Indiana University School of Nursing

Innovative approaches to clinical nutrition education within the nursing curriculum

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Objectives

1. Discover ways to examine nutrition from a global health perspective.

2. Examine population health tools to utilize with students to help solidify knowledge regarding the relationship between dietary choices and disability.

3. Discuss experiential and IPE learning techniques for teaching optimal nutrition.

4. View the role of food policy as a force that influences dietary choices and human health.

5. List evidence-based resources related to dietary choices in the prevention and treatment of non-communicable chronic diseases.
Consider focusing on dietary patterns instead of individual foods or food groups

The three dietary patterns recommended in the 2019 ADA Guidelines are:
1) Mediterranean Diet
2) DASH Diet
3) Whole Food Plant Based Diet
Teaching nursing students nutrition from a global health perspective
What the World Eats – National Geographic

United States
The U.S. is the world’s top oilseed producer, followed by Brazil, China, Argentina, and India. People in the U.S. consume more than two and a half times as many grams of vegetable oil per day than they did 50 years ago, accounting for more than half of the 26% increase in calorie consumption. Americans rank fourth globally in per person caloric intake.

World
Global meat consumption per person has nearly doubled since 1961. Interact with the charts to see how each country or region’s meat-eating patterns have evolved. [Total tons] depict national consumption, often reflecting population growth or larger industry changes. (Caloric) and [weighted] intakes demonstrate the daily distribution of meat consumed throughout a population, and trends often align with larger political and economic events.
What the World Eats – Time Magazine
National Geographic Blue Zones
Teaching nursing students nutrition from a population health perspective
Global Burden of Disease Study

HEALTHDATA.ORG

Global Disability Adjusted Life Years Attributable to the 25 Leading Risk Factors In 2010

#4 Diet low in fruit
#11 Diet high in sodium
#12 Diet low in nuts and seeds
#16 Diet low in grains
#17 Diet low in vegetables
#18 Diet low in seafood/ n-3 fatty acids
#22 Diet high in processed meat
#24 Diet low in fiber
Teaching nursing students nutrition from a

experiential learning and/or interprofessional education perspective
CulinaryMedicine.org

1. Tulane University has an established program for 1st year medical students and allied health workers.
2. Introduction to culinary medicine nutrition concepts.
3. Students learn how food goes from farm to table, costs of foods, healthy preparation tips, and how food choices affect health
Medical schools all over the country are doing this –

Why not nursing schools?

Stanford’s example
rouxbe.com/culinary-rx/

1. Offers an online nutrition and cooking course

2. This course can be prescribed to patients (or possibly to nursing students)
Teaching nursing students nutrition from a policy perspective
Food policy

- Cost of food
- Access to food
- Food as Medicine
- Medically tailored meals
- Food served in hospitals
What tool do you utilize to teach about food choices?
2015 Scientific report – Dietary Guidelines for Americans


2019 Scientific report in Lancet – Food in the Anthropocene

https://www.thelancet.com/commissions/EAT
Teaching nursing students clinical nutrition: Other resources
The Plantrician Project

plantricianproject.org
Nutrition Facts

nutritionfacts.org

HOW NOT TO DIE

Discover the Foods Scientifically Proven to Prevent and Reverse Disease

MICHAEL GREGER, M.D., FACLM

with GENE STONE

FEATURING DR. GREGER’S DAILY DOZEN: 100 YEARS TO YOUR LIFE
Lifestylemedicine.org

Click on “Education” then “Web-based Resources”
Thank-you!