PRACTICE TIPS: Considerations for the ‘Non-Registered’ Status Individual Practicing in the Nutrition and Dietetics Field

Non-Registered (‘Non-R’) status means an individual who is not registered with the Commission on Dietetic Registration (CDR) as a Registered Dietitian Nutritionist.

How should the Non-R status individual proceed in the nutrition and dietetics practice field?

STEP 1: Determine your eligibility for the Registered Dietitian Nutritionist (RDN) or Nutrition and Dietetics Technician, Registered (NDTR) exam with CDR.
- Review CDR’s qualifications to sit for the RDN or NDTR exam at www.cdrnet.org.
- Review ACEND’s (Accreditation Council for Education in Nutrition and Dietetics) approved education programs at https://www.eatrightpro.org/acend.

STEP 2: Review the various categories below to chart your course in becoming registered and determine next steps to advance your career.

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
<th>Legal Scope of Practice</th>
<th>Future Advancement</th>
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<tbody>
<tr>
<td>Nutrition Certificate</td>
<td>Individual has obtained a certificate in nutrition from accredited or unaccredited institute.</td>
<td>Review your State laws and regulations</td>
<td>Continue your education; Obtain Associate’s or Bachelor’s in nutrition.</td>
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<td>Non-ACEND accredited degree</td>
<td>Individual has obtained a degree in nutrition from a college or university program not accredited by ACEND.</td>
<td>Review your State laws and regulations</td>
<td>Complete necessary coursework for NDTR or RDN from an ACEND accredited institution.</td>
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<tr>
<td>Associate’s Degree in Nutrition accredited by ACEND</td>
<td>Individual has obtained an associate’s degree from an ACEND-accredited college or university program.</td>
<td>Review your State laws and regulations</td>
<td>File your verification statement through the college program. If requirements are met, sit for NDTR examination.</td>
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<td>Bachelor’s Degree in Nutrition accredited by ACEND</td>
<td>Individual has completed a minimum of a bachelor’s degree at a U.S. regionally accredited university or college or foreign equivalent, and coursework through an ACEND accredited Didactic Program in Dietetics (DPD) or Coordinated Program in Dietetics (CP).</td>
<td>Review your State laws and regulations</td>
<td>Continue to search and apply for an internship program in order to complete RDN examination requirements. Or sit for the CDR NDTR examination.</td>
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<td>Dietetic Intern</td>
<td>Individual has completed 1200 hours of supervised practice through an ACEND accredited Dietetic Internship, Coordinated Program in Dietetics or an Individualized Supervised Practice Pathway (ISPP) offered through an ACEND accredited program.</td>
<td>Review your State laws and regulations</td>
<td>Keep studying for the CDR RDN exam and pass! After passing, apply to be a licensed or certified practitioner in the State where employed, if applicable.</td>
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What can the Non-R status individual do in the nutrition and dietetics practice field?

A Non-R status individual deciding to practice in the nutrition and dietetics field is not permitted to autonomously perform certain functions. These may include nutrition screening, nutrition education, nutrition counseling, elements of the nutrition care process (NCP), and medical nutrition therapy (MNT) which is the evidence-based practice application of the NCP. Functions can be completed by the individual if under the supervision of an RDN who assigns tasks which the individual is deemed competent to perform. The RDN works within a team-based care approach and between multiple disciplines and professions. The Non-R status individual may become a team member based on their demonstrated and documented knowledge, skills and training.

Where can the Non-R status individual work?

Below are some career ideas and recommendations for the Non-R individual:

- Health care (Hospital, Skilled Nursing Facilities, Medical Practices)
- Pharmaceutical Sales and Research
- Wellness Programs
- Fitness Centers
- Food service, Catering and Restaurant Industry
- Food Banks
- Community Nutrition
- School Food Service
- Public Health
- Marketing and Communications

Proceed with caution --- Know your State’s regulations about appropriate titles based on your qualifications. Contact your State’s agency survey director.

What roles do RDNs and NDTRs play?

The Academy has published 4 articles in the Journal of the Academy of Nutrition and Dietetics in the January and February 2018 editions to define the scope of practice for the RDN and for the NDTR as well as standards of practice in nutrition care and professional performance. To access these articles, practitioners should log in to the Academy website at www.eatrightpro.org/scope, which leads to the Journal of the Academy of Nutrition and Dietetics website.

*All registered dietitians are nutritionists, but not all nutritionists are registered dietitians. The Academy’s Board of Directors and Commission on Dietetic Registration have determined that those who hold the credential Registered Dietitian (RD) may optionally use “Registered Dietitian Nutritionist” (RDN) instead. The two credentials have identical meanings. In this Practice Tip, the Quality Management Committee has chosen to use the term RDN to refer to both registered dietitians and registered dietitian nutritionists and to use the term NDTR to refer to both dietetic technician, registered and nutrition and dietetics technician, registered.*
Resources

- The Non-Registered Dietitian Nutritionist PRACTICE CLIP is an EatRightPROTV - YouTube Video and a companion to the ‘PRACTICE TIPS: Considerations for the ‘Non-Registered’ Status Individual Practicing in the Nutrition and Dietetics Field’. Learn More: https://youtu.be/MvDR7TcU-dg.
- Academy Definition of Terms List*. www.eatrightpro.org/scope.

Academy Key Definitions*

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<td>Registered Dietitian Nutritionist (RDN)</td>
<td>The Registered Dietitian Nutritionist (RDN) is defined by the Commission on Dietetic Registration as an individual who has met current minimum requirements through one of three routes: 1. Successful completion of a minimum of an Associate degree granted by a U.S. regionally accredited college or university, or foreign equivalent and completed a minimum of 450 supervised practice hours through a Dietetic Technician Program accredited by Accreditation Council for Education in Nutrition and Dietetics (ACEND) of The Academy of Nutrition and Dietetics (Academy). 2. Successful completion of a Baccalaureate degree granted by a U.S. regionally accredited college or university, or foreign equivalent; met current academic requirements (Didactic Program in Dietetics) as accredited by ACEND of the Academy; successfully completed a minimum of 450 supervised practice hours under the auspices of a Dietetic Technician Program as accredited by ACEND. 3. Completed a minimum of a Baccalaureate degree granted by a U.S. regionally accredited college or university, or foreign equivalent; successfully completed a Didactic Program in Dietetics as accredited by ACEND of the Academy. Those with the four year degree could also choose BS-DTR or BSNDTR. In all three routes, the individual must successfully complete the Registration Examination for Dietetic Technicians and remit the annual registration maintenance fee. To maintain the NDTR credential, the NDTR must comply with the Professional Development Portfolio (PDP) recertification requirements (acquire 50 hours of approved continuing professional education every five years).</td>
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<td>Nutrition and Dietetics Technician, Registered (NDTR)</td>
<td>The Nutrition and Dietetics Technician, Registered (NDTR) is defined by the Commission on Dietetic Registration as an individual who has met current minimum requirements through one of three routes: 1. Successful completion of a minimum of an Associate degree granted by a U.S. regionally accredited college or university, or foreign equivalent and completed a minimum of 450 supervised practice hours through a Dietetic Technician Program accredited by Accreditation Council for Education in Nutrition and Dietetics (ACEND) of The Academy of Nutrition and Dietetics (Academy). 2. Successful completion of a Baccalaureate degree granted by a U.S. regionally accredited college or university, or foreign equivalent; met current academic requirements (Didactic Program in Dietetics) as accredited by ACEND of the Academy; successfully completed a minimum of 450 supervised practice hours under the auspices of a Dietetic Technician Program as accredited by ACEND. 3. Completed a minimum of a Baccalaureate degree granted by a U.S. regionally accredited college or university, or foreign equivalent; successfully completed a Didactic Program in Dietetics as accredited by ACEND of the Academy. Those with the four year degree could also choose BS-DTR or BSNDTR. In all three routes, the individual must successfully complete the Registration Examination for Dietetic Technicians and remit the annual registration maintenance fee. To maintain the NDTR credential, the NDTR must comply with the Professional Development Portfolio (PDP) recertification requirements (acquire 50 hours of approved continuing professional education every five years).</td>
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<td>Dietitian</td>
<td>A dietitian is a person who is trained in the science of nutrition and dietetics. Dietitians have completed formal approved educational programs in dietetics (or their equivalents) that were established to meet certification requirements by The Commission on Dietetic Registration. These programs are accredited by The Accreditation Council for Education in Nutrition and Dietetics (ACEND) of the Academy of Nutrition and Dietetics. Dietitians provide food and nutrition services to individuals and groups in a variety of settings. Dietitians may work in specialty areas, for example specializing in weight management counseling, oncology or pediatrics, and their training and experience governs the setting in which they practice.</td>
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<tr>
<td>Nutritionist</td>
<td>A nutritionist is a person who studies nutrition and/or provides education or counseling in nutrition principles. This individual may or may not have an academic degree in the study of nutrition, and may or may not actually work in the field of nutrition.</td>
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