



Indiana University School of Nursing

Innovative approaches to clinical nutrition education within the nursing curriculum

Kelly Freeman, MSN, NP-C, AGPCNP-BC, CWOCN, DipACLM

Faculty, Science of Nursing Care, Indiana University School of Nursing

600 Barnhill Drive, NUW406

Indianapolis, IN 46202

(317) 274-0295



SCHOOL OF
NURSING
Indiana University

NLN Center of Excellence in Nursing Education

Creating Environments that

Promote the Pedagogical Expertise of Faculty

2017 – 2022

Advance the Science of Nursing Education

2016 – 2021

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.





Strong bones



Potassium



Complete protein





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



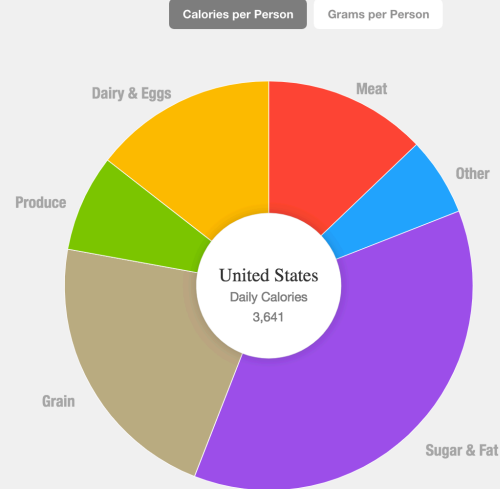
Teaching nursing students
nutrition from a

global health perspective

What the World Eats – National Geographic

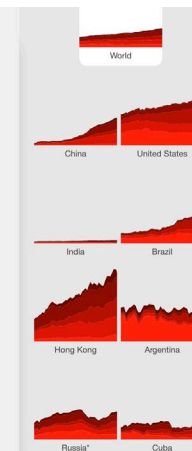
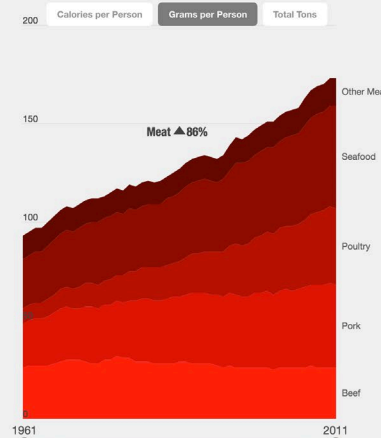
United States

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

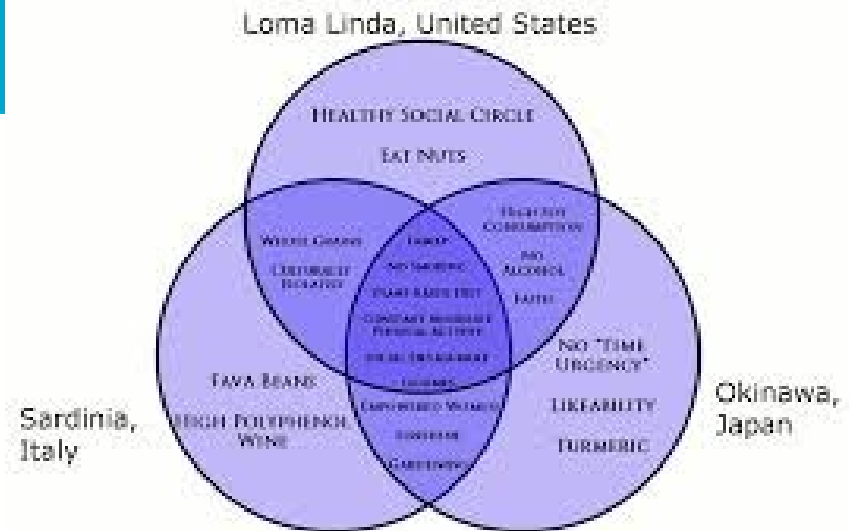
Global meat consumption per person has nearly doubled since 1961. Interact with the charts to see how each country or region's meat-eating patterns have evolved. [Total tons] depict national consumption, often reflecting population growth or larger industry changes. [Caloric] and [weight] intakes demonstrate 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



IUPUI

FULFILLING *the* PROMISE



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

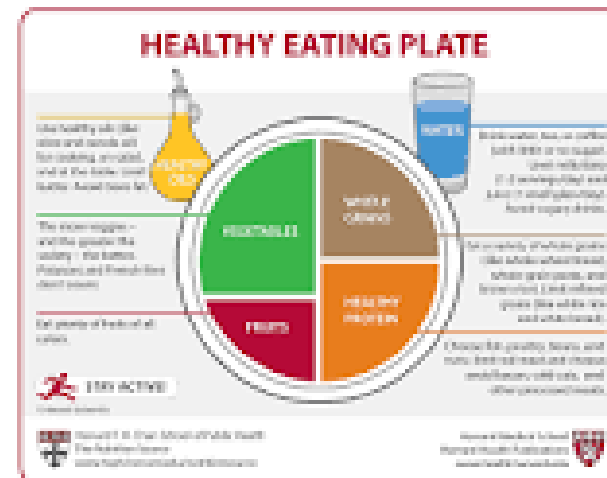
policy perspective

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

<https://health.gov/dietaryguidelines/2015-scientific-report/PDFs/Scientific-Report-of-the-2015-Dietary-Guidelines-Advisory-Committee.pdf>

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

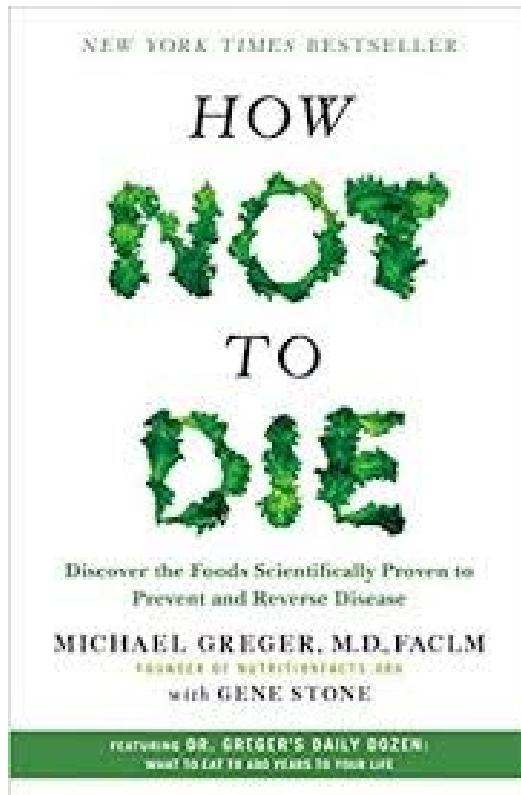
plantricianproject.org



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Nutrition Facts

nutritionfacts.org



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American College of Lifestyle Medicine

Lifestylemedicine.org

Click on “Education” then “Web-based
Resources”



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Lifestylemedicineeducation.org



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EDUCATION COLLABORATIVE



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Thank-you!

