Healthy Eating Group
Appointments

Presented by:
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University of South Carolina
Student Health Services
Learning Objectives

- Objective 1: Describe the purpose of Healthy Eating Group Appointments
- Objective 2: Discuss the content reviewed at Healthy Eating Group Appointments
- Objective 3: Identify the impact of using a triage appointment for teaching healthy eating
Student Health Services Staffing

- Healthy Campus Initiatives
  - 2 positions for Clinical Dietitians
    - Medical Nutrition Therapy
  - 1 position for Outreach Dietitian
    - Campus nutrition education
  - 3 student health coaches and 1 faculty/staff health coach
Why We Need H.E.G

- Wait times for patients were increasing
- Severe eating disorders need to be seen quickly
- Started a semester with only 1 clinical dietitian
- Other high acuity patients such as diabetes, GI diseases, etc.
- “No shows”, basic education needs, extra credit
Average Wait Times Aug-Oct 2017

Figure 1: Average Wait Times Aug-Oct 2017
SHS Referrals to Nutrition Services

This guide is for providers to use to request a nutrition-related service for a patient.

**Provider referral**

- **IF:**
  - Eating Disorder/Suspected Eating Disorder
  - Disordered Eating
  - Low BMI

- **IF:**
  - High Cholesterol
  - Diabetic/Pre-DM
  - New to vegan/vegetarian lifestyle
  - Weight-related changes due to depression/anxiety
  - Other diagnoses which indicate the need for Medical Nutrition Therapy

**Special Note:**
- Student Wellness can perform a series of 8-12 checks over several days, as requested by SHS Providers

**Choose SHS-ED Consult in referral list and indicate reason for visit**

**Referral managed by EDCT Case Manager**

**Scheduled with:**
- C&P
- SHS RD
- Outside provider

**Choose SHS-Nutrition in referral list and indicate reason for visit.**

**Student will be scheduled for individual RD appointment.**

**Choose SHS-HCI Balanced Eating Group**

**Student will be scheduled in Healthy Eating group appointment followed by referral.**

**Scheduled with:**
- Health Coaches
- For individual RD appointment
Curriculum

• Content covers basic nutrition education for a general, healthy person
• Healthy Eating Group Appointment Objectives:
  • Acquire increased basic nutrition knowledge
  • Know at least two cooking tips for eating on a budget and identify types of meal prepping skills
  • Understand cues for eating
  • Learn how to balance meals and snacks
  • Identify signs of an unhealthy relationship with food, and where to seek assistance
PowerPoint Content

• MyPlate
• Portion sizes
• Food preparation tips
• How to read a food label
• How to navigate dining hall or eating out
• Warning signs for an unhealthy relationship with food
• Additional resources on campus

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Daily Servings</th>
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<tbody>
<tr>
<td>Protein</td>
<td>5.5-6 ounces</td>
</tr>
<tr>
<td>Grains</td>
<td>6-8 ounces</td>
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<tr>
<td>Fruits</td>
<td>1.5-2 cups</td>
</tr>
<tr>
<td>Vegetables</td>
<td>2.5-3 cups</td>
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<tr>
<td>Dairy</td>
<td>3 cups</td>
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</table>
Pre-Assessment

• SCOFF
  • Do you make yourself Sick because you feel uncomfortably full?
  • Do you worry that you have lost Control over how much you eat?
  • Have you recently lost more than One stone (14 lb) in a 3-month period?
  • Do you believe yourself to be Fat when others say you are too thin?
  • Would you say that Food dominates your life?
• Fall semester data showed 18% of participants flagged on SCOFF questionnaire
Post-Assessment Evaluation

<table>
<thead>
<tr>
<th>As a result of this presentation, I am able to:</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>Neutral</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
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</thead>
<tbody>
<tr>
<td>Make food choices that reflect MyPlate recommendations across the span of a day</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
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<tr>
<td>Plan ways to increase fruit and vegetable consumption</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
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<tr>
<td>Identify whole grains on a food label</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>I intend to use the information I received today in the future.</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>The information I received today will contribute to my academic/professional success.</td>
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<td>4</td>
<td>3</td>
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<td>1</td>
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<tr>
<td>This presentation was valuable</td>
<td>5</td>
<td>4</td>
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<td>1</td>
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<tr>
<td>I would recommend this group to others.</td>
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<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td>I am motivated to make a change in my eating habits based on the information I received today.</td>
<td>5</td>
<td>4</td>
<td>3</td>
<td>2</td>
<td>1</td>
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Evaluation Data

Myplate Recommendations

Plan to increase Fruit and Veg

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<th>2</th>
<th>3</th>
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Identify Whole Grains

Intent to Use Information

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Contribution to Academic/Professional Success

Class Experience was Valuable
Evaluation Data

Recommend Class to Others

Motivation to Change
Implications for Practice

• Offered free general nutrition class
• Option for providers, athletic trainers, etc. to refer students
• High acuity patients can be seen quicker
• Can reach a higher number of students seeking basic information
• First nutrition appointment is more productive as patient comes with foundational knowledge
• Awareness to other health services like cooking classes and stress management
Questions?