

Dietetic Internship in Public Health

Eat Healthy—Be Active—Live Well

Tri-County Health Department offers a dietetic internship accredited by the Commission on Accreditation of Dietetics Education (CADE) of The American Dietetic Association (ADA). CADE is a specialized accrediting body recognized by the Council on Higher Education Accreditation (CHEA) and the United States Department of Education. CADE's address is 120 South Riverside Plaza, Suite 2000, Chicago, IL 60606-6995, phone number is 312-899-0040 ext. 5400, and website address is cade@eatright.org.

Our program runs from late August to mid July each year. We accept four full-time interns annually who complete the experience in 10½ months and are then eligible to write the ADA Commission on Dietetic Registration Examination for Dietitians to earn RD status.

The mission of Tri-County Health Department is to protect, promote and improve the health, environment and quality of life of the citizens of Adams, Arapahoe and Douglas counties. The Nutrition Division promotes optimal nutrition for people of all income levels and at all stages of the life cycle through these services:

- Dietetic internship
- Colorado's largest WIC program (Special Supplemental Nutrition Program for Women, Infants and Children)
- Community nutrition education programs
- Newsletters and educational materials
- Mass media information
- Cooperative projects with other agencies
- Weight Management Program
- School and childcare collaborations
- TCHD Employee Wellness Program
- Peak Wellness (cancer, cardiovascular disease and diabetes prevention program for 40–64-year-old women and men)



Tri-County Health Department Registered Dietitian, Alice Kremer, explains the benefits of eating fruits and vegetables at a health fair.

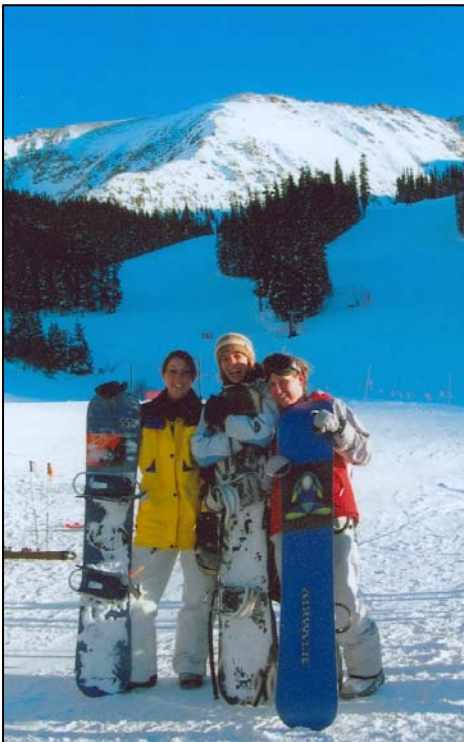
Tri-County Health Department

Tri-County Health Department, founded in 1948, currently serves over one million residents in Adams, Arapahoe and Douglas Counties, three of seven counties that make up the Metro Denver area. Tri-County Health has eleven offices staffed by registered dietitians, nurses, health educators, environmentalists and other health professionals as well as satellite offices offering WIC services only. TCHD is a national leader in public health and has received many awards for innovative services.



Tri-County Health Department Administrative Office

Our Colorado Connection



Andrea, Alicia, and Kristin, class of 2006, delight in a day of snowboarding.

Colorado's Rocky Mountains provide a majestic backdrop for the Metro Denver area. Only a short drive from the city, the Rockies offer many recreational opportunities such as skiing, camping, hiking, climbing, biking and fishing. Historic mountain towns, mineral spring spas and quaint hotels add flavor to a *something-for-everyone* atmosphere.

Denver is a young, diverse city and is one of the fittest in the country, partly due to having the nation's largest public parks system. Educational and cultural activities abound with nine major colleges and universities, museums, a symphony orchestra and numerous theater companies. Major sports teams and world-class restaurants also add to Metro Denver's appeal.

Denverites enjoy year-round comfortable living, with sunny skies, moderate temperatures and low humidity.

Experience the advantages of *the Mile High City* while advancing your career through Tri-County Health Department's challenging Dietetic Internship in Public Health.

Benefits

Tri-County's internship provides you with many benefits.

Professional/Career benefits:

- Preparation for the ADA Registration Exam
- Networking opportunities with dietetics professionals
- In-depth projects and experience to add to your resume and build your skills
- Professional Development Portfolio and resume assistance

Preparation for a variety of entry level dietetic or food service positions. Recent graduates are employed in the following positions:

- Public health as WIC dietitians
- Hospital clinical dietitians
- Hospital food service dietitians
- Cooperative extension
- United States Armed Forces
- Food industry
- Private practice
- Long term care

Program benefits:

- Varied practice experience in public health nutrition
- Qualified professional instructors
- 10 holidays, 4 days + Christmas holiday leave



Kim is sworn in to the Navy at graduation ceremonies, July 1994.

Expenses

Tuition: \$4,800. This fee covers administration of the program, most learning materials, professional meetings and seminars.

Application Fee: \$60.00. If you are selected for the internship, this fee will be applied toward your tuition.

Professional Liability Insurance: Approximately \$25.00 per year and must be provided by the intern. The application information will be sent to the intern before the program begins.

Health Insurance: This is required and is the intern's responsibility. Proof of health insurance must be provided by the intern.

Housing: (unfurnished) \$700-\$1000 per month in the Denver metro area. Some interns have shared housing. Interns will be provided with addresses and phone numbers of their classmates.

Food: There are no food service facilities at Tri-County Health offices. Some supervised practice experiences, such as hospitals and clinics, provide free or reduced-cost meals.

Transportation: \$100 per month for gasoline. All auto insurance must be provided by the intern. Bus and light rail services are available in Denver, but a reliable vehicle is required. The intern is responsible for any affiliation parking expense.

Books: Approximately \$200. Interns will be sent a list of required textbooks and materials.

Program Synopsis

The mission of Tri-County's Dietetic Internship is to provide students with a community/public health dietetic practice experience, qualifying them to take the CDR examination for dietetic registration and to produce competent entry-level practitioners in community/public health nutrition.

You can complete the dietetic internship in 10½ months (46 weeks).

The internship requires 40 hours per week on site. Evening and weekend time may be needed to complete assignments, readings and projects. Interns will work some weekends, evenings and holidays. While at affiliating hospitals, interns will work hours required by the hospital preceptor.

Summary of Supervised Practice

Rotation	Length
Orientation	1 week
Tri-County Health WIC	9 weeks
Medical Nutrition Therapy	8 weeks
Clinical Pediatrics	1 week
Community Dietetics	9 weeks
Food Service	5 weeks
Management	4 weeks
Peak Wellness Program	1 week
Projects and Research	5 weeks
Long Term Care	1 week
Intern choice	1 week
4 vacation days + Christmas holiday	<u>1 week</u>
Total	46 weeks

Community Dietetics

Community education is an essential component of public health nutrition at Tri-County Health. During your community dietetics experience you will perform these activities to improve your skills in teaching, writing and counseling:

- Complete a community research project for Tri-County Health Department
- Develop teaching aids and teach classes in Tri-County's clinics and community settings
- Plan and participate in community health fairs
- Complete community case studies
- Author nutrition newsletter articles
- Write a press release or website fact sheet
- Answer nutrition questions from the community
- Practice food demonstrations and recipe modification/testing
- Learn marketing skills and complete a marketing plan
- Learn traditional and non-traditional areas of dietetics practice
- Participate in grant writing process



Ellie, class of 2008, demonstrates Thai cooking to staff at a WIC workshop.

Food Service

Tri-County Health Department cooperates with several food service facilities in the metro Denver area. You will gain practical hands-on food service experience as well as learn food service management principles through these activities:

- Observe and participate in the ordering, receiving, storage and handling of food, supplies and equipment
- Compare quantity food production in diverse settings
- Review procedures for menu planning, the use of standardized recipes, and the control of a food service budget
- Critique the design and layout of a food service kitchen
- Conduct food service employee training
- Accompany a Tri-County Health sanitarian on a food service health inspection.
- Complete special food service projects to include all aspects of food service management



Ellie, class of 2008, working in a hospital kitchen.

Medical Nutrition Therapy

Medical nutrition therapy is an integral part of public health nutrition. Outpatient experience is provided through high risk WIC counseling, and Tri-County Health contracts with several area hospitals to provide inpatient experience. During your supervised practice you will have these opportunities:

- Apply your knowledge of nutrition requirements for normal adults, infants children, and pregnant and lactating women
- Interpret medical terminology and chart notes for patient assessment in hospital and community settings
- Attend counseling and diet assessment in-services, and observe counseling sessions by Tri-County Health's dietitians
- Participate in team meetings with clinic nurses and practitioners
- Counsel a diverse population of high risk clients from Tri-County Health clinics, hospitals and the community
- Work with hospital clinical dietitians, attend patient rounds and participate in medical nutrition therapy
- Complete clinical case studies and present to staff dietitians
- Work at a local long term care facility
- Provide RD staff relief as appropriate to facility and Tri-County WIC clinics



Lisa, class of 1992,
counsels a client in a WIC clinic.



Michelle, class of 2007, shows Ellie, class of 2008,
charting procedures at one of our hospital affiliations.

Management

Management experiences focus on management styles and practices within Tri-County Health Department and the Nutrition Division. Tri-County Health's management staff will help you accomplish these objectives:

- Learn management principles and specific procedures used by Tri-County Health and selected affiliates
- Observe and participate in employee interviewing and hiring
- Become acquainted with Tri-County Health's administrative personnel and with its various levels and styles of management
- Write or revise a job description and workplace policy
- Plan, conduct, and evaluate a day-long training session for WIC staff
- Complete a proposal for the development and layout of a new WIC clinic
- Meet with directors of other local WIC and supplemental food programs and with State officials who oversee these programs
- Complete a cost analysis project and write a mock WIC budget
- Participate in public policy as it relates to public health and the dietetics profession



Xuan-Dao, class of 1998, conducts a training session for staff.

Projects/Research

Research concepts are key components in public health nutrition programs. Through classes, field sites, and hands-on projects you will perform these tasks:

- Visit a facility that conducts nutrition research
- Research a nutrition issue of current importance and summarize findings in a position paper
- Conduct a community research project, collect and evaluate data, develop and implement a plan to satisfy project requirements, and present the results of the project in a Power Point presentation
- Critique nutrition research articles and utilize ADA's Evidence Analysis Library to promote evidence-based dietetics practice



Jenna, class of 2005, displays Physician Kits developed by her class.

Evaluation

Evaluation is essential to your success as an intern and to the success of the program. Evaluation will consist of the following:

- Formal evaluation twice during the internship. At this time all checklists will be reviewed and progress discussed.
- Weekly evaluations during supervised clinical dietetics practice and at the end of this practice. A point system will be used to evaluate intern performance.
- Daily, informal evaluations by Tri-County dietitians and at the end of each rotation within Tri-County Health Department.
- Weekly self-assessment of learning and challenges.
- Monthly intern meetings to discuss rotations, share experiences and clarify assignments.
- An evaluation by the intern at the end of each rotation and a final evaluation at the end of the internship.



Heidi, Sean, Beth, and Desiree, class of 1995, enjoy graduation ceremonies with Anne Bennett, Director of Nutrition

Interns who successfully complete all rotations will be issued a verification statement at the end of the internship.

A graduation ceremony is held at the conclusion of the internship each July.

Qualifications

- Completion of academic requirements of an ADA-approved Didactic Program in Dietetics (DPD).
- Baccalaureate or master's degree in nutrition or dietetics or a related field from an accredited college or university.
- A MINIMUM cumulative grade point average of 2.8 on a 4.0 scale. A nutrition grade point average of 3.0.
- Some dietetics-related or food service experience is helpful, whether paid or volunteer work.
- Additional course work and/or qualified work experience is required in nutrition and/or food service to update degrees completed five years or more prior to application to the internship. Recommended courses include Medical Nutrition Therapy, Biochemistry, Statistics or Epidemiology, Medical Terminology. Must complete courses with B grade or better. All courses to satisfy recency of education requirements must have been completed within the last five years and before beginning the internship. Approval of course work/work experience will be at the discretion of the internship director.

Program Goals and Objectives

Goal 1: To provide a dietetic practice experience with emphasis in community/public health, providing dietetics graduates with practical, up-to-date knowledge of nutrition along with varied dietetic experiences.

Objectives:

- Interns will complete all rotations.
- Fifty percent of Tri-County Health Department Internship graduates will obtain a professional dietetic or related position in public health/community nutrition within two years of graduation.

Goal 2: To graduate interns in community/public health who will successfully complete the CDR examination on the first attempt and become registered dietitians.

Objectives:

- Eighty percent of TCHD Graduates will sit for the CDR examination within one year of graduation.
- Upon completion of the Tri-County internship, 80 percent of graduates will pass the CDR examination on the first attempt. (**Our pass rate is 100 %.**)

Goal 3: To provide quality affiliations in Food Service, Clinical and Long-Term Care.

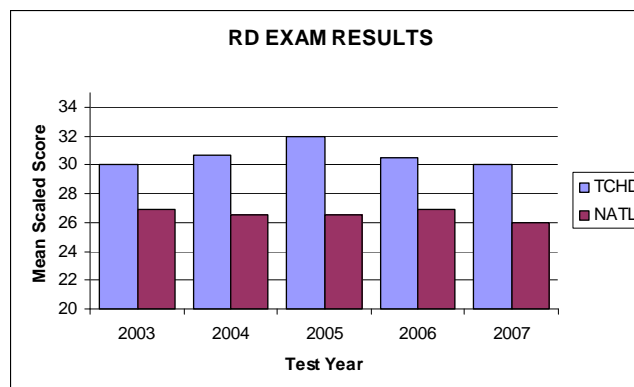
Objectives:

- Interns will complete evaluations of affiliations at the end of their rotations, with ninety percent of interns rating affiliations at a level of 3 or higher on 5-point scales for professionalism, teaching effectiveness and adequate exposure to varied medical conditions.
- Internship director will visit each facility during intern rotations to evaluate intern's progress and affiliation's activities.

Goal 4: To maintain quality of the Tri-County Health Department Internship.

Objectives:

- Conduct regular advisory committee meetings to review program goals, affiliations, future direction of dietetics and pass rate of program graduates.
- Ninety percent of program graduates will rate overall effectiveness and their preparation for entry-level practice at a level of 3 or higher on 5-point scales.



Application Procedures

Applications must be postmarked by **February 1**. Please note this deadline is earlier than many other programs.

Your application must include these items:

- Completed ADA application form. Contact your DPD director or The American Dietetic Association. Applications may also be downloaded from www.depdpg.org/index_580.cfm
- Handwritten summary of career goals. See final page of application packet for details
- Official transcripts from ALL colleges and universities attended. A final transcript will be required for interns who are selected for the internship
- Verification of DPD completion or Declaration of Intent signed and dated by DPD representative. A final verification statement will be required for interns who are selected for the internship
- ADA Reference Forms. Three (3) completed references are required: one professional/work, one academic, and one either work or academic (work preferred). Reference forms must be originals in sealed envelopes with the writer's signature on the back. It is preferable to send reference forms with the application packet rather than mailing separately. ADA Reference Forms may be downloaded from www.depdpg.org/index_580.cfm.
- Non-refundable \$60.00 application fee payable to Tri-County Health Department

Mail application to:

Secretary, Nutrition Division
Tri-County Health Department
7000 E. Belleview Avenue, Suite 301
Greenwood Village, CO 80111

Applications should be sent Registered or Certified mail to ensure delivery and acknowledgement of receipt. No other acknowledgement of receipt of the packet will be made.

For more information, contact Heidi Fritz, Dietetic Internship Director, hfritz@tchd.org/303-846-2004, or Phyllis Holtan, Nutrition Division Secretary, pholtan@tchd.org/303-846-6271.

Tri-County's internship participates in the computer matching process through D&D Digital Systems. Applicants must submit materials and fee to D&D:

D&D Digital Systems
304 Main Street
Ames, IA 50010-6148
515-292-0490 (phone) 515-663-9427 (fax)
dnd@sigler.com (email) www.dnndigital.com (website)

Summary of Career Goals

How does Tri-County Health Department's Dietetic Internship in Public Health fit into your career goals? What unique qualifications would you bring to our program?

MUST BE HANDWRITTEN. PLEASE LIMIT TO ONE PAGE.