



The British Dietetic Association

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**The BDA is the professional association and trade union for dietitians**

**The Role of Dietitians**

Registered Dietitians (RDs) are the only qualified health professionals that assess, diagnose and treat diet and nutrition problems at an individual and wider public health level. Uniquely, dietitians use the most up to date public health and scientific research on food, health and disease, which they translate into practical guidance to enable people to make appropriate lifestyle and food choices.

Dietitians are the only nutrition professionals to be statutorily regulated, and governed by an ethical code, to ensure that they always work to the highest standard. Dietitians work in the NHS, private practice, industry, education, research, sport, media, public relations, publishing, NGOs and government. Their advice influences food and health policy across the spectrum from government, local communities and individuals.

The title dietitian can only be used by those appropriately trained professionals who have registered with the Health and Care Professions Council and whose details are on [the HCPC web site](#). We have a [leaflet that explains the roles of nutrition professionals further](#).

**Finding a Dietitian**

Most people will be able to see a Registered Dietitian within the NHS after being referred by an NHS GP, doctor, health visitor or other medical staff. You can also self-refer. Consultations with dietitians within the NHS, are free.

Alternatively if you wish to see a Registered Dietitian who practises privately, you can search on-line for a dietitian near you at the [Freelance Dietitians](#) web site, which is run by the BDA's Freelance Dietitian Group.

[click for recruitment campaign information](#)

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**BDA Media Coverage**

The BDA Press Office Media Hotline has now changed to 0800 048 1714.



BritishDieteticAssoc  
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BrDieteticAssoc BDA spokesperson, Kate Harrod-Wild in today's Yorkshire Post talking about red meat at yorkshirepost.co.uk/news/features/... #BDA #RedMeat @yorkshirepost  
about 1 hour ago · reply · retweet · favorite

BrDieteticAssoc Series 2 of The Food Hospital: Done! You can still read exclusive interviews at bda.uk.com/thefoodhospi... #BDA #Dietitian #RoKiONSeries3  
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BrDieteticAssoc A FAB READ I TRUST! @PeterCollins\_RD keeping up with UK dietetics whilst Down Under with Dietetics Today #rduk #BDA pic.twitter.com/g6DUChH3  
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follow the BDA on Twitter

**Practice-based Evidence in Nutrition: on-line**

BDA members can now access Practice-based Evidence in Nutrition as part of their membership subscription.

Previously available as a paid subscription service for members this unique collaboration between the BDA, Dietitians of Canada, Dietitians Association of Australia and Dietitians New Zealand provides the tools for evidence-based nutrition and dietetic practice.

PEN covers over 165 different nutrition and dietetic subject areas, answering thousands of everyday practice questions and providing links to thousands more client and practitioner facing tools and resources all in one place. UK experts are actively involved in adding UK content and the resource is growing on a daily basis.

Register with PEN at [www.pennutrition.com](http://www.pennutrition.com) or [read more about PEN ...](#)



**History of the BDA**

All three volumes of the [BDA History](#) are now available.

Volume 3 is available in full print edition as well as on-line.

[click for research symposium pages](#)

**24 October 2012  
BDA welcomes Government  
Announcement on Front of Pack Food  
Labelling**

A [new front of pack food labelling system](#) to help people check the healthiness of products is set to be introduced across all supermarkets by 2013, the Government has announced today.

Labels will include information on guideline daily amounts (GDAs), be colour coded with a traffic light system and use the words "high", "medium" or "low" to inform people about how much fat, saturated fat, salt, sugar and calories are inside.

**New Hospital Food Guidance  
welcomed by the British Dietetic  
Association**

The British Dietetic Association (BDA) welcomes the news that The Secretary of State for Health, Jeremy Hunt, has issued eight [Statements of Expectation](#) outlining what would be expected of hospital food, including hydration, in England.

Speaking about the announcement, BDA Chairman, Helen Davidson, said:

"The announcement by the Secretary of State is very much welcomed and a definite step in the right direction. Having good food in our hospitals is a basic human right without a question.

"The BDA considers that appropriate good nutrition, meeting the clinical and personal needs of all, must be a priority. The potential for good nutrition to improve hospital care is huge. Malnutrition should not be, but is, a very real and current problem within the UK population that needs urgent attention. Improving hospital food is part of the solution."

Read the [BDA press release about hospital food guidance](#).

**Nutrition and Hydration Digest**

The [Nutrition and Hydration Digest: Improving Outcomes through Food and Beverage Services](#) is primarily written for those involved in food provision in care settings, particularly dietitians, dietetic support workers and caterers; but other professionals such as nurses, speech and language therapists and those interested in delivering excellence in food and beverage services, will also find it inspiring.

We recommend that individuals using The Digest seek advice from a registered dietitian with experience of working in food service.

Highlights of the Digest include sections on ensuring optimal consumption, day parts approach, menu design structure, content and capacity, texture modified, cultural and therapeutic diets, dietary coding guidance, catering specifications and food service systems. It is a source for standards, coding, guidance and good practice and will provide a common language for clinical dietitians as well as those in food service or the food industry.

**The Food Hospital is back!!**

Channel 4's innovative factual programme, *The Food Hospital*, is back for a second series and British Dietetic Association (BDA) media spokesperson Lucy Jones, is once again taking a leading role in the prime time show.

*The Food Hospital* is back on our screens on Wednesdays at 8pm on Channel 4 for six weeks. Lucy Jones is joined once again by co-presenters GP Dr. Giovanni Miletto and specialist obesity consultant surgeon, Shaw Somers. Dr Pixie McKenna also joins this series.



Commissioned by the Specialist Factual arm of Channel 4, the series follows patients entering *The Food Hospital* and, uniquely, having their identified ailments and health conditions treated with food alone and then following the patients to see if their new diet had made any positive impact. For the first time, *The Food Hospital* will take to the road and go out and meet different groups of people to give them this innovative approach to health management.

There will be some serious issues covered on the show, alongside some more light hearted approach to busting numerous food myths. Read our [Food Hospital press release](#), and [see our Food Hospital pages](#).

On 1st November 2011, the British Dietetic Association (BDA) launched a brand new national campaign called **Mind the Hunger Gap**.

The first phase of the campaign will involve calling on all dietitians in the UK to highlight the national disgrace that conservatively estimated involves around 1,000,000 (one million) older people in the UK eating less than one square meal a day. This figure does not include those older people in a

hospital or care setting, it is those older people living in our community or, as they have become, the 'invisible' population.

Malnutrition does not discriminate and it impacts on people regardless of age, gender or race. While the World Health Organization cites malnutrition as the greatest single threat to the world's public health, it is still widely believed that malnutrition is restricted to the third world population. Quite simply, it is not.

**Mind the Hunger Gap** is an online-based campaign. The website ([www.mindthehungergap.com](http://www.mindthehungergap.com)) offers downloadable materials and campaign tools to highlight the issue locally, while the BDA will raise the issue on a national level.

While primarily a dietitian-led campaign, the **Mind the Hunger Gap** website will also have various tools that members of the public can use to add their support.

Read the [full Mind the Hunger Gap launch press release](#).



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