

<b>Job Title:</b>	<b>Dietitian</b>
<b>Location:</b>	<b>Irish Heart Foundation, Rathmines Road Lower, Dublin 6 (Hybrid)</b>
<b>Job Status:</b>	<b>Permanent, full-time</b>
<b>Report to:</b>	<b>Health Information Manager</b>

The Irish Heart Foundation is Ireland’s national charity dedicated to fighting heart disease and stroke. Every hour someone in Ireland suffers a stroke and every day hundreds of people are diagnosed with heart conditions. The lives of these people are often cut tragically short. Many are left with disabilities. Almost 10,000 people die from heart conditions and stroke every year in Ireland making cardiovascular disease one of the nation’s biggest killers. We work to turn this around – support people to live healthy lives and avoid cardiovascular disease, but also to support people living with heart conditions and stroke.

Our support services have grown rapidly in recent years in response to massive unmet needs among stroke survivors and people living with heart conditions. Their purpose is to enable everyone affected by cardiovascular disease to live the fullest and healthiest lives possible.

Our team currently is approx. 140 employees and up to 150 volunteers working towards the Foundation’s vision of a future where no hearts are broken by preventable heart disease.

### **The Role**

This role, based in the Health Information team, is an exciting opportunity to be the sole in-house dietitian, leading the strategic development, co-ordination and delivery of nutrition-related health promotion activities across the organisation.

The Dietitian will provide expert nutrition advice and content for the public, health professionals, policy makers, media, staff and volunteers, and will work closely with colleagues across Health Promotion, Advocacy, Marketing/Communications, Patient Support and Fundraising.

The role has a strong emphasis on strategic programme development and evidence-based nutrition leadership, public communications and media engagement. The postholder will lead the development of a new workplace cardiovascular health promotion programme, which will replace legacy programmes and align with the Irish Heart Foundation’s future strategic priorities.

The ideal candidate will be a self-starter, comfortable working with a high level of autonomy, confident representing the Irish Heart Foundation in public and media settings, and experienced in translating complex nutrition evidence into clear, accessible and impactful messaging.

## **Key Responsibilities**

### *Nutrition information, content and campaigns*

- Lead the development of evidence-based nutrition information and resources for public, professional and community audiences.
- Produce high-quality written and digital content (including web, social media, publications, position statements and training materials).
- Support health information colleagues in delivery of team objectives.

### *Strategic programme development and leadership*

- Lead the design, development and strategic implementation of a new workplace cardiovascular health promotion programme and support the wind-down of legacy programmes.
- Contribute to delivery of the Irish Heart Foundation's strategic plan, with a strong focus on health equity, health literacy and supportive behaviour change.

### *Media, communications and public engagement*

- Act as a key media spokesperson for the Irish Heart Foundation on nutrition-related issues across broadcast, print and digital media.
- Provide expert commentary on emerging nutrition, public health and policy issues, and work with Marketing & Communications on proactive media content and campaigns.
- Contribute to public engagement activity in support of key campaigns.

### *Policy, advocacy and stakeholder engagement*

- Provide expert nutrition input into advocacy and policy positions, including food environments, marketing, labelling, reformulation and fiscal measures.
- Advise on relevant nutrition policy and regulatory developments and liaise with key stakeholders including the HSE, government departments, NGOs and professional bodies.

- Actively participate as required in advocacy efforts by the Irish Heart Foundation and the alliances it has established.

#### *Professional training and internal support*

- Contribute to the development and delivery of health professional education and training.
- Provide specialist nutrition support to internal teams across the organisation as required.

#### *Governance, representation and administration*

- Act as Secretariat to the Irish Heart Foundation Nutrition Council and represent the organisation on relevant committees and working groups.
- Ensure appropriate reporting, administration and CRM record-keeping, and maintain professional competence and CPD in line with CORU requirements.

#### **Health & Safety**

- Be familiar with and follow all health & safety protocols and risk management controls and ensure that appropriate steps are taken to protect the safety, health and welfare of oneself and that of staff, volunteers and people using the services that come under the areas of responsibility for this position.

#### **Skills and Experience Required**

##### **Education**

Candidates must hold a B.Sc. in Human Nutrition and Dietetics or have similarly recognised qualifications. The qualification must be approved by the Dietitians Registration Board of CORU. Minimum three years relevant demonstrable experience preferably in the area of health promotion or public health.

##### **Skills**

- Strong content development and writing skills, with the ability to translate complex nutrition and public health evidence into clear, accessible messaging for public-facing audiences.
- Understanding of digital health promotion, including online engagement, digital resources and campaign delivery.
- Experience in strategic programme development, ideally within public health, health promotion or a related field.

- Experience acting as a media spokesperson or working closely with media, or a strong aptitude and willingness to develop this skill.
- Ability to work independently at a senior level, exercising sound judgement and managing competing priorities.
- Excellent project management skills, with the ability to plan, prioritise and deliver work to multiple deadlines in a demanding environment.
- Demonstrated track record of health promotion practice in settings such as workplaces, schools or community environments.
- Strong understanding of health inequalities, health literacy and behaviour change principles, with experience applying these in practice.
- Experience working with disadvantaged populations is an advantage.
- Excellent communication and interpersonal skills (verbal and written), with confidence engaging a wide range of internal and external stakeholders.
- Strong IT skills, including use of databases/CRM systems, MS Office and social media platforms.
- Self-motivated and proactive, with the ability to work both independently and collaboratively as part of a team and with internal and external stakeholders.
- Ability to represent the Irish Heart Foundation professionally and credibly at all times, including in public and media settings.
- Fluent written and spoken English.
- Knowledge of data protection, consent principles and relevant legislation.
- Access to own car and full driving licence where required for essential site travel.

*The above is a guide to the nature of the work required. It is not wholly comprehensive or restrictive. This job description will be reviewed in line with business needs.*

### **Benefits of working with Irish Heart Foundation:**

We provide benefits to help you protect your health and financial security; and give you peace of mind.

- Up to 5% employee & employer contributions Pension scheme with employer from day 1 of service
- Life assurance of 4 times base salary with immediate effect
- Income continuance/disability benefit, at no cost to you from day 1 of service
- Paid Maternity leave
- Paid Paternity leave
- Company sick pay
- Company health checks
- Generous annual leave policy including additional company days and service days
- Bike to Work Scheme

- Excellent public transport links
- Employee Assistance Programme (EAP)
- A wonderful office we are proud of with excellent working, kitchen and changing facilities
- Events organised by social club and Health and Well-being Committee
- CPR Training for all employees
- Ongoing Training and Development initiatives to help you grow your career with us

### **Details of Role and Application process**

This is a full-time role, Monday to Friday. The role is based in the Irish Heart Foundation's offices in Rathmines, Dublin. Hybrid working (Monday and Thursday are office days)

To apply please provide an up-to-date curriculum vitae and cover letter outlining how you suit the post by email to Klara O'Malley, HR Manager.

**Email:** [hr@irishheart.ie](mailto:hr@irishheart.ie)

**Closing date:** 17<sup>th</sup> April 2026

**The Irish Heart Foundation is an equal opportunities employer.**

**The Irish Heart Foundation has a no smoking or vaping policy. Employees are not permitted to smoke whilst undertaking any duties on behalf of the Foundation.**

Please be advised the IHF retains all candidate data for a period of 12 months after which it is deleted. Should you wish to have your details deleted earlier than this please contact HR directly to request us to do so.

Please find IHF Privacy Policy <https://irishheart.ie/privacy-policy/>

If you have any accommodation needs throughout the recruitment process, please contact [HR@irishheart.ie](mailto:HR@irishheart.ie)

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