

Foods and Nutrition (BS) – HHS

Director/Chair: Dr. Matt Mahar

Assessment Lead: Dr. Alison Meagher

Step 1: Student Learning Outcome

DLO 6: Differentiate between biomedical and biopsychosocial explanations of health and wellness or rehabilitation; Describe the biological, psychological, social, and environmental correlates and determinants of behavior change relevant to physical activity and diet; Integrate multilevel determinants into behavior change interventions for individuals, communities, and populations; Evaluate the efficacy and effectiveness of behavior change interventions in exercise, nutrition, and rehabilitation sciences.

Step 2: Assessment Methods and Measures

Fall 2023, NUTR 407: The assignment identified that meets Objective 6.2 in Nutrition 407 is the Meal Planning Project. In this assignment, students are directed to take a role of a dietitian for a Type II diabetic patient with cardiovascular disease. For physiologic, psychological and pathological determinants, students will apply evidence-based practice using the diet prescription of "Heart Healthy", 2000 kcal DM diet, plan 2-days of menus according to the diabetic exchange system and analyze those menus for meeting the diet goals, DRI's and MyPlate recommendations. Included in the assignment are to describe the patient demographics, economic status, and access to healthcare/RD to consider environment and social determinants. The assignment further should exemplify the ability to eat healthy on a given budget that limits choices aligned with average and/or below average annual income.

The project is graded on a rubric that includes:

- 1.** ADIME documentation-a separate rubric is used to assess this portion.
- 2.** Menus for reasonable creativity and alignment with cardiovascular and diabetic guidelines.
- 3.** Food budget with \$30 per 2 days.

4. Diet analysis of menus and assessment on the menus met DRI's, diet prescription and MyPlate recommendations.
5. A reflection of the project that includes insight into the relevance of this project what are the determinants in meal planning to create positive health outcomes.

Step 3: Criteria for Success

80% of students will achieve an 85% or better on this assignment.

Step 4: Summary of Results

Fall 2023, NUTR 407- 100% of students achieved an 85% or better, whereby meeting the criteria of 80% of students achieving an 85% or better.

Step 5: Action Plan

Criteria achieved; no action plan required.