

## Quick Guides to the Health Professions

# Human Ecologists

### *What is a human ecologist?*

A human ecologist is a multidisciplinary specialist who focuses on the interrelationships between people and their environments. Enhancing the quality of life and wellbeing of people through education and research at home, work, and in the community is their primary focus.

### *What do human ecologists do?*

Human ecologists perform a wide range of roles across diverse fields of work. For example, in the healthcare sector, human ecologists work with all age groups across a diverse set of roles or functions. They can be involved as direct care providers, managers/administrators, evaluators, or policy analysts. Human ecologists advise, counsel, promote, and teach on a diverse range of topics, including:

- Parenting, family, and intimate relationships
- Nutrition education, promotion, food preparation, and food safety
- Financial management, career planning, lifestyle management, and personal image
- Community leadership and development or business leadership and development.
- Impact of social policy on families
- Textiles and clothing production, consumption, and merchandising
- Life skills and lifestyle management
- Home Economics education
- Business management, product development, food processing, and extension activities.

### *Where do human ecologists work?*

Human ecologists work in community and government office environments, healthcare settings, manufacturing plants, retail stores, educational institutions, and community agencies.

### *Education and preparation*

The minimum educational requirement is a four year BSc degree in home economics, human ecology, family and consumer sciences, nutrition and food sciences, textiles and clothing, or equivalent.

### *Licensure*

In order to be called a Professional Human Ecologist, human ecologists need to meet the educational and practice requirements and be registered with the Alberta Human Ecology and Home Economics Association (AHEA). The titles Professional Human Ecologist and Professional Home Economist, and the abbreviation PHEC, are protected under provincial legislation in Alberta. Legislation is right to title, not right to practice.

### *Professional organizations*

Alberta Human Ecology and Home Economics Association  
<http://www.ahea.ab.ca>

### *Contributors to this guide*

Alberta Human Ecology and Home Economics Association  
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