

A dietitian is a professional who applies the science of food and nutrition to promote health, prevent and treat disease to optimise the health of individuals, groups, communities and populations. The profession of dietetics contributes to the promotion of health and the prevention and treatment of illness by optimising the nutrition of populations, communities and individuals. Dietitians have a defined and recognisable body of knowledge and utilise scientific principles and methods in the study of nutrition and dietetics, applying these results to influence the wider environment affecting food intake and eating behaviour. The scope of dietetic practice is such that dietitians may work in a variety of settings and have a variety of work functions.



### Workforce characteristics for NSW Health nutrition and dietetics workforce in 2040



**2097**  
Headcount



**95.3%**  
Female



**27.3**  
Work hours per  
week



**39.4**  
Years average age



**8.8%**  
Future 60+



**3.4%**  
Aboriginal  
workforce target



Demand is expected to grow **1.7%** (low demand scenario) to **2.4%** (high demand scenario).

Workforce modelling indicates the need to grow the NSW nutrition and dietetics workforce by around **39** to **59** new professionals per annum to meet community need in 2040 across both demand scenarios.

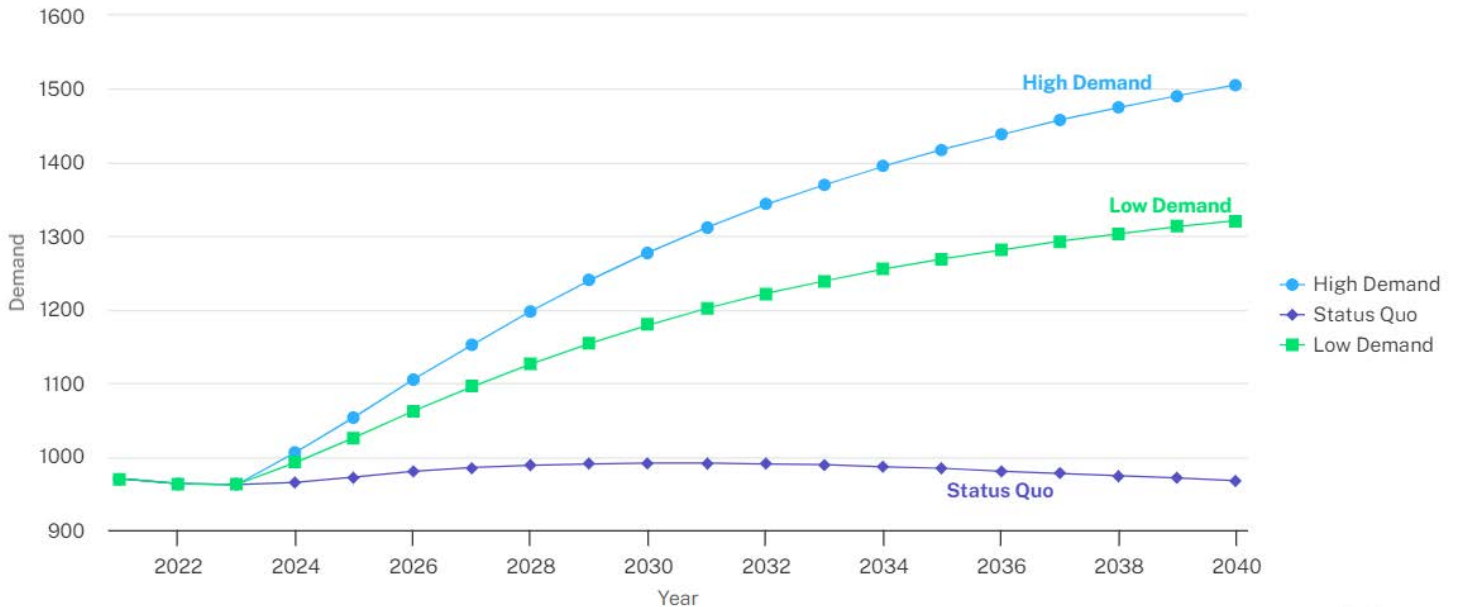
**SIGNIFICANT**

CAREER  
OPPORTUNITIES

### Notes

- Data source: NSW Health. Vacancy data is excluded from the workforce model. Data included is limited to the workforce employed under the relevant health professional award. NSW Health may engage therapists on a sessional basis.
- 2040 workforce characteristics reflect the high demand scenario
- LHD/SHN may engage in sessional arrangements in selected circumstances.
- Workforce that cannot be aligned to a physical location have been attributed to a pre-determined facility within each LHD/N. This may impact on Headcount shown at these facilities within the distribution map.
- NSW Health does not make any representations or warranties whether expressed or implied with respect to the accuracy and completeness of the information contained in the fact sheet.

## Projected FTE growth for NSW Health nutrition and dietetics workforce to 2040



## Workforce characteristics for NSW Health nutrition and dietetics workforce in 2021



**856**  
Headcount



**27.0**  
Work hours per week



**38.4**  
Years average age



**95.6%**  
Female



**2.3%**  
Aged 60+



**0.5%**  
Aboriginal

### Metropolitan Sydney



**448**  
Headcount



**28.7**  
Work hours per week



**37.9**  
Years average age



**1.0%**  
Aged 60+

### Non-Metropolitan Sydney



**406**  
Headcount



**25.1**  
Work hours per week



**38.9**  
Years average age



**1.3%**  
Aged 60+

## Nutrition and dietetics junior entrant positions into NSW Health



2017  
68

2018  
54

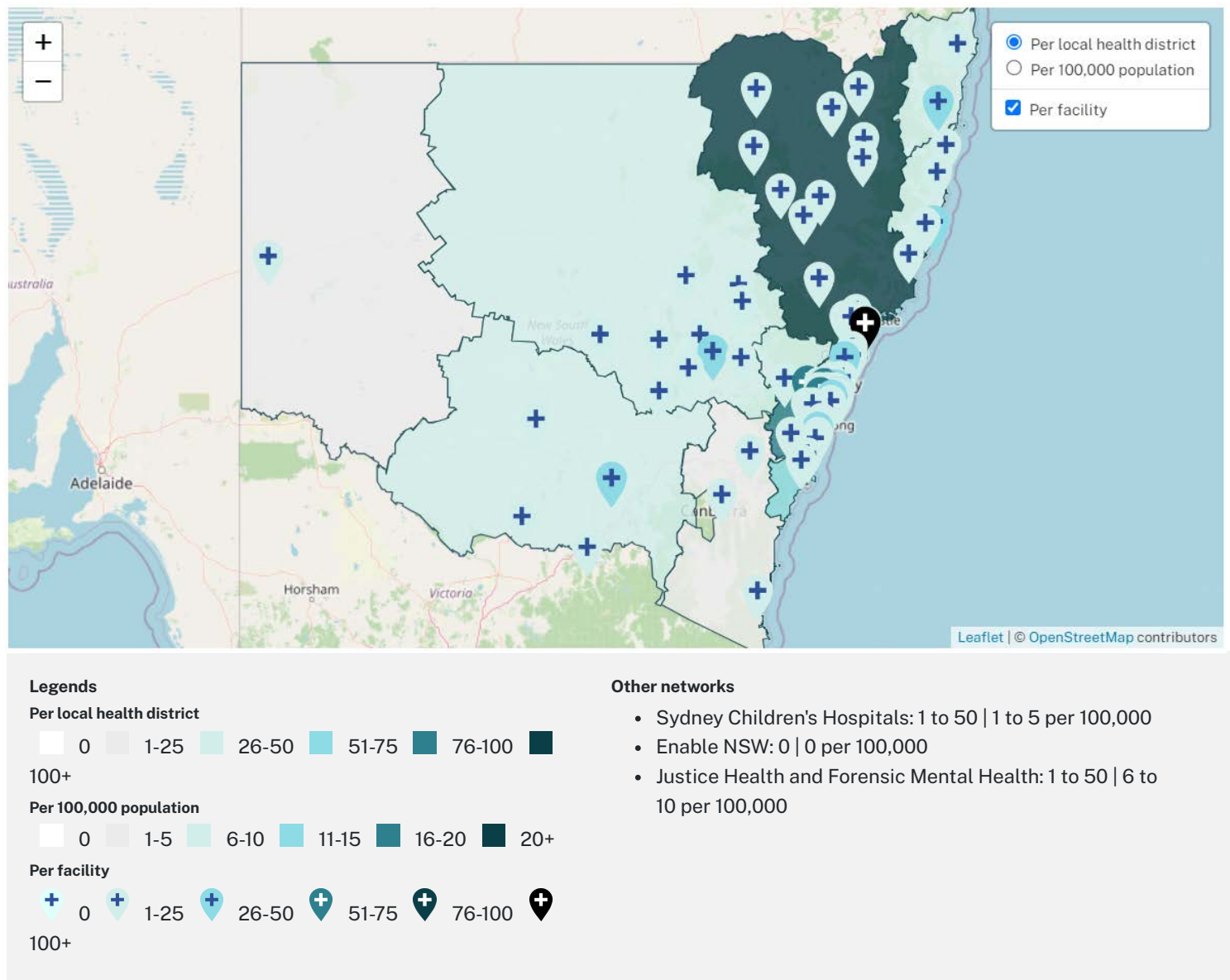
2019  
48

2020  
59

2021  
47

## Workforce distribution for NSW Health nutrition and dietetics workforce in 2021

The geographic distribution of the public workforce by local health district/network, by facility and per 100,000 population.



## Workforce considerations

- Partnerships with universities supporting educator roles is positively influencing and assisting with building the student to clinician pipeline in NSW Health.
- Improvements in data capture and demand (met and unmet) is a prioritised need for the workforce.
- Population demographics and increasing incidence of complex and chronic disease may increase demand for dietetics services.
- New government funding initiatives and policy will influence nutrition and dietetics workforce movement (gains / attrition) in NSW public health (i.e. malnutrition and NSW nutrition care policy, activity based funding).
- Dietitians are able to work to top of scope when potentiated by supporting allied health assistant or student workforce.
- Collaborative commissioning and interdistrict partnerships, particularly in rural and remote settings, may reduce fractionalisation of roles and is an enabler to workforce availability.