



**Speech at the closing ceremony of
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Leadership in Dietetic Education:

**Discretionary treatment and workplace
research capability of dietitians**



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Abstract:

In a rapidly changing society, the work and role of dietitians may have to change. Education must play a major role in these changes. In Japan basically there is a dietitian at each school. The school lunch DRIs are categorized into 3 age groups for elementary school children, 1-2, 3-4 and 5-6 grade. However, for example, the leftovers are different for children in 1st grade compared to those in 2nd grade. To take another example, the energy requirements for children who belong to sports clubs differ from those who get little physical exercise, even though they are the same age. Dietitians should not just follow the figures in the tables provided by experts but they themselves should calculate the requirements for the children actually in their school. In other words dieticians must have discretionary power. However, discretionary power also involves responsibility. To support this responsibility, scientific evidences are required but they have been limited. Although Asian countries try to follow information about nutrition and health from western countries, their problems are often very different. Furthermore, developed countries themselves have major problems such as obesity and metabolic syndromes in spite of intensive research employing modern technologies. These facts show that research in applied nutrition fields is limited world-wide. Research in applied nutrition field is usually complicated and needs good knowledge about the methods and data analysis. To achieve this we have to reconsider education for dietitians.

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