



# Becoming a CNS Supervisor

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## Information for ILANP members

### The ANA

The American Nutrition Association® (ANA®) is a family of non-profit organizations envisioning a society of *Healthy People, Powered by Nutrition*. We bring that vision to life through the mission to Champion the Science and Practice of Personalized Nutrition.

Six foundational values guide the work of the ANA:

- Nutrition is a Science
- Nutrition is Medicine
- Nutrition is Personal
- Nutrition is Healthcare
- Nutrition is an Ecosystem
- Nutrition is for Everyone

### The BCNS

The Board for Certification of Nutrition Specialists<sup>SM</sup> (BCNS<sup>SM</sup>) is the certifying arm of the ANA. BCNS<sup>SM</sup> was launched in 1993 and administers the gold-standard certification for personalized nutrition practitioners: Certified Nutrition Specialists® (CNS®).

### The CNS

The Certified Nutrition Specialist® credential (CNS®) is the most advanced certification for personalized nutrition practitioners. Certified Nutrition Specialists practice science-based personalized nutrition therapy to power people to health. They are spearheading the transformation from population-based to personalized nutrition, and from disease care to authentic health care. The CNS designation demonstrates to colleagues, clients, employers and the public at large that certified individuals have the knowledge and proficiency required of the professional nutrition practice. CNS candidates hold a master's or doctoral degree in nutrition or related area, must pass a robust examination, and must complete the 1000-hour Supervised Practice Experience (SPE).

# The Supervised Practice Experience (SPE)

Satisfactory completion of the CNS SPE is essential to being awarded the CNS credential. The CNS SPE consists of 1,000 hours of supervised practice in personalized nutrition assessment, intervention, and monitoring to address both prevention and management of a broad range of health issues and in accordance with CNS SPE Competencies. The CNS candidate must demonstrate evidence of experience in nutrition by undergoing a self-directed supervised program which is tailored to each individual candidate's career goals. The program is structured to ensure each candidate obtains the in-depth knowledge and skills expected of an advanced-level nutrition professional. The supervised experience may be obtained entirely or partly from internship, residency or clinical rotation, clinical practice setting, community setting, institutional setting, home health care setting, and/or practicum as part of a master's or doctoral degree program.

## Eligibility Requirements for CNS Supervisors

Supervisors must meet **both** of the following criteria:

1. Must hold at least one of the following:
  - CNS credential in good standing; or
  - Master's of science or doctoral degree in a field of nutrition/dietetics from a regionally accredited institution; or
  - Licensed MD/DO with didactic training or education and experience in clinical nutrition as documented by 75 CE credits or the equivalent over the past 5 years (without exception); or
  - Doctoral-level health professional (e.g. DC, ND, PharmD) who meets curriculum eligibility requirements for CNS and who can legally provide nutrition services in the state of practice. Doctors of Chiropractic (DCs) must also be a CNS or MS, Nutrition.
2. Must have a minimum of 3 years full time clinical experience in personalized nutrition care or the equivalent after obtaining the required degree or credential.

## Additional Requirements

- Supervisors may not be married to, related to or domestic partners with the supervisee(s).
- Approved supervisors may supervise multiple candidates on an ongoing basis.
- Supervisor status is valid for 3 years from the date of approval.

## TYPES OF SUPERVISION CNS SUPERVISORS CAN OFFER

In Person	Remotely
The Candidate and Supervisor are in the same physical location.	The candidate is supervised by someone who is NOT in the same physical location. Supervision may be done by phone, online conference platforms or group webinars

## CNS Supervisor Responsibilities

- Assist each candidate in tailoring an experience that meets the CNS SPE requirements, CNS SPE competencies and the candidate's career goals.
- Hold regularly scheduled sessions with the candidate. Meetings may be held in-person or remotely.
- Review with the candidate(s) and approve [Personalized Nutrition Case Data Collection Reports](#) completed by the candidate.
- Complete and submit the [CNS Supervisor's Report](#) for each candidate supervised for approval by the BCNS Credentials Council.

## Benefits of Being a CNS Supervisor

You will be advancing the career of the individual you supervise as well as the broad mission of nutrition as a foundational tool in the prevention and treatment of chronic disease. The candidate will support your practice by adding value to your client, and you will learn new things as a result of working with your intern.

CNS Candidates can find through the BCNS.

## How to Apply

- Please complete ALL PARTS of the [Supervisor Approval Application](#). Please be sure to include "ILANP" on line #4 as part of your title.
- Submit to [Applications@NutritionSpecialists.org](mailto:Applications@NutritionSpecialists.org) along with your current resume/CV.
- Applications are reviewed by the BCNS Credentials Council. Please allow 1-2 weeks for a response.
- After you are approved as a supervisor, please complete the one-page [Supervisor Approval Addendum](#) for each candidate you supervise.
- For more information, please contact [DSlutzky@NutritionSpecialists.org](mailto:DSlutzky@NutritionSpecialists.org).