



Clients with Chronic Diseases

Registered Dietitians work for a number of associations and voluntary agencies such as the Canadian Cancer Society, the Canadian Heart and Stroke Foundation, the Osteoporosis Society, and the Hypertension Society. Their goal is to set clear dietary guidelines and programs to support people with chronic diseases.

The Senior Manager, Nutrition Initiatives and Strategies, at the Canadian Diabetes Association (CDA) is a Registered Dietitian. She is responsible for ensuring the development of its nutrition guidelines and programs. As the nutrition expert for the CDA, her skills in working with people, teaching clients and her understanding of the human body as it relates to nutrition are critical as she interacts with volunteer committees and experts in the field of diabetes management. She works with the National Nutrition Committee (NNC) and its subcommittees to develop strategies for:

- Developing and disseminating leading-edge nutrition guidelines, tools and resources for the management of diabetes for persons affected with diabetes and the professionals who care for them;
- Advocating for changes in public health and nutrition policies that respect the rights of persons with diabetes;
- Promoting healthy dietary lifestyles that help prevent or reduce the risks of diabetes;
- Representing the CDA on various committees and consultations regarding healthy living such as Health Canada's Network on Healthy Eating, consultation on nutrition surveillance;
- Responding to various Health Canada and other government initiatives on issues such as nutrition labeling or food fortification which have an impact on the lives of those affected by diabetes;
- Reviewing nutrition related materials such as cookbooks for the CDA logo to ensure that information given is evidence-based, accurate, and consistent with the CDA guidelines;
- Assigning the Food Choice Values and Symbols to various products according to the CDA Corporate Food Program (the squares and triangles seen on food packages).

This dietitian works with a large network of dedicated and knowledgeable volunteers across Canada. It is these human relationships—and the sense of making a contribution to good diabetes care and management that is ultimately very rewarding.