

Takara Page, MS, RDN, CNSC

Clinical Nutrition Manager



What is your job title?

Currently CEO of my own life. Which is a fancy way of saying enjoying my time not working.

Former Director of Nutrition Systems at Ascension Borgess.

Where did you work (setting and/or company)?

TouchPoint Support Services, Ascension Borgess System

How long were you at this job?

7 years

Please describe your job (including typical role, population served and anything else you feel is important in understanding the job):

Managing 10 programs over 5 facilities including inpatient, outpatient, and food service.

Did your job require any additional schooling or education?

Not required but highly encouraged to have a master's degree and specialty certification.

What are possible places of employment for your position?

In healthcare systems.

What was your favorite thing about your job?

My staff of dietitians. Engaging them and encouraging their growth. Watching them develop into incredible dietitians.

What was your least favorite thing about your job?

Corporate healthcare bureaucracy. The need to climb the career ladder.

Why/how did you choose your field and how did you get into it?

I had a lot of luck and a lot of hard work. I became a manager at 23 and put a great deal of effort into my job simply because I cared and wanted to improve things. That drive has led me to further success and promotions.

What is your educational background?

Michigan State University for my BS, Case Western Reserve University for internship and Master's.

What is your job/work background?

Dietetics has been my only career. Prior to obtaining my first RD job I worked as a barista and a research assistant.

Do you do any volunteer work?

Not currently, but I have been hoping to get connected with Girl Scouts of America :)

Why did you decide to become an RD?

I had been told I was eating wrong for my entire childhood. My parents didn't cook much and when they did it was largely unhealthy meals. I knew I would enjoy learning about nutrition, and I figured if I was going to spend 4 years at college, I should pick a field that I would be happy studying.

Why/how did you decide to pursue other credentials beyond the RD?

I was fortunate to match with a coordinated masters/internship which is how I got my masters. I got my CNSC after 6 months of working as a clinical RD because I was seeing nutrition support on a daily basis and wanted more training in it.

What do you like and what do you not like about the field in general?

I love that I get to put energy into my belief that food is the foundation for a healthy life. I like that nutrition is complicated and doesn't have any easy answers.

I wish more RDs and dietetics students were engaged in our organizations so that we could collectively drive the profession forward.

What do you think are the most important things for students and/or new RDs to know?

How to learn. No RD will ever know it all. You must be committed to lifelong learning and growth.

What areas in dietetics do you think will become more important/growing in the future?

I think nutrigenomics is right on the precipice of exploding. I also see food allergy and intolerances as an upcoming field.

Tell us more about yourself/anything interesting you'd like to share!

My favorite quote is "imagine what you would do if you knew you couldn't fail". I saw it on a magnet when I was 18 and bought it. Meditating on that thought has pushed me to seek so many opportunities that I felt I wasn't good enough for. Never be afraid to try something and be brave enough to be terrible at something new.