

Potential Career Pathways for EOGHS & Nutrition Students

The goal of EOGHS is to identify, explain, and mitigate the impact of our natural, social, built, food, and occupational environments on population health and well-being. This work plays an important role in addressing health inequities through the development of public health interventions. This is by no means a comprehensive list of all potential options, but an overview of common pathways to give you a starting point for exploration. Some potential job titles someone in the EOGHS field might hold include:

1. **Environmental Health Specialists** educate and consult clients and enforce regulations that protect the sanitation of food and water, waste, sewage, institutional environments, and minimize health hazards.
2. **Disaster Management Specialists** plan and enforce programs and procedures for responding to natural disasters or emergencies caused by human activity, such as oil spills, nuclear power plant malfunctions, or terrorist attacks. Their work involves protecting human health and safety, and mitigating environmental damage in the wake of an emergency.
3. **Environmental Compliance Inspectors** inspect job sites for environmental code violations, ensure that the appropriate permits, records, and licenses have been obtained, and restore compliance of job sites that do not meet these codes and document requirements.
4. **Industrial Hygienists** work in the occupational health field to investigate, analyze, identify, and measure workplace hazards or stresses that can cause ill or impaired health. Common hazards an industrial hygienist might look out for are chemical, physical, ergonomic, or biological exposures.
5. **Corporate Safety Managers** take on similar roles to industrial hygienists, but from an internal perspective. A corporate safety manager ensures their company is in compliance with OSHA standards, as well as plans and implements employee safety programs within the company.

- 6. Environmental Consultants** use both field and desk research to prepare reports and recommendations for ensuring compliance with laws and regulations that protect health and safety, and identify and minimize risks that would lead to fines. They apply scientific knowledge, technical expertise, and familiarity with relevant laws and regulations to achieve their goals.
- 7. Climate Campaigners** develop and carry out campaigns targeted at holding politicians and corporations accountable for environmentally harmful policies and actions, and push for solutions to planetary health concerns. People in this position typically work for non-governmental bodies such as non-profits or larger corporations that are involved in sustainability research.

There are also opportunities to combine disciplines in positions like an environmental health policy analyst or planetary health positions which can include consultancy, advocacy, and/or research roles.

A few places of employment where you might search for these roles are federal governmental agencies like the CDC, NGOs like Greenpeace, Corporate Companies like IBM that have occupational health departments, colleges and universities, or state governmental agencies like the NYC Department of Environmental Protection

While nutrition-centered positions can be connected to environmental health sciences in particular as we consider food systems, the position titles may look a little different. Some common job titles include:

- 1. Nutrition Care Managers** oversee the day-to-day operations, purchasing, menu planning, and budgeting aspects of clinical food service. Nutrition care managers are also responsible for hiring and training qualified food preparation and nutrition staff.
- 2. School Food Service Managers** manage the overall food service operation in schools. They lead the work of kitchen employees and act as liaisons between food suppliers, the school administration, staff, students, and the community.

- 3. Nutrition Health Educators** are health professionals that focus on promoting good health and disease prevention within a community. Within the nutrition field, this work involves developing programs and curricula to educate the community on the healthy food choices available to them. Community health educators work in a variety of settings including in schools, government positions and private companies or businesses.
- 4. Food Benefits Program Managers** develop, implement, and maintain food benefits programs such as SNAP and WIC. They also counsel and communicate with community members regarding their eligibility, and ensure that they are receiving the appropriate benefits.
- 5. Food Pantry Coordinators** are responsible for the coordination of food pantry services and supervision of volunteers. Food Pantry Coordinators may also be responsible for conducting outreach and establishing collaborative relationships with other organizations to ensure that clients who come to the food pantry have access to appropriate social services, if needed.

Public health nutritionists who hold these or other titles can be found working in hospitals, long term care facilities, schools, health departments, not-for-profit organizations like World Central Kitchen, or diet and exercise counseling companies like Weight Watchers.

These are just some examples of what titles a professional in this field of public health might hold and who they might be employed by. For more information on the day-to-day tasks of these career options, you can do some further exploration using [ONetOnline](#). ONetOnline is a great resource for students who are beginning or transitioning careers to explore career options in detail. A helpful tip to navigate ONet might be to use the “find occupations” tool first to get a better idea of some more job titles. Next, after you have found some titles that are of interest, you can use the “advanced search” option to see how your skills match with these options and what skills you might still need to build to pursue roles of interest.

For more detail on how to navigate ONetOnline and for information on other career exploration tools, see the Career Conversations Corner piece from the Office of Career Services newsletter published on June 16, 2021.



Interested in discussing your career options with a Career Coach?
Schedule a 1:1 Career Coaching appointment with the Office of Career Services. [Book an appointment online now!](#)