Sustainability, Nutrition and Health

by Marianne Smith Edge, MS, RD, LD

Editors: Maureen Bligh, MA, RD
and Lori Hoolihan, PhD, RD

Complete exam for credit before November 30, 2013

Course Code: RD53, CHES53

This course approved for:
RD ........................................ 4 CPEU
DTR ....................................... 4 CPEU
CDM ................................. 4 Clock Hours
CHES ................................. 4 CECH

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See How to Earn CE Credit on page 4

Suggested CDR Learning Codes: 2000, 2030, 2040, 4000, 4010, 4100, 4020, 4070, 6000, 6010, 6020, 7000,
7050, 7120, 7180, 8000, 8018, 8070
Level 2

Learning Objectives
Upon completion of this module the student will:
1. Have an increased awareness of consumer trends regarding sustainability and health.
2. Be aware of factors beyond carbon footprint that affect sustainability.
3. Have gained a direction for counseling clients in ways that meet both their health needs and values related to sustainability.
Information About This Course

This multi-media module includes a PowerPoint slide presentation with audio and PDF documents to read at your convenience. The slide portion takes about 45 minutes to complete and covers many aspects of the sustainability movement and implications to nutrition and health care.

The course includes definitions of sustainability and what this movement encompasses, the background of how the movement started, recent trends, how the consumer perceives sustainability, and the role of the practicing health professional. Sustainable practices are described from farm to retail to food service to what consumers can do at home, with emphasis on all aspects of the sustainability chain rather than on one specific component. The slides include practical suggestions for how health professionals can encourage clients to consider the bigger picture of making sustainable food choices, that include not just food production and packaging outcomes but health outcomes as well… in other words, sustainable choices encompass the environment and world in which we live as well as our own personal health. There is a bibliography for those seeking additional information on the topic, and resources to use in your practice. This module is a joint project of Nutrition Dimension, Inc. and the Dairy Council of California, which is solely responsible for its content.

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• Listen to the Slide Presentation at the following URL address:
  http://www.dairycouncilofca.org/HealthProfessionals/SustainabilityandHealthCEcourse/index.htm

• Read the following materials contained in this PDF download:
  - Sustainable Agriculture: Efficient and Economical Practices for Maximum Production and Environmental Stewardship
  - Healthy Land, Healthy Food & Healthy Eaters: Dietitians Cultivating Sustainable Food Systems
  - Sustainability — Maintaining a healthy planet, people, products and profits
  - Hartman Sustainability Study 2009 – Executive Summary
  - IFIC 2010 “Consumer Perceptions of Food Technology” Survey
  - Nutrient density of beverages in relation to climate impact
  - Possible Implications for US Agriculture From Adoption of Select Dietary Guidelines

• Explore the Supplemental Resources and Bibliography

• Take examination to receive Continuing Education Credit. (See the following page regarding Continuing Education Credit.)
About the Author:

Marianne Smith Edge, MS, RD, LD, FADA, is Senior Vice President of Nutrition & Food Safety for the International Food Information Council (IFIC) in Washington, DC, a nonprofit organization that effectively communicates sound, science-based information on nutrition and food safety to health professionals, educators, government officials, journalists and consumers.

In her role at IFIC, Smith Edge is responsible for directing the nutrition and food safety initiatives of the organization as well as serve as IFIC’s spokesperson on various nutrition, food safety and health issues.

In addition to being a registered dietitian, Smith Edge is also an experienced communicator, strategic planner, and facilitator with over 25 years of experience. Prior to joining IFIC, she has been the owner of MSE and Associates, LLC providing strategic nutrition consulting services for the food and healthcare industry, as well as commodity groups. Smith Edge’s expertise includes strategic positioning of nutritional products/services, nutrition communications, healthy aging and food allergies. She is a nationally recognized speaker in health, wellness and farm-to-table issues.

Smith Edge is a past president of The American Dietetic Association (ADA), immediate past chair of the ADA Ethics Committee and currently chairs the ADA EAL Agriculture and Food Biotechnology workgroup. She received the ADA Medallion Award in 2009. Smith Edge is also a member of the Institute for Food Technologists (IFT) and serves on the Dietary Guidelines Tactical Solutions Committee. She currently is serving her second term on the USDA National Research, Extension, Education, & Economics Advisory Board, the advisory board to the Secretary of Agriculture.

Smith Edge holds a Bachelor of Science degree in dietetics from the University of Kentucky and a master’s degree in public health-nutrition from Western Kentucky University. In August 2009, she earned a certification in Appreciative Inquiry from the Weatherhead School of Management, Case Western Reserve University.

About the Editors:

Maureen Bligh, MA, RD, has spent much of her career developing online nutrition education resources for teachers, health professionals and children. She is a graduate of California Polytechnic State University San Luis Obispo (BS in dietetics and food administration), University of Iowa (RD) and California State University Sacramento (MA in education). She began her career in 1980 as a clinical dietitian at University of California Davis Medical Center and specialized in outpatient education. She later became a supervising clinical dietitian at Eskaton American River Hospital in Sacramento. Since 1984 she has worked for the Dairy Council of California, first as a Nutrition Education Consultant in schools and since 1991 as a project manager working with web-based technologies. She has led the Dairy Council of California’s Nutrition Trends team since 1991.

Lori Hoolihan, PhD, RD, has devoted more than 20 years to nutrition research and the application of research, with the goal of helping people optimize health and prevent disease through individualized approaches. She received her undergraduate degree in Chemistry and doctoral degree in Nutritional Sciences, both from the University of California, Berkeley. Her current position as Nutrition Research Specialist with the Dairy Council of California involves coordinating symposia at national nutrition and food industry conferences; organizing expert coalitions, industry task forces, advisory panels and focus groups on topics of interest to the health professional and industry communities; interpreting and translating scientific literature into nutrition and health education materials for health professionals and consumers; and overseeing research projects. She is well-connected in academic and industry arenas and a frequent speaker on the topic of nutrition, health and disease. She is a professional member of the American Dietetic Association (ADA), American Society of Clinical Nutrition (ASCN) and Institute of Food Technologists (IFT).
How to Earn Continuing Education Credit

1. **Read or watch the course material.** Don’t forget to review the course objectives and take note of course tools available to you. The objectives provide specific learning goals and an overview of the course. Read the material in the order presented. If you need help with the material, please e-mail ce@continuingeducation.com with your specific question. We will forward your inquiry to the author, so allow adequate time for a reply.

2. **CE credit will not be awarded for this course after November 30, 2013.**

3. If you have an account on Nurse.com, TodayinPT.com, TodayinOT.com, or NutritionDimension.com, please use that account username and password to sign in on ContinuingEducation.com. If you don’t already have one, please sign up for a user account. Click “sign up” or “login” in the upper right hand corner of any page on ContinuingEducation.com. If you have a CE Direct login ID and password (generally provided by your employer), please log in as you normally would at www.continuingeducation.com/cedirect and search for this topic title.

4. Go to the “my courses” section of “my account.” Click on the title of the course you want to complete and then on “start course.”

5. Click “start test” to begin the exam. To earn contact hours, you must achieve a score of 75% on your multiple-choice exam for most courses. You may retake the test as many times as necessary to pass. Clues are not provided on the exam. Certificates will be date/time stamped with the time and date of the day the user passes the test (Eastern Time, U.S.).

6. After successfully completing your exam click, “complete required survey.” In order to complete the test process and receive your certificate of completion, you must take a few moments to answer a brief survey about the course material.

7. After completing the survey, you will be taken to your transcript. Under Courses Completed, you can view, print, or e-mail your certificate.

8. Three months after you complete a course, you will receive an e-mail asking you to complete a follow-up survey. This is vital to our educational requirements so we can report our quality outcomes and effectiveness.

We report course completions to National Commission for Health Education Credentialing (NCHEC) quarterly and The Association of Nutrition & Foodservice (ANFP, formerly DMA) monthly. Other professions should follow their certifying organization’s reporting instructions. We keep a record of course completions for 7 years.

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