

DPD Newsletter



UW-MADISON DIDACTIC
PROGRAM IN DIETETICS

2020 EDITION

A Note from the DPD Director:

Denise M Ney, PhD, RDN, Professor of Nutritional Sciences

Greetings from the Department of Nutritional Sciences to the Dietetics Advisory Council for the Didactic Program in Dietetics (DPD) and our friends and colleagues across Wisconsin. We completed a challenging and successful spring semester with an unexpected switch to 100% online teaching in March. Our talented and dedicated dietetics faculty provided exceptional support for our students to successfully complete the semester. We are energized to embark on a model of “hybrid” in-person and online teaching for the 2020-2021 academic year.

Good news - all 18 of our seniors applying for Dietetic Internship received placements in the spring DICAS match! ACEND provided a surprise gift by extending the accreditation for the UW-Madison DPD for an extra year. Please read more about our students, faculty and DPD. Thank you for the continued support that you provide to educate future Registered Dietitian Nutritionists.



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Didactic Program in Dietetics Reaccredited through 2027

Every seven years, the Department of Nutritional Sciences must complete the exhaustive accreditation process through the Accreditation Council for Education in Nutrition and Dietetics (ACEND). This accreditation is essential for the department to maintain its promise to students to prepare graduates to become entry-level Registered Dietitian Nutritionists (RDNs) with a high quality, research-based education, and to prepare graduates to pursue their career goals. The Department of Nutritional Science's Didactic Program in Dietetics (DPD) repeatedly outperforms the industry dietetic internship placement standard of 50%. In 2017 and 2020, the program even boasted a 100% placement rate of qualified students to DPD internships.

To achieve our core mission, the Department of Nutritional Sciences completed the time intensive ACEND process of the Academy of Nutrition and Dietetics this year. Led by Denise Ney, PhD, RDN, Director of the DPD, and Tara LaRowe, PhD, RDN, Coordinator of the DPD, the program received full accreditation for the next 7 years, ending in 2027. According to the ACEND website, (www.eatrightpro.org) "Accreditation recognizes the quality of an institution or program and assists in its improvement.

"The site visit for reaccreditation of the Didactic Program in Dietetics was a positive experience. It allowed us to better understand the need for specific coursework and assignments to provide for student learning outcomes to support the education of future RDNs. This has resulted in positive changes to the program including: renaming the degree from BS Dietetics to BS Nutrition and Dietetics, eliminating unnecessary coursework, and developing new elective courses to expand teaching in the area of nutrition counseling and community nutrition." – Denise Ney, PhD, RDN, Director, DPD.

Our DPD alumni reach all over the world and are working in many areas including; industry, clinical settings, underrepresented communities, and higher education, amongst many other areas of need. Please visit our website to learn more about our mission, goals, objectives, and program outcomes at <https://nutrisci.wisc.edu/didactic-program-in-dietetics-dpd-b-s-dietetics>

Accreditation:

– Provides value to educational institutions and programs while protecting students and the public interest

– Complements institutional accreditation by giving reasonable assurance of the quality and content of the education necessary for a particular profession or field.

– Brings together practitioners, regulators, educators and students to improve professional preparation and practice, ultimately benefiting the profession and the public that it serves."

In the Last 5 Years...

229

Students graduated from the DPD program.

60%

of students apply to Dietetic Internships immediately after graduation. Other graduates go on to graduate school, physician assistant or nursing school, dentistry, or jobs in public health.

95%

dietetic internship placement vs. 61% in 2016-2020 Nationally.

98%

of 149 students taking the RDN exam passed.





Expanded Clinical Nutrition Coursework Moves to Integrated, Experiential Learning

In the Department of Nutritional Sciences, teaching in clinical nutrition emphasizes topics surrounding pathology, medical nutrition therapy, and nutrition support in relation to alterations in nutrition and metabolism that accompany disease states. After more than 35 years, the clinical nutrition lecture course for students in the Didactic Program in Dietetics has expanded from a one-semester, 4-credit course, to a two-semester sequence of 3-credit courses, NS 631 and NS 632. This expansion reflects the greater knowledge base that supports the nutrition care process and the enhanced learning that occurs when complex topics are taught more slowly in a sequential manner. For example, the major organ system diseases, GI, liver and renal, are taught first in the fall semester in NS 631, and then nutrition support, which often occurs in a patient with several co-morbidities, is taught in the spring semester in NS 632. Moreover, the increase to 6-credits of clinical nutrition permits flexibility in having practitioners provide lectures such as Samantha Gollup presenting nutritional care for bariatric surgery, especially the popular Roux-en-Y bypass, from her experience at UW Health, and Maxine Cimperman to discuss the RDN's role in eating disorder care based on her experience at Rogers Behavioral Health.

In addition to the expanded didactic coursework in clinical nutrition, we have replaced a practicum course (NS 520) with two, 1-credit lab format courses, NS 641 and NS 642, that are integrated with NS 631 and NS 632, respectively. This new curriculum model follows ACEND's guidance and definition of integrated experiential learning: Integrated experiential learning in nutrition and dietetics is a curriculum design model whereby didactic coursework is combined with experiential learning in real-world and simulated settings. For example, we teach the principles of nutritional assessment and the nutrition care process in NS 631 followed closely by learning how to conduct a nutrition focused physical exam in NS 641. Moreover, students learn the pathophysiology of nutrition-related diseases such as cystic fibrosis, celiac disease or renal failure followed closely by patient case studies and calculation of defined diets to deliver medical nutrition therapy.

In summary, to improve student learning in preparation for Dietetic Internship, we have transitioned from seven to eight credits of clinical nutrition coursework based on a model of integrated, experiential learning. The students appear to be more engaged in learning clinical nutrition and our faculty find the new curriculum enables providing students with an evidence-based understanding of the importance of nutrition to health and disease management. These courses are team taught by our dietetics faculty including Amber Haroldson, Makayla Schuchardt, Tara LaRowe, HuiChuan Lai, Adam Kuchnia and Denise Ney.

New Elective Courses Bring Depth to Special Topics in Dietetics

Cultural Aspects of Food and Nutrition

Reducing health and health care disparities is a primary public health goal. As such, nutrition and dietetic professionals must be empathetic to the diverse cultural differences among individuals, communities and populations to deliver effective nutrition education, interventions and care. This course focuses on culture-centered care in order to provide relevant, and effective food and nutrition care. Erika Anna, MS, RDN, and Dr. Amber Haroldson, PhD, RDN are course instructors. See page 7 for more description.



**Coming Soon* Bioactive Food Components and Dietary Supplements*

Dr. Amber Haroldson, PhD, RDN is currently developing and will teach a new course on dietary supplements. With so many dietary supplements on the market today, students will learn the principles and process to evaluate the safety and effectiveness and how to utilize bioactive food components and supplements in dietetics practice.

Nutrition and Counseling for Athletic Performance

A new sports nutrition course, “Nutrition and Counseling for Athletic Performance”, was born to address improvements in expanding teaching in nutrition counseling and community nutrition (per 2018 ACEND Site Review) and to recognize specialty nutrition and dietetic practice that is of interest to our students. This course introduces students to principles and application of sports nutrition and integrates education and counseling techniques within course activities. Dr. Tara LaRowe, PhD, RDN, CSSD is the course instructor.

Culturally Relevant Food and Nutrition Programming

ERIKA ANNA, MS, RDN

With the U.S. shift in demographics to a more diverse society, students must become familiar with the provision of culture-centered care in order to provide relevant and effective food and nutrition care.

Addressing this need, the Department of Nutritional Sciences developed a 3-credit undergraduate course, NUTR SCI 377: Cultural Aspects of Food and Nutrition. In addition to fulfilling the University's Ethnic Studies Requirement, NUTR SCI 377 is the main course within a College of Agricultural and Life Sciences First-Year Interest Group (FIG) entitled, "We Are What We Eat: Food and Identity". FIGs are clusters of UW classes, linked together to explore a common theme, and offered to incoming freshmen who attend classes together as a cohort. NUTR SCI 377 is clustered with NUTR SCI 132: Nutrition Today, and CHEM 103: General Chemistry I, and critically examines food and nutrition and its relationship to humans and their biological, social, and physical environment with the following priorities:

A CONSCIOUSNESS OF SELF AND OTHERS. Course content largely focuses on the shift toward cultural humility and building cross-cultural skills on the part of the food and nutrition professional as the foundation for respectful and effective encounters.

AWARENESS OF HISTORY'S IMPACT ON THE PRESENT.

Students take an in-depth exploration of the history and current health status of racial and ethnic groups in the U.S. with highest risks for heart disease, diabetes, cancer, and stroke.

ABILITY TO RECOGNIZE AND QUESTION

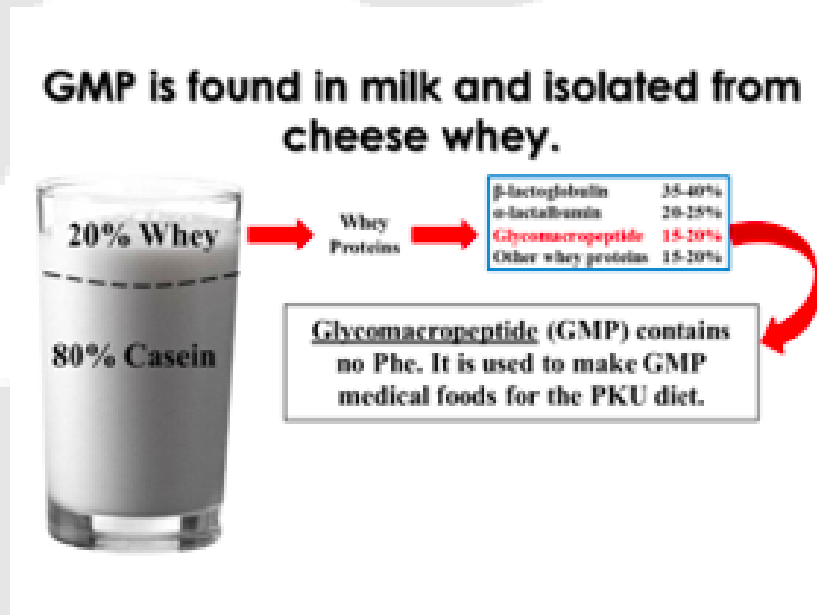
ASSUMPTIONS. Students explore and discuss existing nutrition assessment tools which have not been validated on non-white populations. In the context of health and wellness, students explore and discuss religious fasting, and holiday feasts with the consumption of traditional foods.

Spring 2020, NUTR SCI 377 became a structured learning experience within the "Our Shared Future" Marker grant opportunity. The "Our Shared Future" Marker recognizes UW-Madison land as the ancestral home of the Ho-Chunk, acknowledges the circumstances that led to the tribe's forced removal, and honors the Ho-Chunk Nation's history of resistance and resilience. The marker is seen as an important step for campus in furthering a respectful, collaborative relationship with the Ho-Chunk Nation. NUTR SCI 377 includes content surrounding the history, food, nutrition, and culture of the Ho-Chunk Nation.

Whey Protein May Help Women Lose Weight and Maintain Bone Health

Denise M Ney, PhD, RDN, Professor of Nutritional Sciences

Beyond phenylketonuria (PKU), Denise has a new turn in her research with glycomacropeptide (GMP), a prebiotic whey protein produced during cheesemaking. For PKU, the key feature is that GMP is the only known dietary protein that does not contain the amino acid phenylalanine (Phe) which is restricted in the diet of individuals with PKU to prevent cognitive impairment. The PKU research resulted in the development of good tasting GMP medical foods (supported by a WARF patent) that are currently used by families with PKU around the world.



In studies with mice, Denise noted that control mice fed GMP has bigger, stronger bones, less body fat and evidence of reduced inflammation compared to a casein diet. Interestingly, these benefits were more prominent in the female mice. This unexpected finding has led to ongoing studies assessing the effects of a GMP dietary supplement in overweight women. Evidence shows that GMP may work by promoting satiety and altering the colon microbiota to improve calcium absorption and reduce inflammation. Denise's research to develop new dairy products using GMP is a good fit with the Dairy Innovation Hub supported by the state of Wisconsin <https://dairyinnovationhub.wisc.edu/>. The Hub harnesses research and development at UW-Madison, UW-Platteville and UW-River Falls campuses to keep Wisconsin's \$45.6 billion dairy community at the global forefront in producing nutritious dairy products in an economically, environmentally and socially sustainable manner. Using dairy products and derivatives, such as GMP, to enhance human health is a core priority area of the Hub. Thus, Denise has found a welcome partner to support her research in elucidating the potential benefits of GMP to help women lose weight, maintain bone health and reduce inflammation.



Faculty Updates

Adam Kuchnia, PhD, RDN, Assistant Professor of Nutritional Sciences (left), received a career development award from the UW Institute for Clinical and Translational Research and will be joining 12 other KL2 Scholars in the 2020 cohort. His proposal focuses on developing imaging-based measures of muscle quality that can be used as therapeutic targets to evaluate and optimize muscle health in those affected by muscle wasting, a pervasive condition complicating prognosis in various disease states, such as end-stage heart failure and lung cancer.

Nutritional Science's Dr. Tara LaRowe (middle) has become only the 12th Board Certified Specialist in Sports Dietetics in the state of Wisconsin, earning the CSSD credential. Dr. LaRowe is a Nutritional Sciences Faculty Associate, and the Coordinator of the Didactic Program in Dietetics.

The department wishes Professor Julie Thurlow (right) a very happy retirement!

Julie attended UW-Madison for undergrad, receiving a degree in Dietetics. She received her R.D., M.S., and PhD before returning to UW-Madison in 1986 to teach NS 631: Clinical Nutrition. She was involved in 10 different classes in the department, whether that be by teaching, developing or launching them.

Along with her teaching responsibilities, Julie has had hundreds of advisees she's worked with and guided. The department will miss you greatly!



**CALS Spring
2020 Graduate:
Monica Stark**
**Nutritional Sciences and
Life Sciences
Communication double
major**

Starck served as co-leader of the UW–Madison’s Food Recovery and Pre-package Program, a campus “gleaning” effort that launched this past year that was designed to reduce both food waste and food insecurity. The operation involves gathering food that was cooked, but not served, at campus dining halls and markets and then dividing the food up into healthy, frozen, microwaveable meals. The meals are made available to food insecure students. When it was up and running, the program delivered an average of 250 meals a week. After graduation, Starck will be heading to a dietetics internship at Illinois State University, one of the 18 students that helped the Department of Nutritional Sciences achieve a 100% dietetics internship placement rate this year. Starck will be graduating alongside Brianna DeNamur (Nutritional Sciences major, with Global Health certificate), her fellow co-leader of the Food Recovery and Pre-package Program.

Alicia Monson, BS '20

Nutrition and Dietetics and CALS Certificate in Business Management



photo courtesy of UW Athletic Brand Communications

Monson, a UW student athlete in cross country and track, chose Nutrition & Dietetics as her major because of her long lasting passion with food, health, and science. As her athletic and academic career progressed, she has seen firsthand—in herself and fellow student athletes—the relationships between food, performance, and general health. This certainly paid off for Alicia, where she has received several awards during her athletic career at UW: NCAA 5000m Champion, USTFCCCA Cross Country Scholar Athlete of the Year, 3rd all-time NCAA 3000m, Millrose Games 3000m Champion, 4xAll-American, 5xBig Ten Champion.

"I knew that joining the Nutrition & Dietetics major at this University would set me up for success thanks to the DPD being an accredited program as well as the University of Wisconsin's rich history of research and involvement in agricultural and life sciences. My favorite nutrition course was actually a food science course: Food Sci 301, Introduction to the Science and Technology of Food. This is a unique course because it was instructed by a food scientist, Arnoldo, and a Registered Dietitian Nutritionist, Monica. I think the background of each of the instructors provided students with a more integrated view of how our knowledge of food relates to expertise as Registered Dietitian Nutritionists. The course provided us with interactive learning about the science behind food and why it matters."

"What I appreciated most about the DPD program is that our close interactions between instructors, advisors, and students create a community within the larger university. Not only are our instructors very qualified, they are personable and accessible to students. It has been a pleasure to get to know instructors as well as other students of the program through our close-knit, higher-level classes."

Alicia will finish her degree this fall with a major in Nutrition & Dietetics and CALS Certificate in Business Management. Her immediate plans will be a professional runner and she eventually hopes to return to the field of nutrition and dietetics, fulfilling my dietetics internship and potentially will seek further education in the field of sports nutrition.



Chloe Green, BS '19

Nutrition & Dietetics and Community & Environmental Sociology:

Chloe Green is a 26th Class Bill Emerson National Hunger Fellow through the Congressional Hunger Center in Washington, D.C. This anti-hunger and anti-poverty fellowship equips future leaders with experience in both local community and national policy work with a goal of ending hunger by 2030 through a racial equity lens. She is currently placed at the American Public Human Services Association (APHSA) where she supports their nutrition policy portfolio. Recently she has specifically focused on supporting state SNAP Administrators in their COVID-19 response. Previously, she was placed in her hometown of Los Angeles at the LA Food Policy Council, and created their 2020 update to the Food System Dashboard, a comprehensive analysis of the LA Food System.

Before beginning her fellowship, Green was the Advocacy & Research Operations Specialist at the Kaufman Lab for the Study and Design of Food Systems and Marketplaces at the University of Wisconsin, where she worked with farmers markets to implement data collection methods using Farm 2 Facts. As an undergraduate, Green was awarded a Wisconsin Idea Fellowship for her research with accessibility for lower-income and underserved populations at farmers markets and was subsequently granted additional funding to launch a pilot project utilizing her findings in Milwaukee, Wisconsin. Previously, Green interned with other organizations in South Los Angeles including Community Services Unlimited, Inc. and SoLA Food Co-op. Green is a graduate of the University of Wisconsin-Madison and holds degrees in Dietetics and Community & Environmental Sociology.