

Development of a Guide for Dietetics Students to Become Involved in Global Nutrition as a Career

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Introduction

Malnutrition refers to individuals who suffer from undernutrition, micronutrient deficiencies, excessive weight, and obesity.

- Malnutrition accounts for **3.1 million (45%) of deaths** in children under five, globally
- The United Nations' Sustainable Development Goal #2, "Zero Hunger," aims to **end all forms of malnutrition by 2030**
- Registered Dietitians** are licensed healthcare professionals trained to **prevent, identify, and treat malnutrition**
- However, **Didactic Programs in Dietetics** lack information and practice needed for students to comfortably enter into a global nutrition career path



Methods

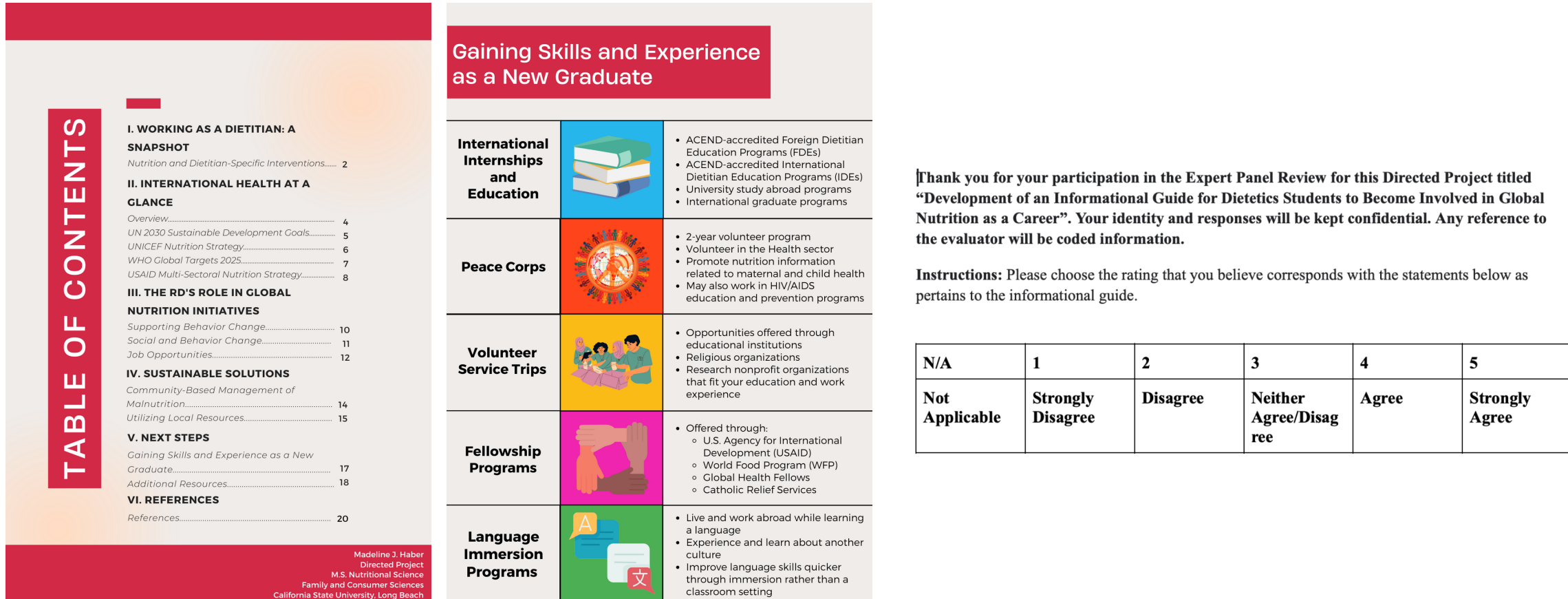
Literature Review: Evaluate current global health initiatives, evidence-based research of nutrition interventions, and sustainable practices that address both underlying and direct causes of malnutrition

Informational Guide Development:

- Selection of topics and subtopics based on the literature review
- Use of the graphic design website, Canva, and pre-existing infographics to create a visually appealing guide
- Formation of two review panels to evaluate the guide

Data Collection:

- Administration of formative evaluation to expert and student review panels via Google Forms survey
- Revision of informational guide based on feedback from review panels



Results

Student Evaluation (n=5)

Strengths:

- Inclusion of job descriptions and potential positions is beneficial to the reader
- Content is centered on role of the RD
- The guide is easy to follow and understand
- The guide is visually appealing
- Use of great resources

Areas of Improvement:

- Too wordy in some areas
- Improve readability by increasing font size
- Reorder some slides to improve flow
- Changes to formatting to improve clarity

Question	Mean	
The information is easy to understand	4.6	5=Strongly Agree
The guide provides information relevant to students in DPD programs	5	4=Agree
The role of the dietitian in global nutrition is clear	4.2	
The guide is visually appealing	4.4	3=Neutral
Contents of this guide will be interesting to college students	4.6	2=Disagree
I learned something from the content	5	
Overall I am satisfied with the content	4.4	1=Strongly Disagree

Figure 1. Means for student review panel formative evaluation

Expert Evaluation (n=3)

Strengths:

- Enough information without being excessive
- Information is highly relevant to a DPD student
- Clear steps of how students can grow professionally
- Well-organized

Areas of Improvement:

- Dense information in the beginning; hook students by starting with "Nutrition and Dietitian-Specific Interventions"
- Add a closing page to summarize the information
- Include an additional resources page relating to AND

Question	Mean	
The information is easy to understand	4.3	5=Strongly Agree
The guide provides information relevant to students in DPD programs	4.6	4=Agree
The role of the dietitian in global nutrition is clear	FF914D 4.6	
The guide is visually appealing	5	3=Neutral
Contents of this guide will be interesting to college students	4.3	2=Disagree
I learned something from the content	4.6	
Overall I am satisfied with the content	4	1=Strongly Disagree

Figure 3. Means for expert review panel formative evaluation

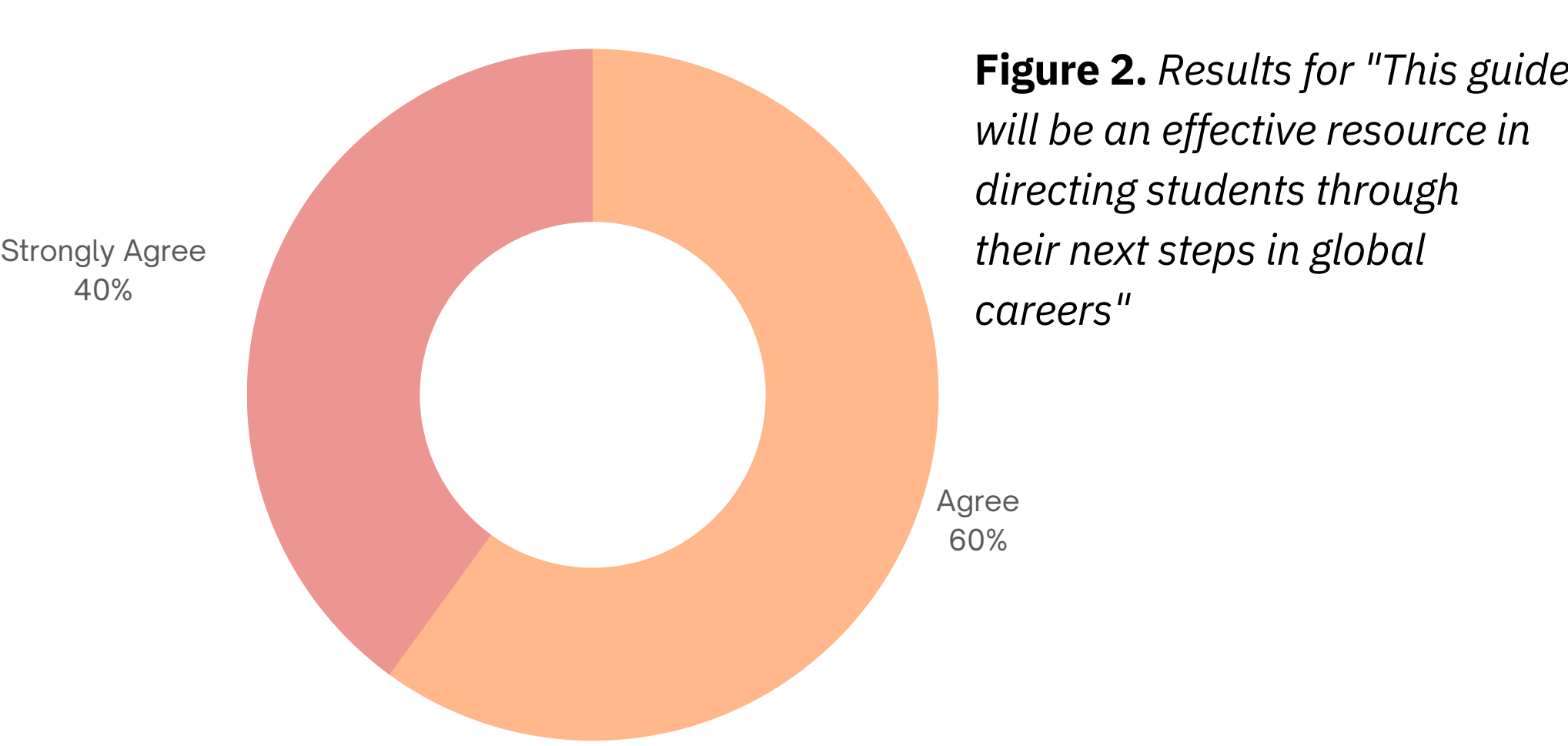


Figure 2. Results for "This guide will be an effective resource in directing students through their next steps in global careers"

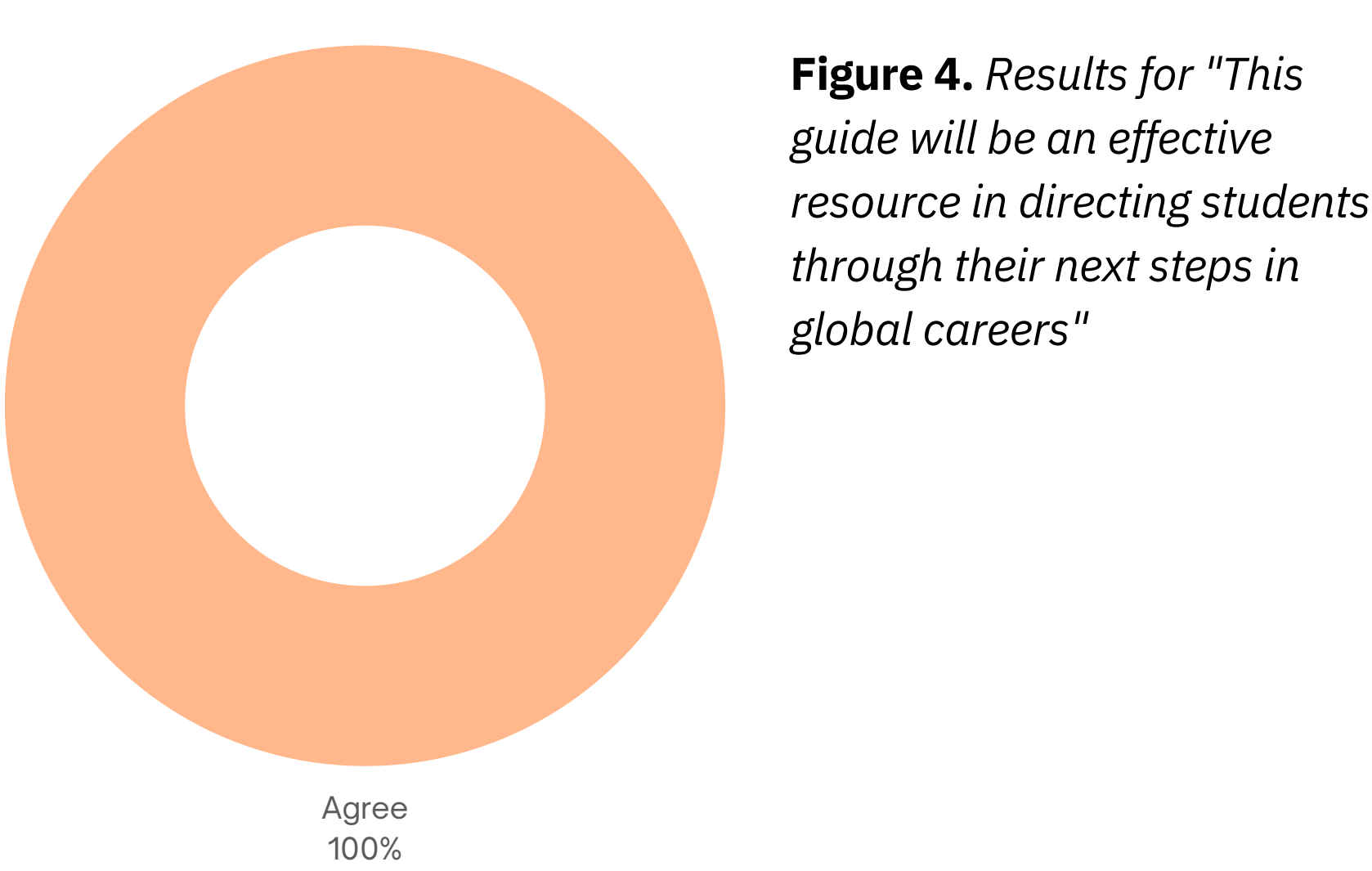


Figure 4. Results for "This guide will be an effective resource in directing students through their next steps in global careers"

Discussion

Implications of Findings:

- Global nutrition is impacted by the status of:
 - Sustainable food systems
 - Social structures
 - Economic security, and more
- Dietitians who understand the interplay between direct and indirect impacts on health can provide more holistic care and effective interventions
- This informational guide provides a simple introduction to a specialized practice within dietetics, and offers a unique outlook on the prospects of working as a dietitian

Future Recommendations

- Administer a survey to DPD students prior to development of the guide to better gauge topics of interest and areas of need
- Assess efficacy of the informational guide by providing before and after surveys
- Include student and expert reviewers from a variety of schools to improve generalizability



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Conclusion

- Global nutrition initiatives are a large focus within international humanitarian agencies as **good nutrition supports social and economic structures**, helping to empower individuals and **break cycles of poverty and hunger**
- Dietitians** play a role in **effectively bridging** together **medical needs, social needs, policy development and program implementation**. They are ultimately a vital component needed to achieve the global nutrition goals set by the World Health Organization, the United Nations, the United States Agency for International Development, and more
- The informational guide provides students with **feasible ideas** to get started on this track during school and post-graduation, and demonstrates real-life examples of how the **expertise of dietitians positively benefits** the goal to abolish global malnutrition

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For more information

Please contact madeline.haber01@student.csulb.edu. More information on this and related projects can be found on the M.S. Program in Nutritional Science page at www.csulb.edu.