

The Impact of a Culinary Medicine Course on the Nutrition Care Attitudes of Pre-Health Profession Students



Background

- Few healthcare professionals outside of registered dietitian nutritionists are adequately prepared to provide evidence-based nutrition education.
- Cooking skill-based learning may increase knowledge and improve nutrition attitudes more than traditional knowledge-based approaches.
- Current educational strategies may not prepare future healthcare professionals to become empathetic and innovative problem-solvers who have the skills to provide evidence-based and practical nutrition advice.

Objective

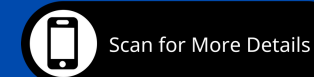
- To investigate how a culinary medicine course for pre-health profession college students impacts nutrition care attitudes.

Methods

- 25 pre-health profession undergraduate students enrolled in an experiential culinary medicine course
- Pre-post course surveys to assess:
 - Nutrition care attitudes
 - Sociodemographic characteristics
- Analysis:
 - Descriptive statistics
 - Paired t-tests
 - Wilcoxon signed-rank tests
 - ANOVA with post-hoc analysis

SNEB Nutrition Educator Competency: Nutrition Education Research Methods

The nutrition care attitudes of students did not change significantly; however, certain effects of ethnicity and career aspirations on attitude scores were discovered.



Results

- Hispanic students had more **negative attitudes** regarding:
 - Nutrition counseling (p=0.001) (Figure 1)
 - Including nutrition in routine patient care (p= 0.013)
- Hispanic students had more **positive attitudes** regarding:
 - The importance of taste in improving dietary patterns (p=0.002) (Figure 1)
- Aspiring doctors, dentists, and physician assistants had more **negative attitudes** about nutrition counseling than future dietitians (p= 0.008) and nurses (p=0.049) (Figure 2).
- No significant changes were seen in attitude scores.

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Figure 1. Effect of Ethnicity on Nutrition Care Attitudes

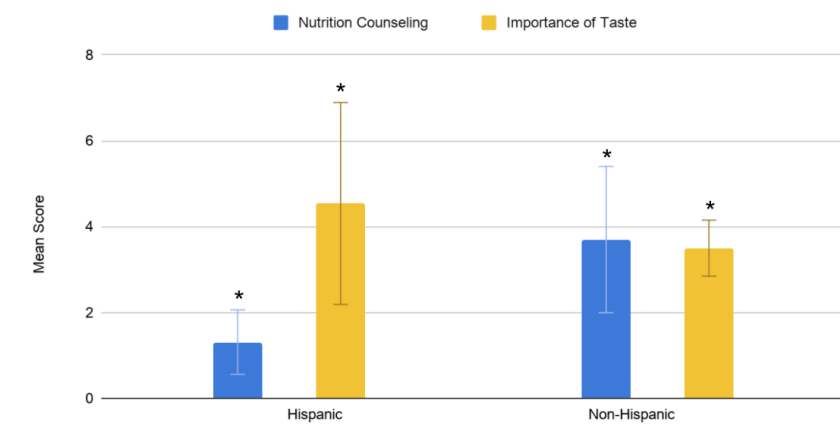
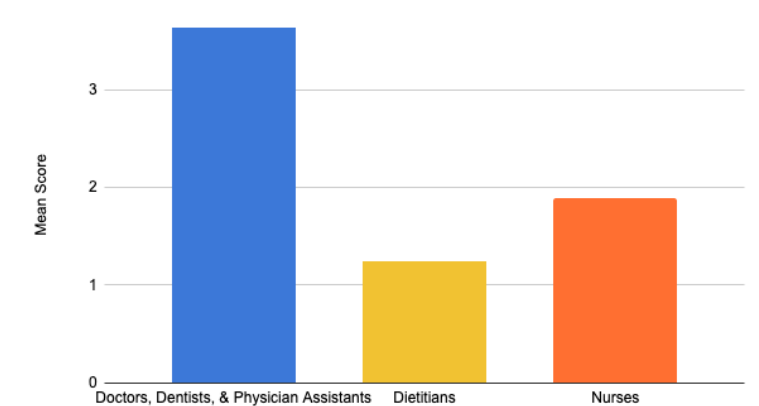


Figure 2. Effect of Career Aspiration on Nutrition Counseling Attitudes



Conclusion

- The differences based on ethnicity and career aspirations warrant further investigation.
- Strategies to cultivate positive attitudes regarding the role of nutrition across health disciplines should be identified to better develop competency.