

The Role of the Registered Dietitian in Population & Public Health

Who we are:

Population and Public Health (PPH) dietitians work with local, community, and provincial partners to enhance the health and well-being of all Albertans.

Our 45 PPH dietitians (36.7 FTE) follow public health best practices and health promotion principles to improve nutrition where Albertans **live, learn, work, and play**. To have the greatest impact, we focus on nutrition strategies and actions that support populations vulnerable to poor health outcomes and those impacted by health inequities.



Who we work with:

PPH dietitians work alongside key stakeholders to leverage, inform, and influence nutrition-related processes, policies, practices, and initiatives in various settings.



Key Settings/Sectors

- Health centres
- Recreation centres
- Childcare centres
- Schools
- Communities
- Municipalities



Populations

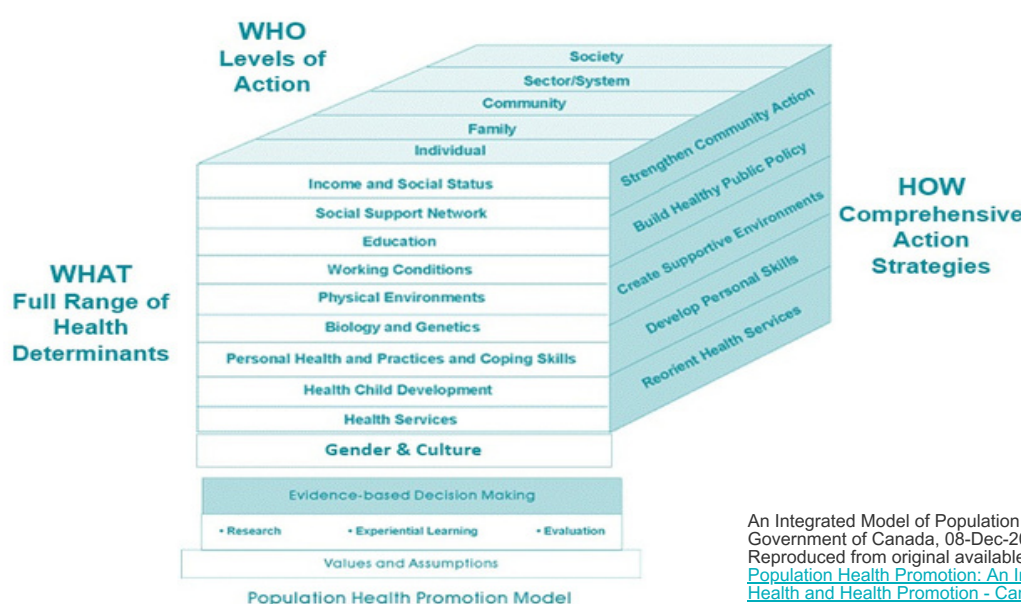
- Pregnant or lactating people
- Infants & young children
- Children & youth
- Adults & older adults
- Newcomers/migrants
- Indigenous peoples



Key Stakeholders

- Public health nurses
- Other AHS providers
- Researchers
- Teachers, principals, superintendents
- Community services staff
- Early learning and childhood educators
- Recreation managers
- Municipal staff
- Members of the public

Integrated Model of Population Health and Health Promotion:



An Integrated Model of Population Health and Health Promotion
Government of Canada, 08-Dec-2001
Reproduced from original available online: [Developing a model: Population Health Promotion: An Integrated Model of Population Health and Health Promotion - Canada.ca](https://www150.statcan.gc.ca/n1/pub/82-625-x/2001001/article/00001-eng.htm)

How we work:



Focus on ways to reduce health disparities, and promote well-being, for individuals and groups who experience barriers to healthy eating, and for which have the greatest to gain from public health nutrition efforts.



Engage stakeholders to identify and establish priorities. Communicate regularly with partners to seek and leverage opportunities to embed strategies that promote healthy eating.



Evaluate the effectiveness of healthy eating strategies. Use results to inform future planning and improvements to the program and implementation plan.



Collect and monitor surveillance data and utilize to assess food and nutrition related issues.



Provide nutrition consultation to, and facilitate education and skill development opportunities for, health professionals, provincial and community partners, and members of the public.



Develop targeted products to support stakeholders in creating access to healthy food environments and contribute to evidence-based approaches to address household food insecurity.



Communicate and disseminate policies and practices with community, zone, and provincial partners. Support the implementation of healthy eating strategies within partners' areas of work.



Combine research evidence, local context, and stakeholder wisdom and lived-experience to inform, improve, and guide the development of public health nutrition strategies and policy for the broadest reach and most significant impact on populations.

For more information or to contact a Public Health Dietitian, email: publichealth.nutrition@ahs.ca