

BDA Student Membership

Stacy Tuohy, BDA Membership Manager – Growth and Engagement

October 2026

BDA The Association of UK Dietitians

Coming up…

Who are the BDA?
What we do and how we support the profession

Your student membership
Cost, benefits, resources and support available to you

Your course & professional practice
How your learning connects to becoming a dietitian

Get involved
Groups, networking, research and opportunities

Talks
Ellie Coles, Registered Dietitian and co-founder of Simhealth
Jordan Creed, Trade Union Organising and Campaigns Officer, BDA

What happens next?
Your membership and your questions



Who are the BDA?

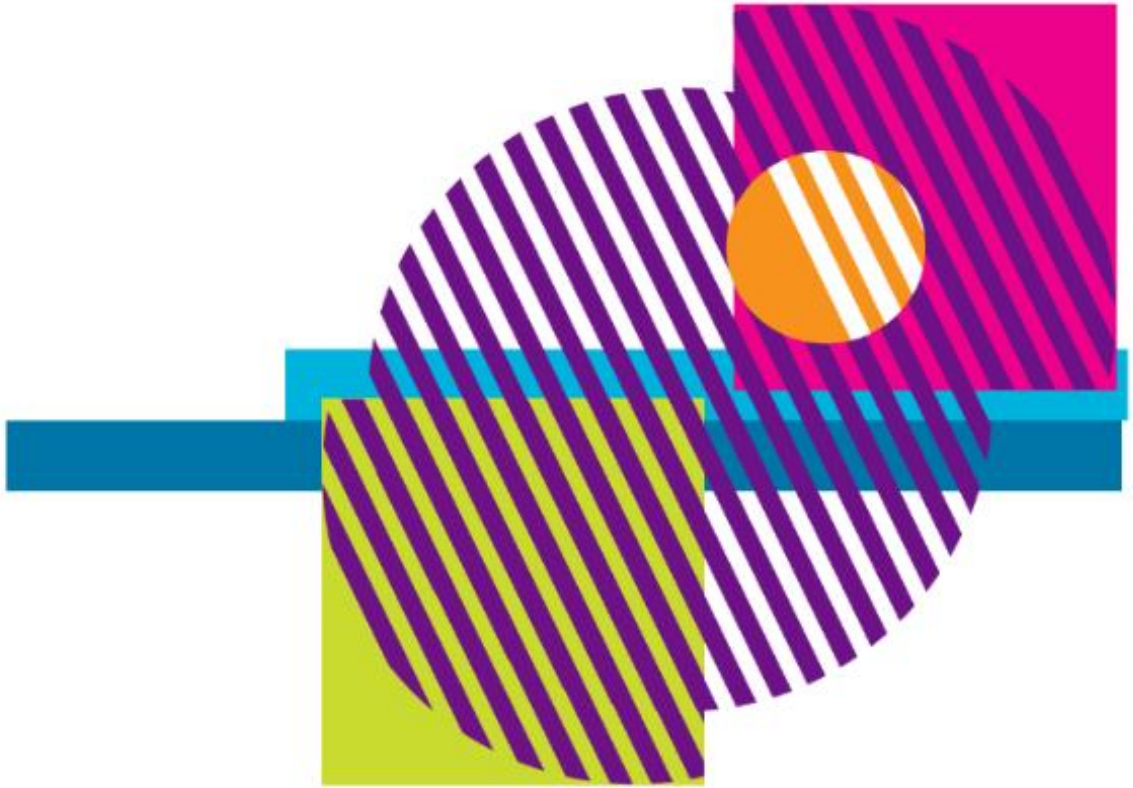
- We are your Professional Body
- We are your Trade Union
- We have over 13,100 members worldwide
  - 1,600+ Students
  - 9,900+ Registered Dietitians
  - 1,400+ newly graduated and dietetic support workforce

BDA represent the entire dietetic workforce.

BDA The Association of UK Dietitians

bda.uk.com/studentsignup

Your BDA Student Membership



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BDA Student Membership benefits

🛡️ **Professional Indemnity Insurance** – cover for your student placement/practice-based learning	🤝 **2 FREE Specialist Groups** – connect with colleagues and access specialist updates, CPD and networking
⚖️ **BDA Legal** – access to legal support and a free legal advice line for you and your family	**FREE** access to professional journals including Journal of Human Nutrition and Dietetics, Nutrition & Dietetics and Canadian Journal of Dietetic Practice and Research
📖 **Discounts on BDA publications** including the Manual of Dietetic Practice and Advanced Nutrition series	📧 **RD2B – monthly student newsletter** with professional news, research, policy and opportunities
🎓 **FREE & discounted BDA courses and events** including classroom courses and the annual Research Symposium	📰 **Dietetics Today magazine**– monthly member magazine by email
💻 **Access to BDA Forums** – professional and specialist discussion networks	🚀 **Volunteer opportunities** – develop skills, gain experience and contribute to the profession

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Your Student membership at a glance

Your membership journey from student to dietitian

Student membership

FREE first year

01.10.26 – 30.09.2027

or

01.11.26 – 31.10.2027

Student membership is FREE for your first year of study, for both undergraduate and postgraduate students.

Years 2+ membership fees are heavily discounted

From your second year onwards, student membership is almost 90% discounted at just £43.90 per year / £3.66 per month.

Graduate membership

Graduate membership – 50% off

When you graduate, you'll automatically move to Graduate membership. Your first year of Graduate membership is 50% discounted of Full membership.

Student membership benefit only.

Full membership

12-month membership

All BDA memberships run for **12 months**.

Access to ALL BDA membership benefits, including full PII and Trade Union workplace support.



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Welcome packs

Arriving soon!

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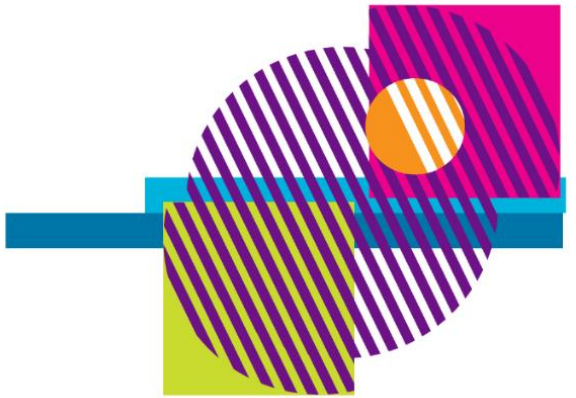
You’re already becoming a dietitian

Your journey starts from day one.

As a BDA Student member, you will:

- Build your professional network
- Access evidence-based resources
- Prepare for placements with confidence
- Stay up to date with developments in the profession
- Develop the skills and knowledge you'll use throughout your career

You're not just studying dietetics.
You're becoming part of the dietetic profession.



Your course is preparing you for your career, not just your exams

The Curriculum Framework connects your learning to professional practice

- Brings together the scientific knowledge, practical skills and professional behaviours you need as a dietitian
- Shows how your learning develops from student to entry-level practitioner
- It's not just what you need to know, but how and when you will use it in practice

Your science modules matter

- Physiology, metabolism, microbiology and immunology build the **scientific foundation** for dietetic practice
- This knowledge supports your clinical reasoning and decision-making as a dietitian

Your Practice Based Learning puts your learning into action

- Your course includes 1,000 hours of practice education
- Develop practical skills, confidence and professional judgement
- Build **real-world skills** and confidence

Start thinking like a professional now

- Professional practice starts while you're a student
- Build your knowledge, skills and professional network early

Your university teaches you the knowledge.
The BDA supports you on your journey into the profession.

Your dietetic community starts here

As a BDA student member, you can:

- **Connect with students across the UK** - meet students from other universities and courses.
- **Build your professional network** – connect with students, registered dietitians, support workers and retired professionals.
- **Get involved –** join Specialist Groups, local branches and the wider BDA student community.
- **Ask questions and find support** – know where to go for advice and professional support.
- **Make connections that last –** your network can support you from student to graduate to registered dietitian.

The more you put in, the more you get out.
Use your membership. Build your network. Get connected to your profession.

Specialist Groups

bda.uk.com/studentsignup

What are they?

Specialist Groups are BDA communities focused on different areas of dietetics, from sports nutrition and paediatrics to mental health, public health, oncology and more.

Why join?

- Explore your interests – discover different areas of dietetics and potential career pathways.
- Connect with dietitians – network with professionals working in areas you're interested in.
- Learn beyond your course – access specialist knowledge, resources, events and discussions.
- Support your future career – start building your professional network before you graduate.

Students can access 2 FREE groups

Choose any 2 of the BDA's 25 Specialist Groups when you join. Join as many groups as you like! The cheapest two will be free of charge (average cost £20 - £25 per year).



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BDA Specialist Groups

Connect, learn and grow with expert communities across every area of dietetic practice.

- Advanced Practice Specialist Group
- Cardiovascular Specialist Group
- Critical Care Specialist Group
- Gastroenterology Specialist Group
- HIV Care Specialist Group
- Cystic Fibrosis Specialist Group
- Diabetes Specialist Group
- First Contact Dietitians
- Kidney Dietitian Specialist Group
- Industry Specialist Group
- Food Allergy Specialist Group
- Food Services Specialist Group
- Freelance Dietitians Specialist Group
- Mental Health Specialist Group
- Neurosciences Specialist Group
- Optimising Nutrition Prescribing Specialist Group
- Paediatric Specialist Group
- Parenteral & Enteral Nutrition Specialist Group
- Older People Specialist Group
- Oncology Specialist Group
- Public Health Specialist Group
- Sports Nutrition Specialist Group
- Women's Health and Fertility Specialist Group
- Sustainable Diets Specialist Group



BDA Student Membership

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BDA Local Branches

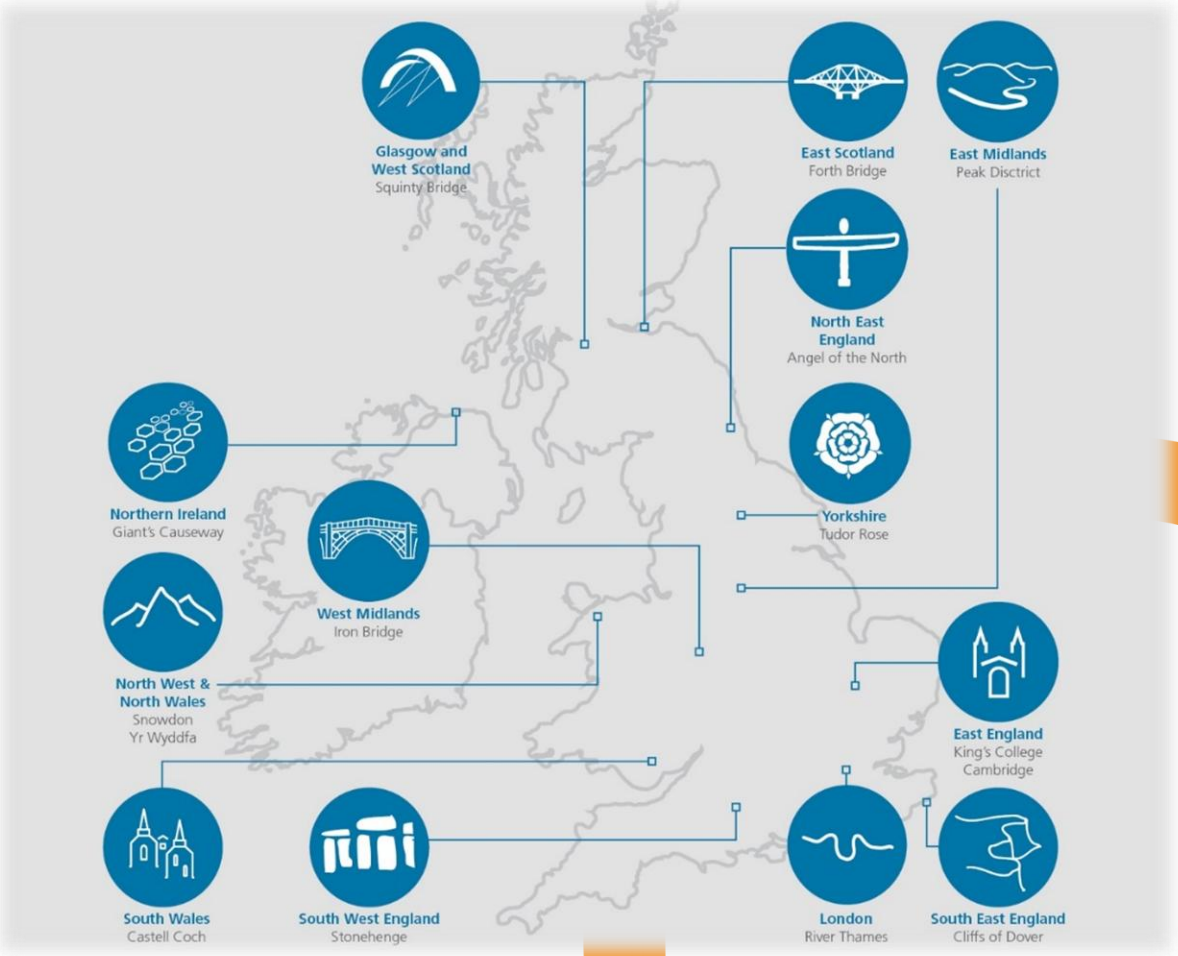
Connect with dietitians near you!

Get to know your local dietetic community, including other students in your region.

With 13 BDA Branches across the UK, you can:

- Meet and network with other dietetic students and professionals
- Join local CPD, events and networking opportunities
- Get involved in what's happening in dietetics in your area

Start building your professional network before you graduate



- A full list of regional branches is available on our website
- 2025 Branch of the Year winner - West Scotland Branch - BDA

BDA Student membership

What does it include?

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- Learning & development
- Stay connected
- Community & opportunities
- Professional support

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Student membership

Learning & development

- **Member-only digital resources** – Exclusive guidance, toolkits, clinical resources and practical support for your studies and future practice.
- **Free access to leading dietetic journals** – Keep up to date with the latest research and evidence through leading dietetic publications.
- **35% off key BDA clinical manuals** – Save 35% on essential BDA clinical resources, including the Manual of Dietetic Practice and Advanced Nutrition books.
- **Discounted events, courses & CPD** – Develop your knowledge and skills with discounted access to BDA courses, webinars, events and CPD opportunities.
- **BDA Dietetic Career Framework** – Explore career pathways, levels of practice and development opportunities across the dietetic profession.
- **PENG e-Pocket Guide at a member rate** – Get quick-reference nutrition support guidance, calculations and clinical information to support your learning and placements.
  - *FREE for PENG Specialist Group members*



Student membership

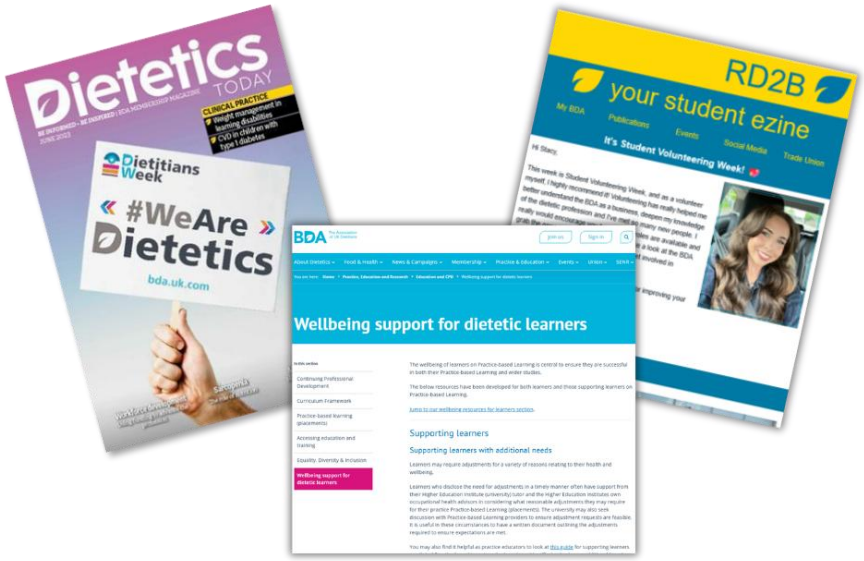
Community & opportunities



- **2 x FREE BDA Specialist Groups** – Connect with fellow dietitians, access specialist resources and keep up to date with your areas of interest.
- **FREE BDA Branch access** – Connect with local members, attend networking opportunities and take part in regional CPD events.
- **Member forums & online networks** – Connect with other members, share ideas, ask questions and build your professional network.
- **Volunteer opportunities** – Gain valuable experience, develop new skills and build your professional network through volunteering with the BDA.
- **Campaigns such as Dietitians Week** – Get involved in campaigns that raise awareness of dietetics and showcase the impact of the profession.
- **BDA merchandise** – Access exclusive BDA merchandise and show your pride in being part of the dietetic profession.

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Student Membership

Stay informed

- **RD2B monthly student e-Zine** – Your dedicated student newsletter, packed with study support, placement guidance, career insights and wellbeing content.
- **Dietetics Today – digital edition** – Keep up with the latest dietetic news, clinical updates, research, policy and member stories.
- **Monthly member e-Zines** – Receive regular updates, insights and useful information tailored to your membership and professional interests.
- **Latest dietetic news & updates** – Stay informed about what's happening across the profession, including key developments, opportunities and BDA news.
- **Study, placement & career updates** – Get useful guidance and opportunities to support you throughout your studies, placements and transition into your career.
- **Wellbeing content** – Access tips, resources and content designed to support your wellbeing throughout university and your early career.

Student Membership

Professional support

- **Professional Indemnity Insurance**– Get peace of mind with placement professional indemnity cover to support you as you begin your dietetic career.
- **BDA free legal advice line** – Access legal guidance and support, including a free legal advice line for you and your family.
- **Trade Union support** – Get advice and support to help protect your rights, your role and the dietetic profession.
- **DBS Vetting Scheme** – Access an Enhanced DBS checking service to support you with employment, freelance and placement opportunities.
- **Professional representation & advocacy** – Help the BDA representing and promoting the interests of the dietetic profession with key stakeholders and decision-makers.
- **Trade Union resources & campaigns** – Access practical resources to help you understand your rights, influence decision-makers and support the future of dietetics.



Ellie Coles

Registered Dietitian and co-founder of Simhealth



BDA The Association of UK Dietitians

Jordan Creed

Trade Union Organising and Campaigns Officer, BDA



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BDA Trade Union
Your voice at work

Why does it matter to you as a student?

Support when you need it
Access advice, guidance and professional indemnity insurance during your studies and placements.

Know your rights
Explore resources on pay, terms & conditions, flexible working, workplace rights and more.

Learn from the experts
Join BDA Trade Union webinars covering topics such as pay, safer staffing, health & safety and workplace change.

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Trade Union

BDA Trade Union
Your voice at work

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Trade Union

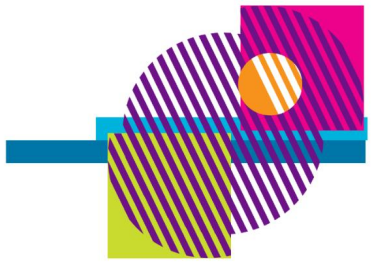
How to get involved

Attend workplace meetings
- Join BDA Trade Union meetings during your practice-based learning
- Meet and network with other BDA members

Have your say
- Get involved with your local branch
- Raise issues for discussion and debate
- Submit motions to TUC Congress and other conferences

Support BDA campaigns
- Get involved in campaigns, such as fair pay for the NHS dietetic workforce
- Raise awareness, sign petitions or bring issues to workplace or branch meetings

Build your own student network
- Connect with other BDA student members during placements
- Build relationships and share ideas and best practice



BDA Trade Union
Your voice at work

BDA Trade Union Campaigns

Pay campaign and petition

The BDA is continuing to make the case for fair pay for our members and allied health professionals more widely. We know the 3.33% pay award was not enough, and we are working to show the strength of feeling across the workforce and among the wider society.

On Friday 3 July, the BDA stood with other NHS trade unions to deliver a joint letter to the Secretary of State for Health and Social Care, calling for the focus and investment needed to make fair pay in the NHS a reality.

In the letter, signed by 78,000 NHS staff and supported by 14 health unions, NHS workers have told government that a 3.3% pay award is not enough.



Talk about Flex

The BDA is part of a campaign with the other NHS unions to help inspire staff and managers across the health service to start a conversation about flexible working and find the flex that works for them.

BDA Trade Union
Your voice at work

BDA Trade Union events

Webinars

23rd of November pay banding and job evaluation issues in your workplace:
https://www.bda.uk.com/events/calendar/bda-trade-union-strength-in-numbers-what-you-can-do-to-address-pay-banding-and-job-evaluation-issues-in-your-workplace.html

9th of December Trade Union webinar on addressing the far-right webinar.:
https://www.bda.uk.com/events/calendar/tackling-the-far-how-you-can-be-a-part-of-our-campaign-to-counter-far-right-narratives.html

Anyone have any questions or want so have a further chat book some time with the QR code.



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BDA The Association of UK Dietitians
Parenteral & Enteral Nutrition
Specialist Group

PENG e-pocket guide



PENG stands for Parenteral and Enteral Nutrition group and is your pocket guide to clinical nutrition.

Its **Pocket Guide to Clinical Nutrition** is a clinical reference guide used by dietetic students and practising dietitians.

Available at a discounted price of £20 for BDA student members (normally £20) the PENG pocket guide is there to assist you with assessing, planning, treating and monitoring patients who require nutritional support while on placement.

Here's what our members have to say:

"It contains all the information we require in order to assess patients on the wards. I would really struggle to do my job effectively without it."

- *FREE for PENG Specialist Group members*

Be a voice for the dietetic profession online

Join the conversation on social media with the help of our professional guidance

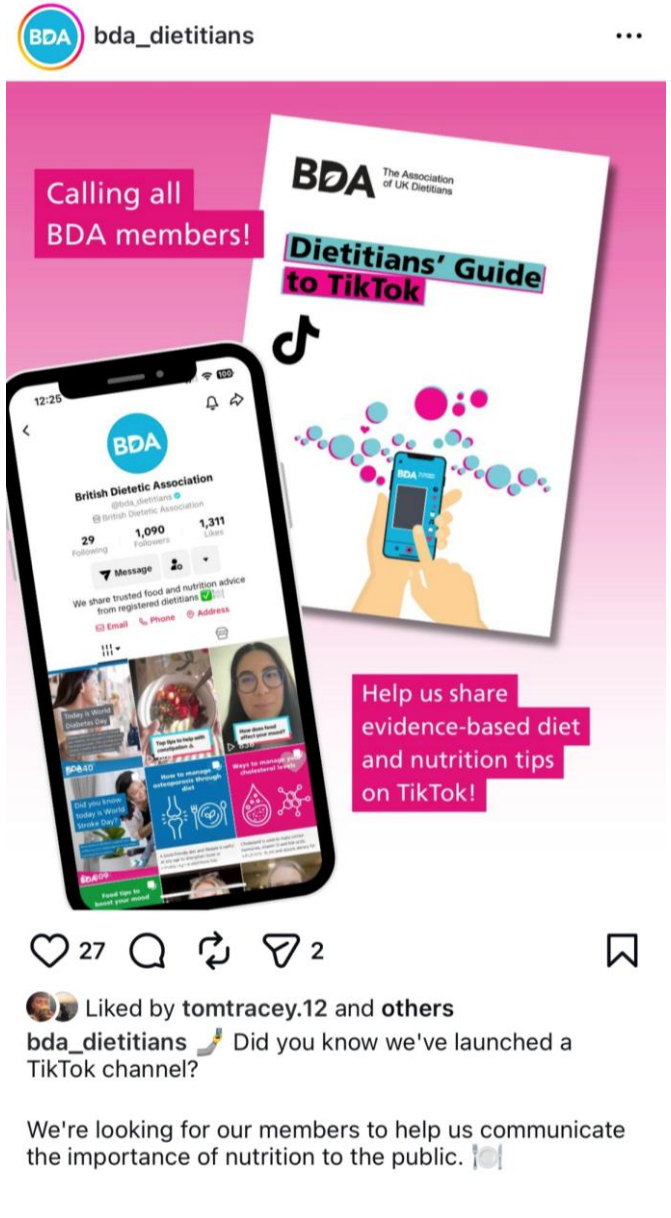
Promote the impact and value of dietetics on social media.

Interact and engage with us, fellow members and the wider profession to ensure our collective dietetic voice is represented across all major social platforms.

Email pr@bda.uk.com to get involved!

Why not collaborate with the BDA and create an informative TikTok about what you're learning in dietetics, or what life is really like as a dietetic student?

We'd love to share your content and showcase your journey!



BDA Student Rep 2026/2027

Ogo-Jesu Toluhi

MSc Nutrition and Dietetics student, University of Hull

Elected in July 2026, Ogo-Jesu will represent BDA student members on the BDA Board of Directors for 12 months.

She will attend strategic Board meetings and make sure the student voice is heard in discussions and decisions that affect students and the profession.

Want to get in touch or share your views?

studentmember@bda.uk.com



How can students get involved in research?



- **Use your BDA membership**
  - FREE access to the Journal of Human Nutrition and Dietetics
- **Read digital magazine Evidence & Expertise**
  - Keep up with research, resources and opportunities
- **Record your research activity**
  - Useful for your CV and CPD
- **Take part in NICE consultations**
  - See how research helps shape national guidance
- **Read research outside your course**
  - Build your confidence by reading journal articles
- **Think about your future**
  - Explore PhD and funding opportunities before you graduate
- **Share your research with the BDA**
  - Promote research through Evidence & Expertise
- **Get research experience on placement**
  - Work with research teams or experienced research dietitians

THANK YOU!

Questions about the BDA or your membership? membership@bda.uk.com

Join us today, and start making the most of your student membership.

Keep connected. Keep learning. Keep building your dietetic career.
We're here to support you every step of the way.

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