

Getting it Right: Ethics in Nutrition and Dietetics

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Session Resources

- Academy of Nutrition and Dietetics and Commission on Dietetic Registration Code of Ethics
- Ethics – Resources and References



Academy Code of Ethics

- We were amongst the first. Now most have one and enforce it.
- You should have a copy – included as a handout and found at:
<http://www.eatrightpro.org/-/media/eatrightpro%20files/career/code%20of%20ethics/coe.ashx>
- 19 Principles



Question 1

You have been on Facebook almost since the beginning. At first your friends were personal friends and family members. Over time, you “friended” many of your professional colleagues. Now your posts are a mix of personal and professional messages.

In 2013, the Academy suggested that you have an account for personal friends and family members and a separate account for professional colleagues. Yet in 2015, Facebook began prohibiting multiple personal accounts.

Your response is:



Your response is:

1. It would be a nightmare for me to set up another account and move one set of friends to it.
2. Only my friends can see what I post on Facebook, so I post whatever I want there.
3. I'll set up a new “friends” list within my current account for colleagues only.
4. I choose to only post content that is appropriate for both my friends and colleagues to see.



Social Media Discussion

- Your social media presence should comply with the following ethical principles: 2, 6,14, 15
- Understand legal risks
- Follow Academy Social Media Checklist
- Adopt disclosure guidelines



Question 2

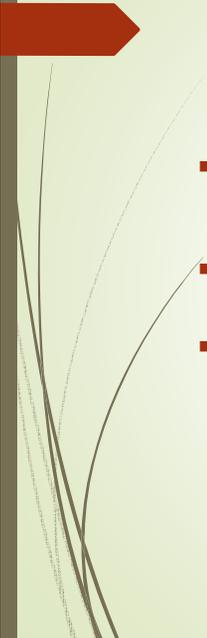
An RD colleague voiced her opinion on several occasions about organic versus conventional produce. During a WIC counseling session, you overhear this colleague strongly encouraging the use of organic produce despite the WIC participant protesting about the lack of availability of organic produce in her nearby grocery store and how her WIC benefits for fresh fruit and vegetables don't go as far for her family of four due to higher cost associated with these products. As the conversation continues, the RD suggests to the client that purchasing smaller amounts of produce will ensure that the organic varieties can be obtained within the family budget.

Your response is:



Your response is:

1. You interrupt the session and tell the participant there is no evidence organic is better than conventional
2. You provide scientific evidence to your colleague about the around organic vs conventional produce
3. You remind your colleague the goal of more fruits and vegetables is what counts not the method of production
4. You report your colleague to your supervisor



Organic vs Conventional Product Discussion

- Comply with the following ethical principles: 2, 3, 6, 9, 12,13
- What is the current evidence?
- What is the goal of WIC?



Question 3

A part time WIC dietitian also consults part-time with worksite wellness programs. Weight management guidance has become a major part of her practice. She recognizes that having the CDR Weight Management Certification would be useful, but cannot afford the cost and has no support from her employer. A friend who represents a company that makes and sells weight loss products suggests that the firm would fund her enrollment fees and travel expenses to the course in exchange for her meeting with their team to learn more about their products. Currently, she does not endorse any products and is generally against such products.



Your response is:

1. Accept the offer and listen to the information by this vendor.
2. Decline the financial assistance and decline meeting with the vendor
3. Apply for a district or state education grant for funding
4. Tell your worksite wellness program of the offer and see if you can get them to pay for it



To handle this:

- Comply with the following ethical principles: 1,2,4,15,18
- What is the institutional/work place policy?
- Real vs suspicion of conflict of interest; is there a difference?



Question 4

A WIC dietitian's family owns a farm that accepts WIC checks for the Farm Direct Nutrition Program (FDNP). During the farmer market season, the WIC dietitian tells participants to use their farm direct checks at her family farm and hands out flyers for the farm.



Your response:

- Encourage other clients to visit colleagues farm
- Remind your colleague that it is not appropriate to direct families to a particular farm
- Report the information to your supervisor



Conflict of Interest Discussion

- Practitioners should ensure she complies with the following principles: 15, 18
- Federal regulations do not allow for preferential treatment of vendors/farmers



Ethics In Action

- Now it is your turn!
- Put the 19 Principles into action in your work.
- Utilize resources from the Academy.

