National Nutrition Month 2015-2016: Putting the “U” in Nutrition

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**Purpose**: To provide individualized and group-based nutrition education by engaging participants in monthly, interactive nutritional activities which provide practical nutritional knowledge. The information presented is meant to fill a food and nutrition related knowledge deficit and initiate improvements in dietary practices.

**Setting**: Booths were set up in the cafeteria and student lounge in the Armour Academic Center of Rush University Medical Center in Chicago, Illinois. Participants included the hospital’s staff, students, and visitors.

**Method**: Nutrition education was facilitated by dietetic interns during the first week of every month on Tuesday and Thursday from 11:00am-1pm. Educational material was presented according to a monthly theme and included suggestions for nutrition-related behavioral change. Handouts, poster displays, interactive activities, and theme-specific food samples were provided. Participants had the opportunity to ask dietetic interns questions; answers were modified according to the participant’s level of nutritional knowledge.

**Outcome**: Satisfaction data was collected on surveys presented to participants that included a 5 point Likert scale (1=not at all satisfied, 5=very satisfied). An average of 28 surveys were completed per month. Questions on the surveys evaluated overall satisfaction with the topic,

educational material and activities, and interaction of presenters. Satisfaction results for topic, educational material, and activities were all 4.8, with presenter satisfaction scoring 4.9. These results indicate very high satisfaction with the nutrition education provided. Room for questions and other comments were also available on the surveys.