

## DEPARTMENT OF HEALTH

NO. 3760

4 August 2023

**HEALTH PROFESSIONS ACT, 1974 (ACT NO.56 OF 1974)****REGULATIONS DEFINING THE SCOPE OF THE PROFESSION OF NUTRITIONISTS**

The Minister of Health has, under section 33 (1) of the Health Professions Act, 1974 (Act No. 56 of 1974) and on the recommendation of the Health Professions Council of South Africa and the Professional Board for Dietetics and Nutrition, made the regulations in the Schedule.



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**DR. M.J. PHAAHLA****MINISTER OF HEALTH**

DATE: 13/07/2023

## SCHEDULE

### Definitions

1. In these regulations any expression to which a meaning has been assigned in the Act shall bear that meaning and, unless the context otherwise dictates-  
“**the Act**” means the Health Professions Act, 1974 (Act 56 of 1974),

### Acts pertaining to scope of Nutritionist Profession

2. The following acts are deemed to be acts pertaining to the scope of the professions of Nutritionists: -
  - (a) Use of evidence-based theory and practice of nutrition to address population-based nutrition related problems and its causes through appropriate programmes and policies;
  - (b) Use of evidence-based theory and practice to plan, implement, monitor, evaluate and manage programmes to address nutrition problems or challenges and associated causes and maintain nutritional well-being;
  - (c) Use of a comprehensive body of knowledge of principles of nutritional sciences to advise on food and nutrition in an ethical, responsible manner to communities or population groups during the different stages of the life cycle of all individuals;
  - (d) Advocate for the nutritional profession, services, and programmes;
  - (e) Assessment the nutritional situation of groups, communities, and populations using relevant methodologies;
  - (f) Applying information, communication, and education skills and social mobilizing to empower communities or populations to change their food or nutritional behaviour to make safe, healthy food choices to prevent nutrition related diseases and to improve quality of life;
  - (g) Conceptualising, planning, implementation, monitoring, evaluating, and documentations of appropriate nutrition policies, strategies, and guidelines;

- (h) Responsible for the use and application of nutrition policies, strategies, and guidelines;
- (i) Influencing the national food system or environment to enable all individuals to have access to affordable, nutritious, and safe food;
- (j) Plan and execute an effective food service system based on specified food and nutritional needs in groups or population;
- (k) Managing human, financial, and other resources to ensure optimal and equitable delivery of nutrition services at primary health care level;
- (l) Conceptualize, formulate, implement, and communicate nutrition related research;
- (m) Plan, implement, manage, evaluate, monitor, and document procedures and policies relating to human, financial, operational, and other resources; and
- (n) Applying critical and creative thinking in working effectively with the community and stakeholders to contribute to the personal, social, and economic development of the society in an ethical and professional manner.

**Short title**

- 3.** These Regulations are called Regulations Defining the Scope of the Profession of Nutritionists, 2023.