Interprofessional Collaboration to Support Food Literacy and Mental Health Resilience in Adolescents

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Acknowledgments

This presentation is the result of collaboration among nursing, nutrition, and social work students and faculty—together with leaders from two middle schools in the Fort Worth ISD.

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No conflicts of interest to disclose.
Objectives

By the end of this session, participants will be able to

• Describe a service-learning partnership for school-based health promotion among adolescents.
• Identify strategies for interprofessional education and collaboration.
• Examine the outcomes from this partnership.
About Fort Worth, TCU, and FWISD

- Fort Worth: Population density = 800,000, 5th largest city in Texas, 17th largest in the US
- TCU: Undergraduate enrollment = 9,011
- FWISD: Over 86,000 students
Background

• Public health nursing clinical education
  • Final semester of program
  • Service-learning model
• Partnership with local school leaders
  • After-school program for adolescents
  • Interactive workshops
Methods

• Capacity building for primary prevention
  • Photovoice assessment
  • Nutrition and physical health promotion
  • Mental health and wellness

• Interprofessional collaboration
  • Nutrition faculty and students
  • Social work faculty and students
  • Local food bank staff
  • School counselor and intervention specialist
Photovoice Assessment

AWARENESS
CHANGE
HEALTH
IMAGINATION
ENVIRONMENT
VOICE
XPRESSION
Food Literacy Workshops

From gardening to grocery shopping to food prep to taste testing
Mental Health & Wellness Workshops

From social media safety to empowerment to teamwork to civic engagement
Outcomes: Food Literacy

• Willingness to try new foods: fruit/vegetable neophobia reduction
• Beginning nutritional analysis
• Awareness of shopping on a budget
• Improvement in food preparation skills
Outcomes: Mental Health

• Mental health wellness best practices
  • Small groups and peer support
  • Role playing in conflict resolution and coping skills
  • Emphasis on restorative practices

• Future endeavors
  • Nature-based therapeutics
Conclusion

- Enhanced service-learning partnership with local urban school district
- Increased capacity to support food literacy and mental health resilience among middle school students
References

Questions?