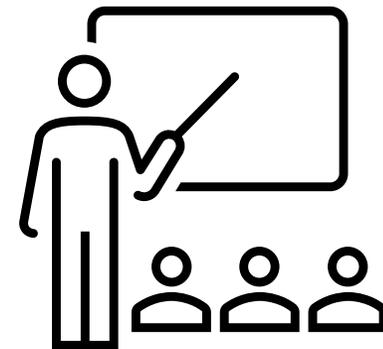
Based on specialty\*:

[Find Healthcare - Search \(albertahealthservices.ca\)](http://albertahealthservices.ca)

\*Includes dietitians and other health care professionals

# Reasons to see a **Public Health** Dietitian

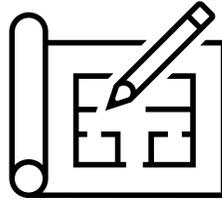
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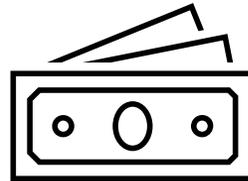
Education & Training

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Program Support

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Health Funding

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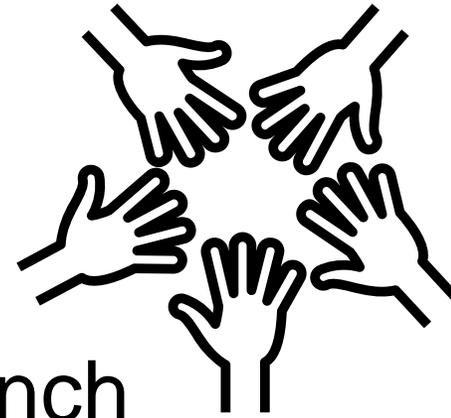


Build Relationships

# Public Health Dietitian:

***Kathleen Gibson, RD***

Community Nutrition Advisor,  
First Nations and Inuit Health Branch  
Indigenous Services Canada

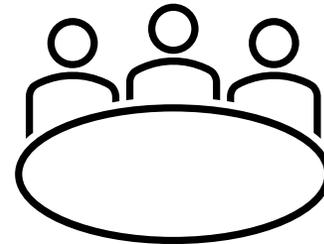


# Nutrition Advisory Team at FNIHB

Aim to provide culturally-mindful nutrition information and support to communities in Treaty 6, 7, and 8.

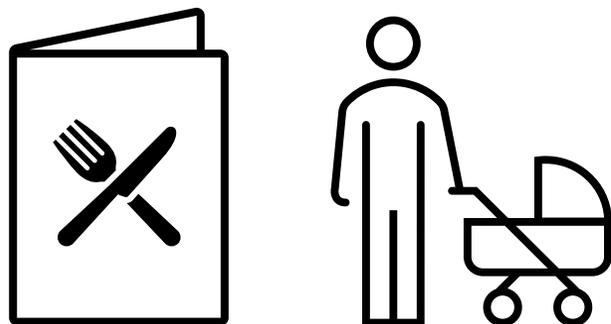
Work with organizations at the Nation level to build nutrition knowledge

- Health centers
- Child-care facilities
- Schools
- Social programs

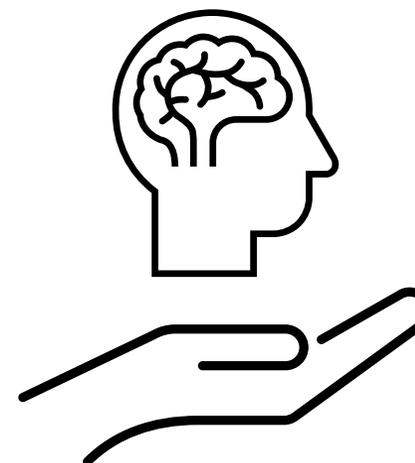


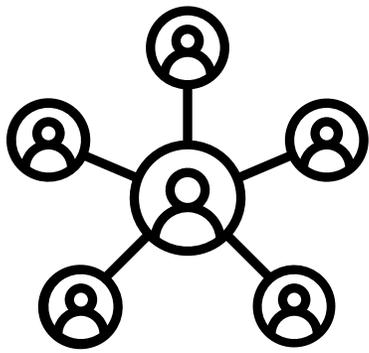
# Reasons to talk to the Nutrition Advisory Team

## Support Health in the Community



## Access Nutrition Information





# Contact the Nutrition Advisory Team

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**Regional Nutritionist:**  
Laura White

\*See nutrition team role paper  
for more information

**Community Nutrition  
Advisors:**  
Kathleen Gibson  
Laurina Eskow  
Erin Bligh

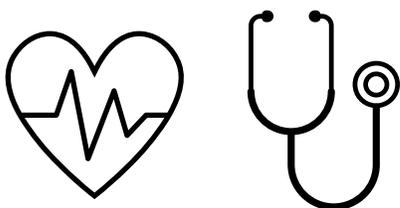
Questions?

## Clinical Dietitian

Support individuals

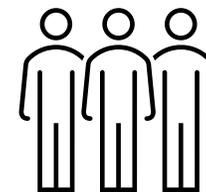


Chronic disease management

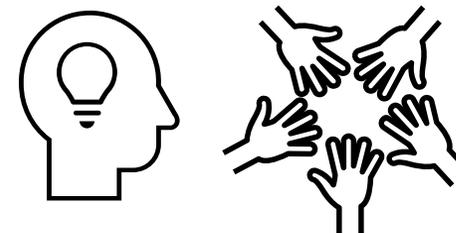


## Public Health Dietitian

Support groups



Training and resources



# When can information from an unregulated nutrition professional be helpful?

- A) When you are looking for ways to manage a chronic disease
- B) NEVER!
- C) When you want to learn general nutrition information



# When can information from an unregulated nutrition professional be helpful?

A) When you are looking for ways to manage a chronic disease

B) NEVER!

**C) When you want to learn general nutrition information**



# Want to Learn More?

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# Find Nutrition Information

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Online classes & resources:

[Nutrition Services | Alberta Health Services](#)

Online education series:

[Series \(fntn.ca\)](#)

# Summary

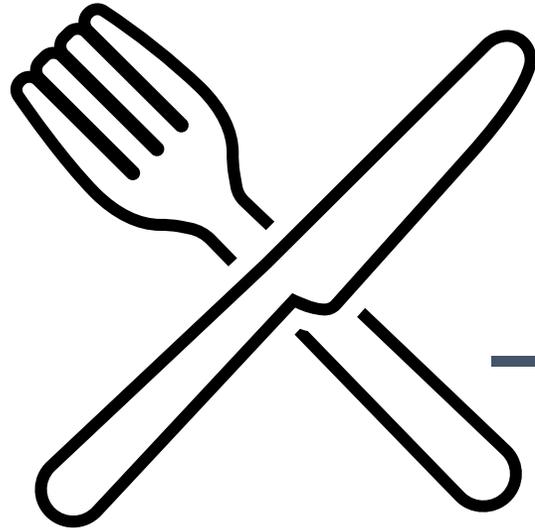


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**Dietitians are regulated nutrition specialists** that provide support that is unique to you, your body, and your community.

- **Clinical dietitians** support individuals and/or help with chronic disease management.
- **Public health** dietitians support groups and/or help with training and resources.

**Resources** from this presentation will be linked to the recording.



Thank you

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