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Experiences in Community Nutrition
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Reflection Paper

Since the beginning of the Coordinated Program in Dietetics I have gained a lot of knowledge and competence in the areas that the Academy of Nutrition and Dietetics have identified for students. Through my time in the Experiences in Community Nutrition class I have expanded my skills and knowledge in the areas that revolve around community nutrition and educating the general population on the importance of a healthy lifestyle. I gained a lot of experience through my community nutrition rotation at UMass Extension Nutrition Education Program and the Nutrition fair held at Framingham State University in the spring of 2012. I will need to continue to gain knowledge and skills in these areas because over time concepts change and technology advances. I have become competent to gain an entry level community nutrition position after my graduation from Framingham State University.

CD 6: Use current technologies for information and communication activities

I used current technology through my years in the coordinated program. Specifically for my Community Nutrition Rotation I used many different platforms. I used the blackboard interface to have discussions with the other students and to also post assignments for the professors to look at. I used publisher when developing a brochure for the Nutrition Fair project on healthy beach eating and physical activity. I used power point when developing a training for the activities to be used for the MCAS remediation Summer Success program at the Brockton Public Schools summer of 2012. My fellow interns and I developed and taped a television show that is going to air on Brockton Public Access television. I also got to use website development by creating an ePortfolio.

CD 8: Provide dietetics education in supervised practice settings

CD 43: Conduct community based health promotion/disease prevention

CD 44: Participate in development and evaluation of a community-based food and nutrition program

CO3: Develop community-based food and nutrition programs

I was able to do various nutrition education series while at UMass Extension. I taught Choices which is a curriculum that is used for SNAP-ed to English as a second language class. I taught two specific lessons, Kitchen Calypso which is about smart grocery shopping and Fast Foods a Go-Go which covers fast food restaurants and fat content. I was also able to co-author and co-star in two television shows, one based on a healthy sandwich to have on the go and another that covered fruits and vegetables and 5 quick and easy snack recipes. These television shows will be aired on Westborough Public Television and Brockton Public Television. I also took part in the International Food and Nutrition Festival at the Downey School in Brockton where the children and educated about 5 different countries culture and food ways. Lastly I developed 4 activities and training for the Brockton Public Schools MCAS remediation Summer Success program.

CD 11: Develop and review educational materials for target populations

For the Nutrition Fair I co-developed an activity for college students to discover the differences between boardwalk food and a home packed lunch. I also helped to create a brochure detailing the information that was displayed on the Tri-fold board. Through UMass Extension I developed four nutrition education activities for children in grades 3-5. They are a MyPlate treasure hunt, a whole grain discovery activity, a sugared cereal activity and an identifying different colored fruits and vegetables. These activities all were developed for project based learning.

CD 12: Participate in the use of mass media to promote food and nutrition

Trough Brocton Public Access television and School Scene I co-authored and co-starred a TV show that covered the importance of eating different colored fruits and vegetables, increasing the intake of fruits and vegetables, obesity and five simple snack recipes, one for each color fruit and vegetable. I also co-authored and co-starred in a television show for Westborough Public Television about a healthy sandwich for people on the go instead of buying a lunch or meal at a store or fast food restaurant.

CD 13: Interpret and incorporate new scientific knowledge into practice

For the Nutrition Fair I co-created a presentation on the importance of packing a lunch instead of buying one at the beach, cooler packing food safety and the importance of physical activity at the beach. For the television show I covered the topics of what fruits and vegetables help our bodies do and the obesity problem that is happening nationwide. I also taught nutrition education on smart food shopping and the fats in fast foods to people who are enrolled in an English as a second language course.

CD 15: Develops and measure outcomes for food and nutrition services and practice

Through the development of the Nutrition Fair program we were able to access if people gained knowledge on the topic with a small quiz at the end and the college students did gain knowledge and possibly might think twice when going to the beach about buying the lunch on the boardwalk. In choices I helped the members of the class to set goals to change their lifestyle based on the lesson and the next week we would discuss how much progress people have made towards their goals. The International Food and Nutrition Festival allowed me to see if the information the students learned in the presentation helped them to try new foods at the lunches and that was evident when stamping the children's passports. I saw how many tried the new foods each day.

CD 39: Refer patients/clients to appropriate community services and other primary care providers

I was not able to fulfill this competency through my community rotation, but I am familiar with the many programs that are available to the food insecure population. I got the chance to provide education to participants in the SNAP program. I do think this is an area where I can make personal growth and can become competent once given the opportunity to do so.

CD 40: Supervise screening of the nutritional status of the population and/or community group

Through the Nutrition Fair I was able to take the blood pressure of members of the college community and identify their risk for high blood pressure based on the reading.

CD 42: Provide nutrition care for population groups across the life span

The Nutrition fair program on beach eating was targeted at college students. The development of the four nutrition education activities for Summer Success is education geared toward elementary school students in grades 3-5.

CO 7: Consult with organizations regarding food access for target populations

I did not fulfill this through my work with my community rotation however; I have volunteered at a food pantry in Spring 2012 and have had a lot of previous experience volunteer at countless soup kitchens in my home town while in high school. I would like to continue to volunteer at the food pantry upon my return to my home town in summer 2012.

CD 4: Prepare a portfolio for professional development

Through the development of this portfolio I have learned how to create an eportfolio using Yola and the work that goes into creating one. The portfolio displays the work that was discussed in these competences.

I believe that I have been able to use technology, communication outlets and current scientific research in the development of nutrition education programs, activities and materials. I was able to deliver the education at the appropriate level so that the participants could understand the material. I however have not been able to refer participants to other resources that are available to them in the community. I also have a limited experience in screening the community for nutritional status. These opportunities were limited though the time that I spent in my community nutrition rotation. I do feel that I could work in an entry level position on community nutrition through my experiences in developing the education materials and delivering the education to the public.

In the next three years, I know I will need to continue being educated in the nutritional field because of the many medical advances and also to increase my knowledge in areas that I do not have a lot of experience in or the best knowledge of. I will need to increase my ability to do nutritional screening for the general public by seeking out opportunities to do so and also by learning new techniques and ways to screen the public. I will increase my competence in referring people to different agencies that offer services by staying in contact with the food pantry that I volunteered at and continue to volunteer with them. Lastly, I will increase my knowledge and skills in measuring outcomes for education by seeking opportunities to provide the public with nutrition education through the various organizations and will hope to adapt their ways of measuring outcomes to further increase my knowledge and skill in this competency area.