

Nutrition Department

Advisory Committee Meeting Notes

April 22, 2021

1. **Welcome & Introductions**

Attendees: Diana Bissiri, Elizabeth Blake, Tracy Bryars, Lisa Gibson, Cindy Marshall, Trina Robertson, Linda Terjeson, Kristin Hilleman, Lori Hoolihan

In abstentia: Elaine Rutkowski, Marissa Kent, Solange Klingensmith

1. **Nutrition Trends –** Trina summarized the top 5 nutrition trends that will impact the profession in the next 1-3 years (per Dairy Council of CA):
   1. The importance of engaging individuals through their own personal life experiences is acknowledged as a vital component in achieving meaningful, equitable community change.
   2. A new era of nutrition research focuses on the gut microbiome and functional foods. Evidence is beginning to reveal strong associations supporting the interconnectivity between diet, inflammation, immune function and gut health.
   3. Consumer food purchasing and eating behaviors continue to shift amid the pandemic as a result of social and environmental changes, but it remains to be seen what changes will be normalized in the long-term.
   4. The dialogue surrounding sustainable nutrition as part of climate change mitigation efforts has moved to an action phase with research and policy initiatives launched at the international, federal and state levels.
   5. There is a growing focus on overall diet quality, complexity of the food matrix, and addressing nutrition needs throughout the lifespan. A shift to food based dietary recommendations aim to integrate these important areas.

Trends Discussion: Do you see any other trends in the profession? How will these changes impact the profession in the near future? How can we better prepare our students as a result of these trends?

* New term (or way of describing an old term): “Food insecurity” is more appropriately deemed “Nutrition insecurity” to focus on nutrient content rather than just providing calories.
* Vegan/vegetarianism/ plant-based diets are definitely a trend… need to remember the health implications, not just the environmental impact. E.g. a vegan diet may be good for the environment but does it sustain the health of the INDIVIDUAL?
* Gut health is gaining momentum. Ties in with Intermittent Fasting (IF) which is being used for many purposes. Resting the gut for 10-12 hours/day may be beneficial. Does the time we are asleep suffice, or do we need to lengthen it beyond that?
* People are going to jump on these diet trends; our job as health professionals is not to discount them, rather to help them do it in a safe, healthy and sustainable way.

1. **Department Updates –** Lori provided an update on coursework and curriculum, enrollment and completer data, recent changes to nutrition certificate and AS degree curriculum, listing of internship sites, accommodations made due to COVID this semester, next 1-3 year plans for the department.
   1. Enrollment and # graduates have decreased in the past year but not as much as expected.
   2. New courses – Sustainable Nutrition – to start in fall 2021. Careers in Nutrition (1 unit) started Fall 2020 with strong enrollment; will offer every fall semester. Beth suggested using AND’s resources for content and assignments (used by OCC for internship projects).
   3. New programs – submitted 3 new low-unit certificate programs in Geriatric Nutrition, Sports Nutrition, Sustainable Food Systems – to launch fall 2022 if approved. Committee was supportive of these given our changing demographics and growing interest in environmental issues.
   4. COVID-induced changes to curriculum (short and long-term) – all courses/sections converted to online through summer 2021; will be back on campus fall 2021. Many sections converted to hybrid; some using “Hyflex” teaching – giving students the option of being in person OR synchronous streaming. Need to use breakout rooms, polls … Tracy suggested having each student bring their computer to class so they can participate with those who are streaming. She is using Hyflex at Chapman; can help get us up to speed if needed.
2. **Discussion –** All

Is there anything we should be doing differently in the online/streaming mode of teaching? What (new) skills are needed for success in the profession? What changes to our curriculum do you recommend (new classes, mode of education, degrees offered, etc.)? What is happening in the area of online education and educational resources that we should act on?

* Nutrition education is entering the virtual world. Students need to learn skills in Telehealth as it will be significant in the future in the healthcare field. Integrate into existing courses/assignments, using zoom and other technologies that can be employed in the telehealth arena. Consider Google classroom.
* Internships should include social media and marketing as employable skills to develop.
* Many people are choosing to NOT get vaccinated; we need to accommodate them in the way we teach/interact. Some people like the remote world and have proven it can be successful; need to keep offering it as an option.
* Cultural relevancy of what we are teaching is important – 2020 DGAs emphasized culture. Diversity, equity, being flexible with a variety of how and what we eat. In school food service, the Child Nutrition Reauthorization Act recognizes the need to greater cultural sensitivity. Consider adding a course in Cultural Nutrition.

**V. Next steps**

1. Suggestions for speakers/content for Sustainable Nutrition course? Linda is interested in guest speaker opportunities. Beth to send Lori link to AND’s resources.
2. Support of our program: e.g. guest speakers in our classes, help place students in internships, etc. – Lisa has had lack of follow through with our interns; one student committed to a schedule and never showed up or communicated. Linda may be able to oversee an intern.
3. Advisory meetings every year; next meeting will be Spring 2022 (hopefully F2F)

**VI. Meeting adjourned at 4:30 pm**