

Evidence Analysis Library
Nutrition and Physical Activity: General Population
2023 Evidence-Based Nutrition Practice Guideline

Scope of Practice for Dietitians, Exercise Practitioners and Health Coaches when Delivering Nutrition and Physical Activity Interventions to Adults in the General Population

Practitioner	Nutrition Interventions	Physical Activity Interventions
Dietitian	<p><i>Scope:</i> Provide evidence based MNT^a, including personalized nutrition recommendations, meal plans and dietary supplement recommendations.</p> <p><i>When to Refer:</i> If a client requires a specific need that would be better suited for a dietitian specialized in that area.</p>	<p><i>Scope:</i> Provide population-based, evidence-based physical activity guidelines and resources. Conduct basic anthropometric assessments.</p> <p><i>When to Refer:</i></p> <ul style="list-style-type: none"> • Specific exercise protocols or plans are needed or requested by a client • If a client has health issues or medical needs that may impact exercise capacity • Injury diagnosis and treatment • Physical activity evaluation and assessment beyond those promoted by population-based guidelines
Exercise Practitioner	<p><i>Scope:</i> Share population-based, evidence-based dietary guidelines and resources.</p> <p><i>When to Refer:</i></p> <ul style="list-style-type: none"> • Client requires personalized nutrition recommendations • Client requests a specialized dietary pattern or macronutrient profile (e.g., low-carbohydrate) • Client has a nutrition risk diagnosis (e.g., pre-diabetes) or specific nutrient needs requiring MNT • Client requests/requires dietary supplementation 	<p><i>Scope:</i> Provide safe and effective exercise programs that are client-centered and goal-driven programs for apparently healthy individuals and clients with special needs who have medical clearance to exercise.</p> <p><i>When to Refer:</i></p> <ul style="list-style-type: none"> • Injury diagnosis and treatment • When medical clearance is necessary based on client’s risk factors and/or presence of signs/symptoms of disease • If client has a need for rehabilitative or other therapeutic modalities (e.g., massage and physical therapy)

Practitioner	Nutrition Interventions	Physical Activity Interventions
Health Coach	<p><i>Scope:</i> Share population-based, evidence-based dietary guidelines and resources and facilitate behavior change.</p> <p><i>When to Refer:</i></p> <ul style="list-style-type: none"> • Client requires personalized nutrition recommendations • Client requests a specialized dietary pattern or macronutrient profile (e.g., low-carbohydrate) • Client requests nutrition supplements • Client has a nutrition risk diagnosis (e.g., pre-diabetes) or specific nutrient needs requiring MNT • Client requests/requires nutrient supplementation 	<p><i>Scope:</i> Share population-based, evidence-based physical activity guidelines with clients.</p> <p><i>When to Refer:</i></p> <ul style="list-style-type: none"> • Specific exercise protocols or plans are needed or requested by a client. • If a client has health issues or medical needs that may impact exercise capacity. • Injury diagnosis and treatment • Physical activity evaluation and assessment beyond those promoted by population-based guidelines

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