

# Public Health Nutrition

Your Careers Adviser

Dave Kilmartin

T +353 1 402 3084

E [dave.kilmartin@tudublin.ie](mailto:dave.kilmartin@tudublin.ie)

[www.tudublin.ie/careers](http://www.tudublin.ie/careers)



## Skills developed in college

You have developed a range of skills through your education, work experience and personal interests and achievements. Understanding what skills you have to offer and like to use can help you understand what you want in a career, as well as providing key information for job or further study applications.

In terms of securing a job, academic qualifications alone will not guarantee success. Evidence-based skills sections on your CV can demonstrate the broad range of qualities you have to offer employers. Here are some of the main skills you may have developed while in college:

- **Communication skills, both verbal and written**  
Expressing ideas effectively and conveying information appropriately and accurately. Influencing others by expressing yourself in a group and in one to one situations. Showing a range of verbal and nonverbal signals to demonstrate that the information being received is understood. You have negotiated your way through complex communications on various projects you've participated in, from initial briefing, through to report writing and presenting to varied audiences.
  - **Teamwork / Working with Others**  
Working effectively and confidently within a group to achieve a common goal or task. This means that you understand your role within the team, as well as listen and support the other team members. Teamwork skills are developed in group projects in college as well in sporting clubs and college societies
  - **Problem-solving ability**  
Identifying, prioritising and solving problems, individually or in groups; possessing the ability to ask the right questions, sort out the many facets of a problem, and contribute ideas, as well as answers. Having an eye for detail as well as the ability to adopt a common sense approach to solving problems under pressure has been something you've learned during your work.
  - **Time-management skills / ability to meet deadlines**  
Managing several tasks at once; being able to set priorities and to allocate time efficiently in order to meet deadlines. You have juggled course deadlines and assignments with part-time work or involvement in extra-curricular activities. This demonstrates that you are organised and can manage your time. Complex construction projects require effective organisation and time management if they are to be delivered to budget and on time.
  - **Planning and Organising**  
Establishing a course of action for self and/or others to accomplish a specific goal. Allocating resources appropriately.
  - **Leadership skills**  
Motivating and taking responsibility to lead other people, in order to achieve set goals and objectives.
  - **Initiative & self-management**  
Identifying opportunities and being proactive in putting forward ideas and potential solutions.  
Self-disciplined and self-motivated in the pursuit of studies and professional practice.
  - **Ability to make quick decisions / work under pressure (flexibility)**  
Making decisions and taking action. Maintaining performance under pressure and / or opposition.
- You may also have developed a wide range of technical / specific course related skills

## Types of employers/industry sectors

Some of the main types of employers / industry sectors in which Public Health Nutrition graduates work include:

Specific job opportunities for public health nutrition graduates include health improvement, addressing inequalities in nutrition and health, nutrition advocacy, the prevention of non-communicable diseases, developing/commissioning and implementing policies and programmes, monitoring, evaluation and assessment of diet in groups/communities, education and generating research evidence linking food/nutrients and health across a range of employers.

These include:

- Advisory positions in weight management, healthy eating or similar
- Advisory positions in food safety and health, e.g. Food Safety Authority of Ireland
- Broader roles in health promotion and health improvement
- Project delivery or advisory work with government agencies, e.g. HSE, local authorities
- Research and data analysis at public health organisations and various higher education institutes
- food policy development: local, national and international agencies campaigning for nutrition causes;
- Work in food industry, e.g. Kellogg's, Nestle, Danone, Glanbia; Kerry group
- Regulatory Affairs in the food industry
- Food in schools initiatives
- National nutrition assessment groups
- Infant and maternal nutrition, e.g. UNICEF, Healthy Start
- International work in public health, e.g. World Food Programme, World Health Organisation
- Sports organisations
- Work on Emergency Relief or food development programmes in low income countries

Employment opportunities exist for nutrition experts within the agri-food production and retail industries. Opportunities also exist for employment in nutrition product sales and marketing. A number of government agencies and bodies are employing expert nutritionists. The growing appreciation of the role of nutrition in public health amongst health professionals, industry, the general public, and at Government level is resulting in a growing demand for graduates in Public Health Nutrition.

For sector information see:

- [www.gradireland.com](http://www.gradireland.com)
- [www.careersportal.ie](http://www.careersportal.ie)
- [www.prospects.ac.uk](http://www.prospects.ac.uk)
- [www.targetjobs.co.uk](http://www.targetjobs.co.uk)

## Career options with your course

Some of main occupations related to your degree include:

- Public Health Nutritionist
- Nutritionist
- Researchers - nutritionist
- Lab analyst
- Regulatory Affairs – QC - QA

For occupational information see

- [www.gradireland.com](http://www.gradireland.com)
- [www.careersportal.ie](http://www.careersportal.ie)
- [www.prospects.ac.uk](http://www.prospects.ac.uk)
- [www.targetjobs.co.uk](http://www.targetjobs.co.uk)

## Employers who have recruited in your area

Some of the companies who have recruited Public Health Nutrition graduates include:

- Food Safety Authority
- Teagasc
- Kerry Group
- HSE
- Concern

## Job Hunting

It is important that you access both the advertised and hidden jobs market and use any and every means available to you to job hunt effectively.

## Advertised Jobs

### WEBSITES

- [www.dit.ie/jobscene](http://www.dit.ie/jobscene)
- [www.gradireland.com](http://www.gradireland.com)
- [www.healthcarejobs.ie](http://www.healthcarejobs.ie)
- <http://www1.wfp.org/careers>
- [www.hse.ie/eng/staff/Job/Job\\_Search/](http://www.hse.ie/eng/staff/Job/Job_Search/)

Careers section of Company and agency websites – see list  
<https://www.nutritionistsociety.org/jobs>  
<https://www.food.gov.uk/about-us/jobs/jobs>

Recruitment Agencies/On-line recruitment sites, e.g. [www.irishjobs.ie/](http://www.irishjobs.ie/)  
agencies – complete list of agencies

## Voluntary Sector/Charities

[www.activelink.ie](http://www.activelink.ie)

Voluntary Sector/Charity/NGO vacancies in voluntary sector

[www.volunteeringireland.com](http://www.volunteeringireland.com)

[www.dochas.ie](http://www.dochas.ie)

Association of non-governmental development organisations

[www.comhlamh.org](http://www.comhlamh.org)

Volunteering opportunities

[www.wheel.ie/directory](http://www.wheel.ie/directory)

Directory of voluntary and community organisations

## Unadvertised Jobs

### NETWORKING

- Job Shadow/Informational Interviewing/work experience
- Networking – who is in your network?
- Professional Bodies,
- Social networking sites (facebook, twitter, LinkedIn, Facebook, Blogs, discussion boards)
- Attend events,
- Businessandleadership.com (events)
- Get in touch with guest speakers
- Thesis / College projects/Placement/Site visits/guest speakers
- TU Dublin Societies
- First Destination Reports
- Join Alumni Association/Linked-in TU Dublin Alumni group

For more information on how to go about finding a job and job-hunting sites, [See www.tudublin.ie/careers](http://www.tudublin.ie/careers)

## Interviews

For more information on how to perform in interviews, [See www.tudublin.ie/careers](http://www.tudublin.ie/careers)

## CVs/Cover letters and applications

For information on how to put together a great CV/Cover Letter or Application, [See www.tudublin.ie/careers](http://www.tudublin.ie/careers)

## Useful links (e.g. Company Databases, Professional Bodies, LinkedIn Groups)

This list contains links to some of the most useful websites for your course including professional bodies and associations, employer directories, information sources and LinkedIn groups.

### General websites — useful links

- [www.fsai.ie](http://www.fsai.ie) - Food Safety Authority of Ireland
- <https://www.teagasc.ie/> - Agriculture and Food Development Authority
- <https://www.origingreen.ie/members/food-and-drink/> - Ireland's national food sustainability programme
- <http://www.bordbia.ie/> - Irish Food Board – (company listings)
- <http://www.iuna.net/> - Irish Universities Nutrition Alliance
- <http://www.nutritionandhealth.ie/> (Linked to IBEC)
- <http://www1.wfp.org/careers> - world food programme
- <https://www.irishaid.ie/> - government agency working with overseas development
- <http://www.nii.org.uk/key-facts-about-nii/>
- <https://www.nutrition.org.uk>
- <http://www.associationfornutrition.org> – UK voluntary register of nutrition
- <http://www.sense-nutrition.org.uk>
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#### Company listings

- <http://www.top1000.ie/industries/food-and-beverage>
- DIT library databases – comprehensive listing of companies and commercial information in Ireland by sector
- <http://www.fooddrinkireland.ie/Sectors/FDII/FDII.nsf/vPages/Home?OpenDocument>
- <http://ie.kompass.com/s/agriculture-food/01/>

#### Job Profiles

- <https://www.prospects.ac.uk/job-profiles/nutritionist>
- <http://www.academicinvest.com/science-careers/nutrition-careers/how-to-become-a-public-health-nutritionist>
- [https://www.goalglobal.org/careers?gh\\_jid=663822&gh\\_src=yrd5841](https://www.goalglobal.org/careers?gh_jid=663822&gh_src=yrd5841)

#### LinkedIn Profiles and Groups

- <https://www.linkedin.com/in/laurannoreilly1/>
- <https://www.linkedin.com/in/margaret-murphy-74aa613a/>
- <https://www.linkedin.com/in/niamh-o-connor-rd-mindi-4b71a014/>
- <https://www.linkedin.com/groups/120372/profile> - global public health group

## Careers open to all disciplines (Including 'Paths Into...' Series)

Many graduate vacancies don't require specific degree subjects as possession of a degree is taken as evidence of intellectual ability. What is more important to the potential employer is the range of transferable skills and experience you can demonstrate.

Many graduate training programmes take final year students from a wide range of disciplines, register with the [Career Development Centre's Jobsence](#) for a full list of programmes. Here is a range of career areas that are potentially open to graduates of all disciplines. It's important to note that some of these options may require further study either on the job or beforehand.

If you are considering diversifying or changing career direction a postgraduate conversion course may be a viable option.

Some examples of career areas open to students of all disciplines:

- Teaching & Education
- Financial Services & Accounting
- Marketing, Advertising and PR
- Retail, Sales and Customer Service
- Banking, insurance and financial services
- Charities and voluntary sector
- Fund management / administration and investment banking
- Human resources, recruitment and training
- Management consulting
- Management, business and administration
- Media and publishing
- Public sector and civil service
- Social, community and youth

For further information see: [www.gradireland.com/career-sectors](http://www.gradireland.com/career-sectors)

## Further Study

Are you considering further study or training? See [www.tudublin.ie/careers](http://www.tudublin.ie/careers) for comprehensive information

### Conversion courses

Some graduates find that their primary degree did not meet their expectations, either vocationally, academically or personally, and seek change career direction. Conversion courses offer the opportunity to diversify into another chosen career area while meeting the necessary entry requirements for that discipline. However, it should be noted that this is not the case for all disciplines e.g. disciplines such as science and engineering will require an undergraduate degree in that discipline.

## Self Employment

Ever thought of being your own boss? Think you have an innovative product or service idea that could have commercial value? Want to commercialise your research? See [www.tudublin.ie/careers](http://www.tudublin.ie/careers)

## Other Options (e.g. Time out, travel etc.)

Volunteering and working with communities with is a great way to gain valuable real world experience, to develop new skills, to meet new people, to do something worthwhile and to improve your employability. For more details, see [www.tudublin.ie/careers](http://www.tudublin.ie/careers).

## Labour Market Information

For information on the latest labour market trends see [www.tudublin.ie/careers](http://www.tudublin.ie/careers).

## Additional Information / Advice

For any query you might have, please do not hesitate to get in touch with us.