

## DEPARTMENT OF HEALTH


NO. 4407

23 February 2024

## HEALTH PROFESSIONS ACT, 1974 (ACT NO.56 OF 1974)

## REGULATIONS DEFINING THE SCOPE OF THE PROFESSION OF DIETITIANS

The Minister of Health intends, under section 33 (1) of the Health Professions Act, 1974 (Act No. 56 of 1974) and on the recommendation the Health Professions Council of South Africa, to make the regulations in the Schedule.

  
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DR. MJ PHAAHLA, MP  
MINISTER OF HEALTH  
DATE: 22/01/2024

## SCHEDULE

### Definitions

1. In these regulations, any word or expression to which a meaning has been assigned in the Act shall have that meaning, unless the context indicates otherwise:-

**“professional board”** means the Professional Board for Dietetics and Nutrition established in terms of section 15 of the Act; and

**“the Act”** means the Health Professions Act, 1974 (Act No. 56 of 1974).

### Acts pertaining to the scope of the profession of Dietitians

2. The optimization of the nutritional well-being of individuals and groups in different settings by-

- (a) using evidence-based theory and practice of nutrition to prevent, treat, and manage nutrition related diseases;
- (b) utilizing a comprehensive body of knowledge of principles of nutritional sciences to advise on food, nutrition, and nutritional care in an ethical and responsible manner to communities or population groups during the different stages of the life cycle of all individuals;
- (c) advocating for the nutrition profession, services, and programmes;
- (d) assessing the nutritional status (anthropometric, biochemical, clinical and dietary, socio-economic; medication interactions) and concomitant health risks of clients or patients and groups using relevant methodologies;
- (e) conceptualizing, planning, implementing, managing, evaluating, and documenting appropriate nutritional prescriptions for individual patients or clients with specific nutritional needs;
- (f) communicating effectively to inform and to change behaviour using appropriate counselling methods or skills;

- (g) conceptualising, planning, implementing, monitoring, evaluating and documenting appropriate intervention strategies to address nutrition and related health issues and diseases;
- (h) planning and executing an effective food service system based on the specific food and nutritional needs of the healthy and the ill;
- (i) managing human, financial, and other resources to ensure optimal and equitable delivery of nutrition services at all levels of service delivery;
- (j) conceptualizing, formulating, implementing and communicating nutrition related research;
- (k) planning, implementing, managing, evaluating, monitoring, and documenting procedures and policies relating to human, financial, operational, and other resources;
- (l) applying critical and creative thinking in working effectively within a multidisciplinary environment contributing to the personal, social, and economic development of the society in an ethical and professional manner within a human rights perspective;

are acts pertaining to the Scope of the Profession of Dietitians.

### **Repeal**

3. The regulations Defining the Scope of the Profession of Dietetics as published under Government Notice R891 in *Regulation Gazette* 4684 of 26 April 1991 are hereby repealed.

### **Short title**

4. These regulations are called Regulations Defining the Scope of the Profession of Dietitians, 2024.