

Nutritionist

What do they do?

A nutritionist provides advice on dietary habits to help with achieving a healthy lifestyle.

Tasks and duties

- ▶ Consult with individuals and groups about dietary habits
- ▶ Prescribe diet plans
- ▶ Talk with other health professionals about nutrition
- ▶ Monitor clients diets and progress
- ▶ Analyse health related data and look at nutrition behaviours of particular populations groups
- ▶ Plan and implement intervention programs
- ▶ Provide consulting and counselling services to hospitals.

Where do they work?

- ▶ Hospitals
- ▶ Community Health Services
- ▶ Universities
- ▶ Private practices

What abilities do I need?

- ▶ Enjoy food and food preparation
- ▶ Interested in health
- ▶ Good communication skills
- ▶ Can work as part of a team
- ▶ Enjoys research and science

Want further information?

Additional course and entrance information is available from university admissions centres, universities, careers advisers and from the following websites:

- ▶ The Nutrition Society of Australia- www.nsa.asn.au
- ▶ The Good Guide - www.jobguide.thegoodguides.com.au

Scholarships available

- ▶ www.nrhsn.org.au
- ▶ Check professional bodies websites
- ▶ Check your State or Territory Government website for further information.

National Rural Health Student Network

The National Rural Health Student Network (NRHSN) provides a voice for students who are passionate about improving health outcomes for rural and remote Australians. The NRHSN has over 9,000 members who belong to 28 Rural Health Clubs at universities throughout Australia. They include students studying medical, nursing and allied health courses. The NRHSN offers networking, professional development and opportunities to enable positive rural health experiences. For further information please visit www.nrhsn.org.au

Rural Health Workforce Australia

Rural Health Workforce Australia and the national network of Rural Workforce Agencies attract, recruit and support health workers to care for people in rural and remote communities.

We also know that students are the future of rural health. That's why we support the NRHSN and the 28 university Rural Health Clubs.

So if you are thinking about a career in rural health or want to connect with one of our Clubs, we would love to hear from you.

Our Network

Peak Body
Rural Health
Workforce Australia
www.rhwa.org.au
03 9860 4700

Vic
RWAV
www.rwav.com.au
03 9349 7800

QLD
Health Workforce
Queensland
www.healthworkforce.com.au
07 3105 7800

Tas
Health Recruitment
Plus Tasmania
www.healthrecruitmentplus.com.au
03 6334 2355

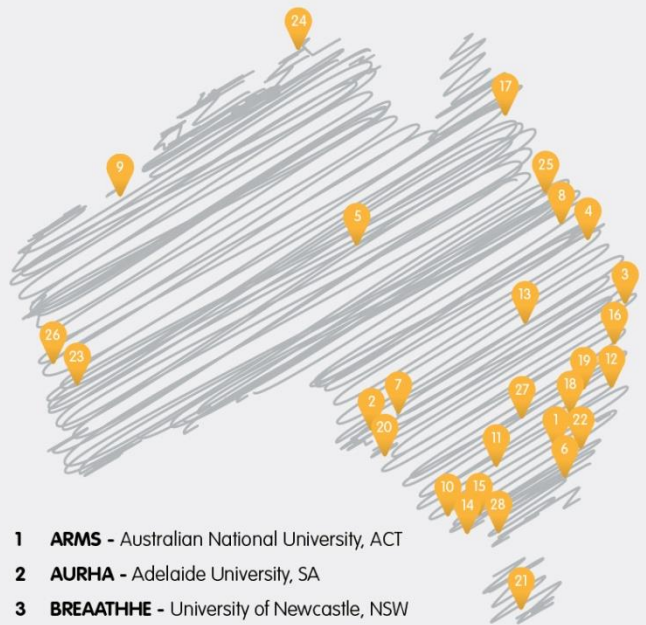
NSW
NSW Rural
Doctors Network
www.nswrdn.com.au
02 4924 8000

SA
Rural Doctors Workforce
Agency
www.ruraldoc.com.au
08 8234 8277

WA
Rural Health West
www.ruralhealthwest.com.au
08 6389 4500

NT
PHN Northern Territory
www.ntphn.org.au
08 8982 1000

Rural Health Clubs



- 1 **ARMS** - Australian National University, ACT
- 2 **AURHA** - Adelaide University, SA
- 3 **BREAATHHE** - University of Newcastle, NSW
- 4 **BUSHFIRE** - Bond University, QLD
- 5 **CARAH** - Charles Darwin University, NT in assoc with Flinders University, SA
- 6 **CRANC** - University of Canberra, ACT
- 7 **FURHS** - Flinders University, SA
- 8 **HOPE4HEALTH** - Griffith University, QLD
- 9 **KRASH** - Notre Dame University, Broome, WA
- 10 **LARHC** - La Trobe University, Bendigo, VIC
- 11 **MARHS** - Charles Sturt University, Albury, NSW including La Trobe University Wodonga campus
- 12 **MIRAGE** - University of Sydney, NSW
- 13 **NERCHA** - University of New England, NSW
- 14 **NOMAD** - Deakin University, VIC
- 15 **OUTLOOK** - University of Melbourne, VIC
- 16 **RAHMS** - University of New South Wales, NSW
- 17 **RHINO** - James Cook University, QLD
- 18 **RHUUWS** - University of Western Sydney, NSW
- 19 **ROUNDS** - Notre Dame University, Sydney campus, NSW
- 20 **ROUSTAH** - University of South Australia, SA
- 21 **RUSTICA** - University of Tasmania, TAS
- 22 **SHARP** - University of Wollongong, NSW
- 23 **SPINRPHEX** - Combined Universities of Western Australia, WA
- 24 **StARRH** - Charles Darwin University, NT including Flinders University, SA
- 25 **TROHPIQ** - University of Queensland, QLD
- 26 **WAAALHIIBE** - Combined Universities of Western Australia, WA
- 27 **WARRIAHS** - Charles Sturt University, Wagga Wagga, NSW
- 28 **WILDFIRE** - Monash University, VIC