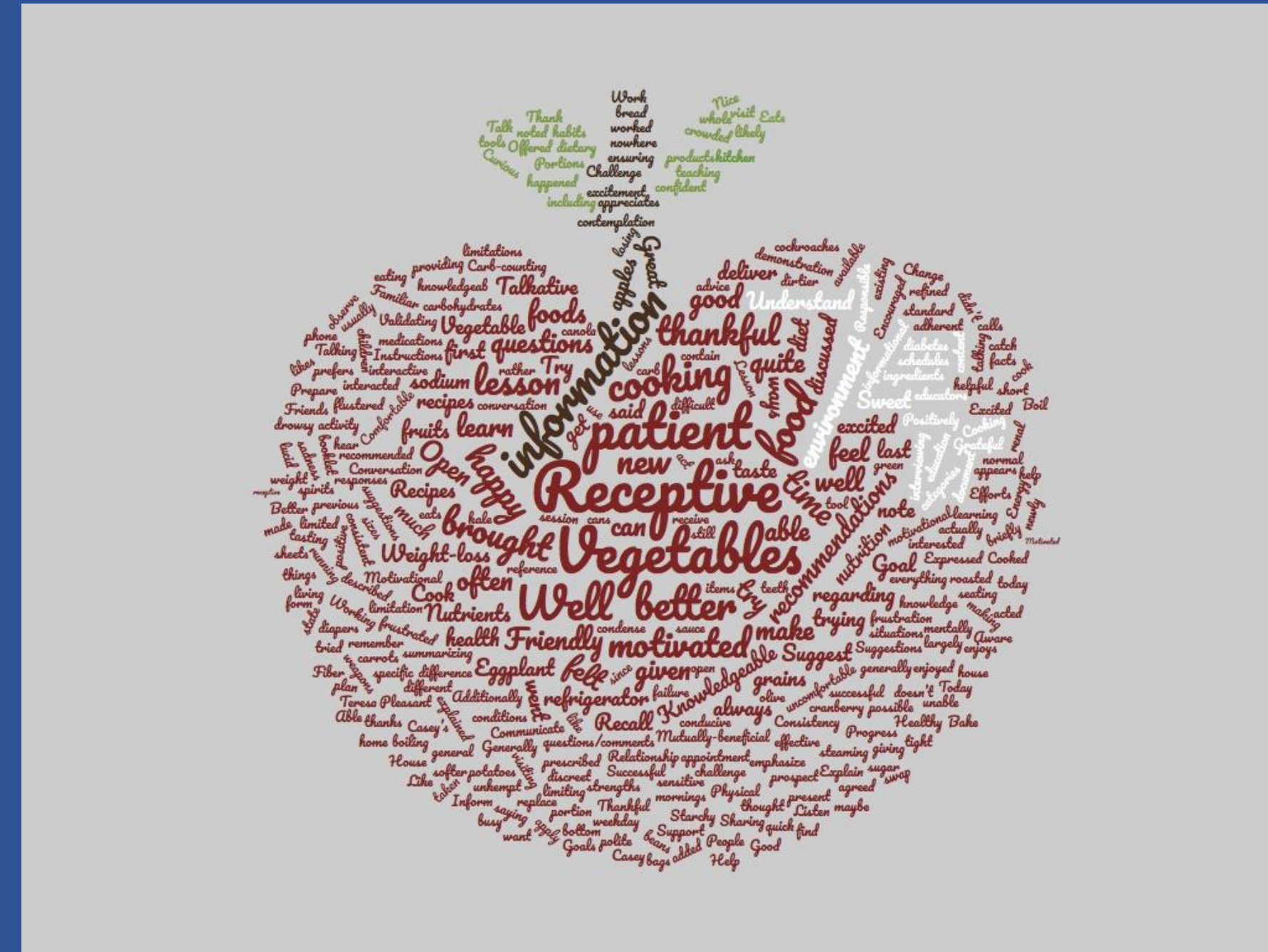


Student Run Home Visiting Nutrition Education Program with Food Delivery

Lawrence Greenblatt, MD, Sarah Armstrong, MD, Jason O'Briant, RDN
NC Albert Schweitzer Fellows 2018-2019: Christelle Tan, Jackée Okoli
Duke Outpatient Clinic, Durham, NC

Introduction

In Durham County, NC, 17.3% of the population is food insecure.¹ Furthermore, medical education often fails to meet relevant training needs with 86 of 121 medical schools not providing the National Research Council's recommended minimum 25 hours of training.² Project Food Empowerment and Education Delivery enables medical and nutrition students to connect with food-insecure individuals to deliver not only food, but also nutrition education.



Word Cloud: Student reflections on their experiences in Project Feed

Discussion

The root causes of food insecurity are multifactorial in nature. We believe an effective way to address these root causes is to increase access to healthy food through student led home deliveries. Furthermore, as the incidence of food-related chronic illnesses continues to rise, it is important to ensure that future clinicians have the skills to provide appropriate nutrition counseling to their patients.

Methods

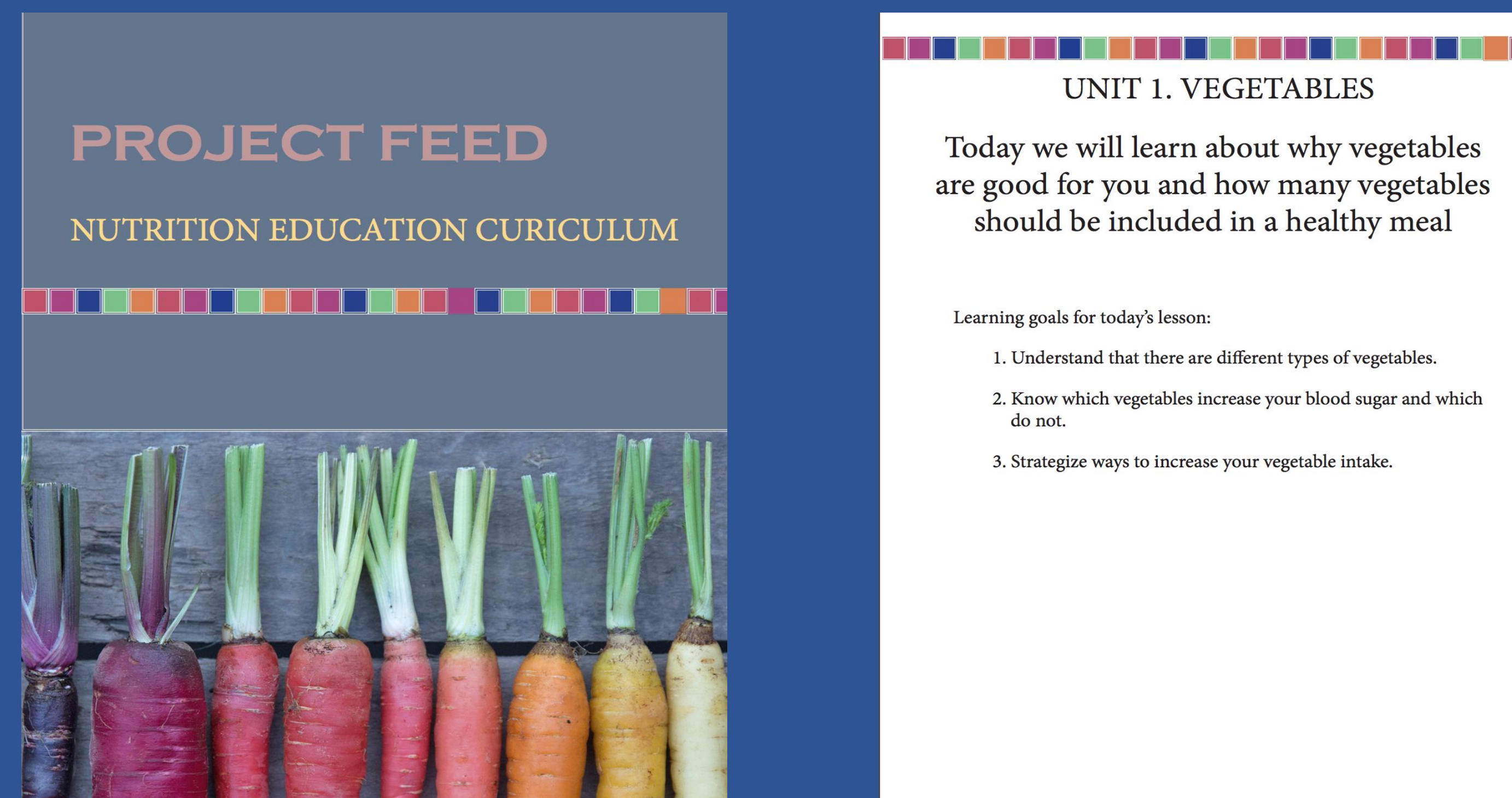
Project FEED is a 6-month program that matches a 1st year medical student and graduate nutrition student to a patient with a chronic illness experiencing food insecurity.

Patients are referred by a health provider and must meet the following requirements:

1. Experiencing food insecurity
2. Diagnosed with 2 or more diet-related chronic conditions (diabetes, cardiovascular disease, etc.)
3. Live in a safe area
4. Track record of consistent follow-up w/providers

Student responsibilities:

1. Deliver produce to patients at least once a month
2. Teach a six part nutrition education curriculum in the patient's home
3. Help patients develop a SMART goal; follow up weekly by call/text to check on their progress
4. Learn about nutrition, patient engagement & retention, SMART goals, and motivational interviewing via a series of workshops



6-unit curriculum adapted from the validated curriculum, *Cooking Matters*, covering vegetables, fruits, grains, fats, proteins, and snacks.³ Developed specifically for Project FEED with direction from Jason O'Briant, RDN.

Teaching Points

1. Medical schools should include nutrition in their curriculum so that future physicians are capable of teaching patients about the positive health outcomes associated with eating a healthy diet.
2. Medical students should be encouraged to participate or initiate similar programs with their local community clinics.
3. Patient engagement and retention posed a serious challenge, and definitive steps must be taken before program launch to adequately address these issues.



References

1. Map the Meal Gap. Feeding America. <http://map.feedingamerica.org/>. Accessed 8/29/2017.
2. Adams, K. M., Butsch, W. S., & Kohlmeier, M. (2015). The State of Nutrition Education at US Medical Schools [Research article]. <https://doi.org/10.1155/2015/357627>
3. Pooler JA, Morgan RE, Wong K, Wilkin MK, Blitstein JL. (2017). Cooking Matters for Adults Improves Food Resource Management Skills and Self-confidence Among Low-Income Participants. *Journal of Nutrition Education and Behavior*, 49(7), 545-553. www.schweitzerfellowship.org, 704-895-6596.