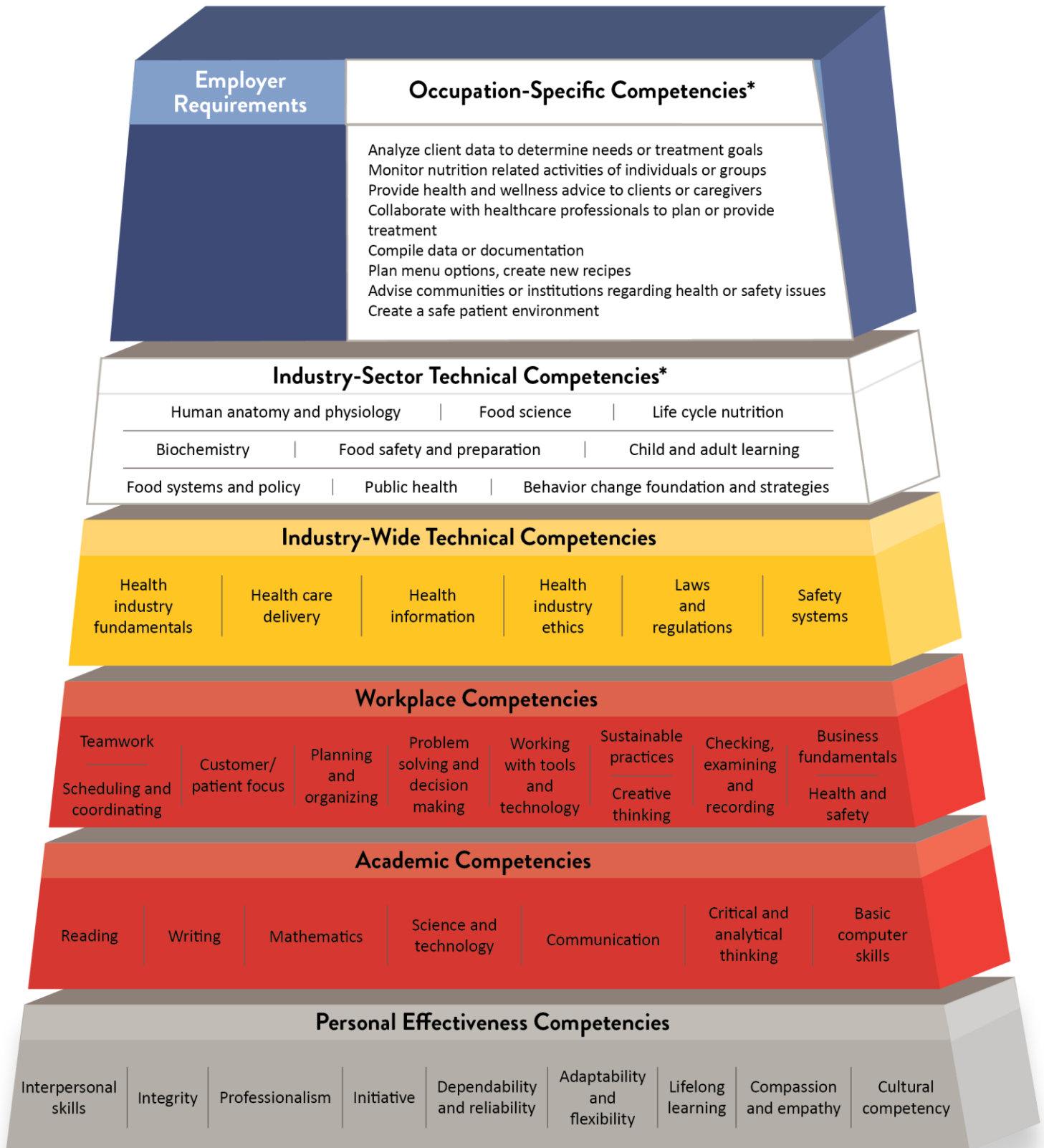


Minnesota Dual-Training Pipeline

Competency Model for Health Care Services

Occupation: Dietitian



Based on: Fundamentals of Health Care Competency Model, Employment and Training Administration, United States Department of Labor, February 2025. For more detailed information about competency model creation and sources, visit dli.mn.gov/business/workforce/health-care-services.



DRAFT Competency Model for Dietitian

Dietitian – An individual who leads planning and conducting food service or nutritional programs to assist in the promotion of health and control of disease. May supervise activities of a department providing quantity food services, counsel individuals, or conduct nutritional research. Individuals working in this role must follow the licensing standards for this occupation as conducted by the Board of Dietetics and Nutrition Practice and is governed by Minn. Rule 148.624.

*Pipeline recommends the Industry-Sector Technical Competencies as formal training opportunities (provided through related instruction) and the Occupation-Specific Competencies as on-the-job (OJT) training opportunities.

Industry-Sector Technical Competencies

Related Instruction for dual training means the organized and systematic form of education resulting in the enhancement of skills and competencies related to the dual trainee's current or intended occupation.

- **Human anatomy and physiology** – Knowledge of the two foundational branches of life science that study the structure and function of the living body.
- **Food science** – Understand the multidisciplinary application of biology, chemistry, and other sciences to the nature of food in order to improve safety and nutrition for the public.
- **Life cycle nutrition** – Understand the biological basis for nutritional development in normal development and maintaining health in adulthood.
- **Biochemistry** – Understand the basics of the chemical substances, reactions, and processes that happen inside living organisms.
- **Food safety and preparation** – Understand the importance of proper food handling procedures and hygiene practices surrounding meal preparation and serving.
- **Child and adult learning** – Understand the basics of how children and adults learn in order to be able to teach them good dietary and nutrition practices.

- **Food systems and policy** – Understand the complex modern food system from a systems lens, including the development, establishment, and execution of policies regarding the production and availability of food and food/nutrition practices as well as the environmental impact of those practices.
- **Public health** – Knowledge of the general science and art of preventing disease, prolonging life, and promoting physical and mental health through organized community efforts.
- **Behavior change foundation and strategies** – Understand health behavior change theories and the skills necessary to assess, plan, and evaluate behavior change interventions for individuals and communities.

Occupation-Specific Competencies

On-the-Job Training is hands-on instruction completed at work to learn the core competencies necessary to succeed in an occupation. Common types of OJT include job shadowing, mentorship, cohort-based training, assignment-based project evaluation and discussion-based training.

- **Analyze client data to determine needs or treatment goals** – Assess nutritional needs, diet restrictions, and current health plans to develop and implement dietary-care plans and provide nutritional counseling.
- **Monitor nutrition related activities of individuals or groups** – Observe, receive, record, and evaluate individual or group health and nutrition history, including symptoms, environmental toxic exposure, religious and cultural practices, and preventative health-care opportunities.
- **Provide health and wellness advice to clients or caregivers** – Counsel individuals and groups on basic rules of good nutrition, healthy eating habits, and nutrition monitoring to improve their quality of life.
- **Collaborate with healthcare professionals to plan or provide treatment** – Consult with physicians and health care personnel to determine nutritional needs and diet restrictions of patient or client.
- **Compile data or documentation** – Record and evaluate patient and family health and food history, including symptoms, environmental toxic exposure, allergies, medication factors, and preventative health-care measures.
- **Plan menu options, create new recipes** – Know how to work with dietary staff to develop recipes and menus to address special nutrition needs, such as low glycemic, low histamine, or gluten- or allergen-free.

- **Advise communities or institutions regarding health or safety issues** – Advise food service organizations on sanitation, safety procedures, menu development, and planning to assist with establishment, operation, and evaluation of food service facilities and nutrition programs. Make recommendations regarding public policy, such as nutrition labeling, food fortification, or nutrition standards for school programs.
- **Create a safe patient environment** – Know how to establish an environment that is clean, avoids hazards, and promotes patient well-being.

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