



BDA Sustainable Diets
Specialist Group

An educators perspective: How to embed 'sustainability' into the curriculum for pre-reg dietetic/nutrition learners

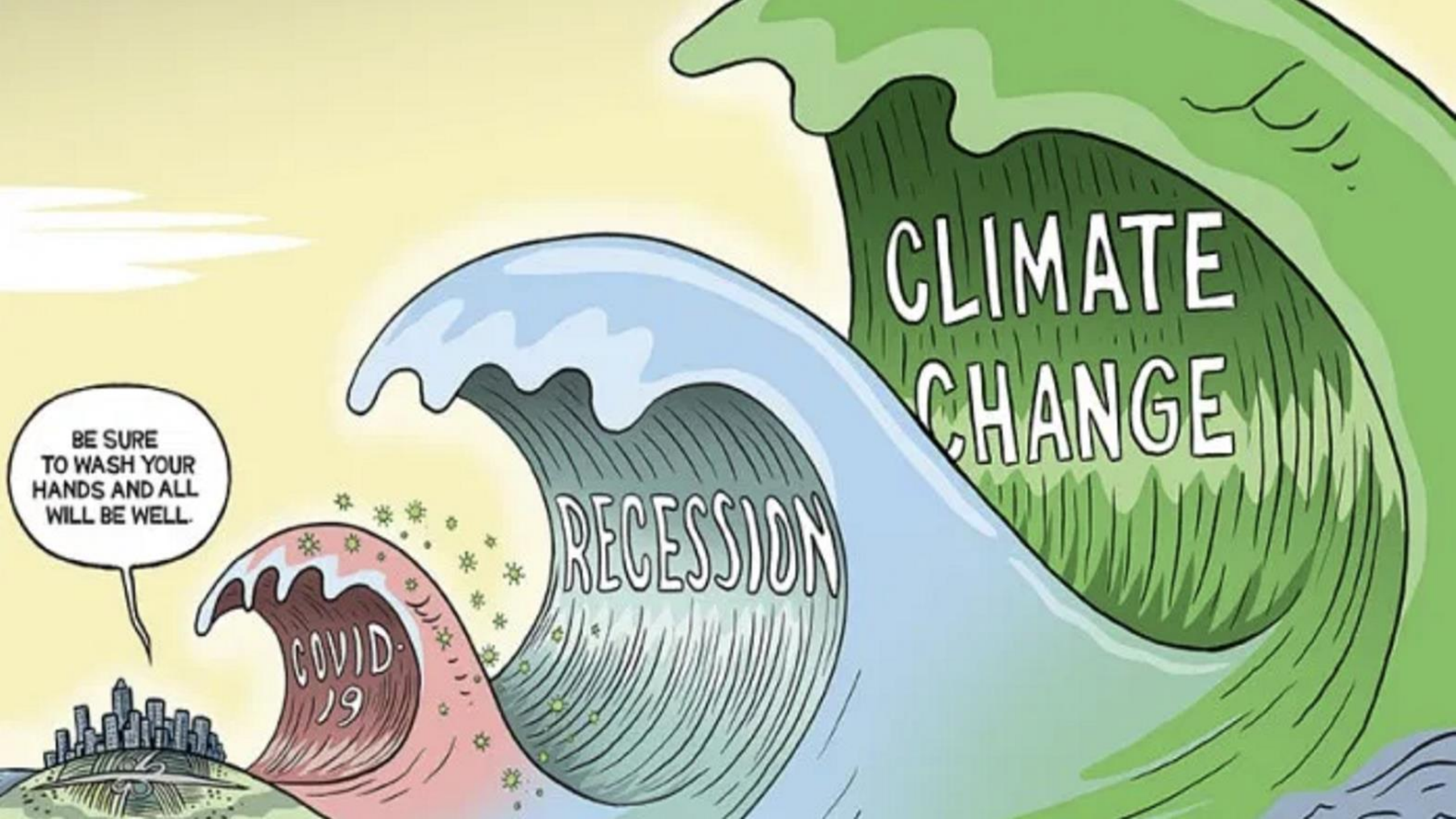


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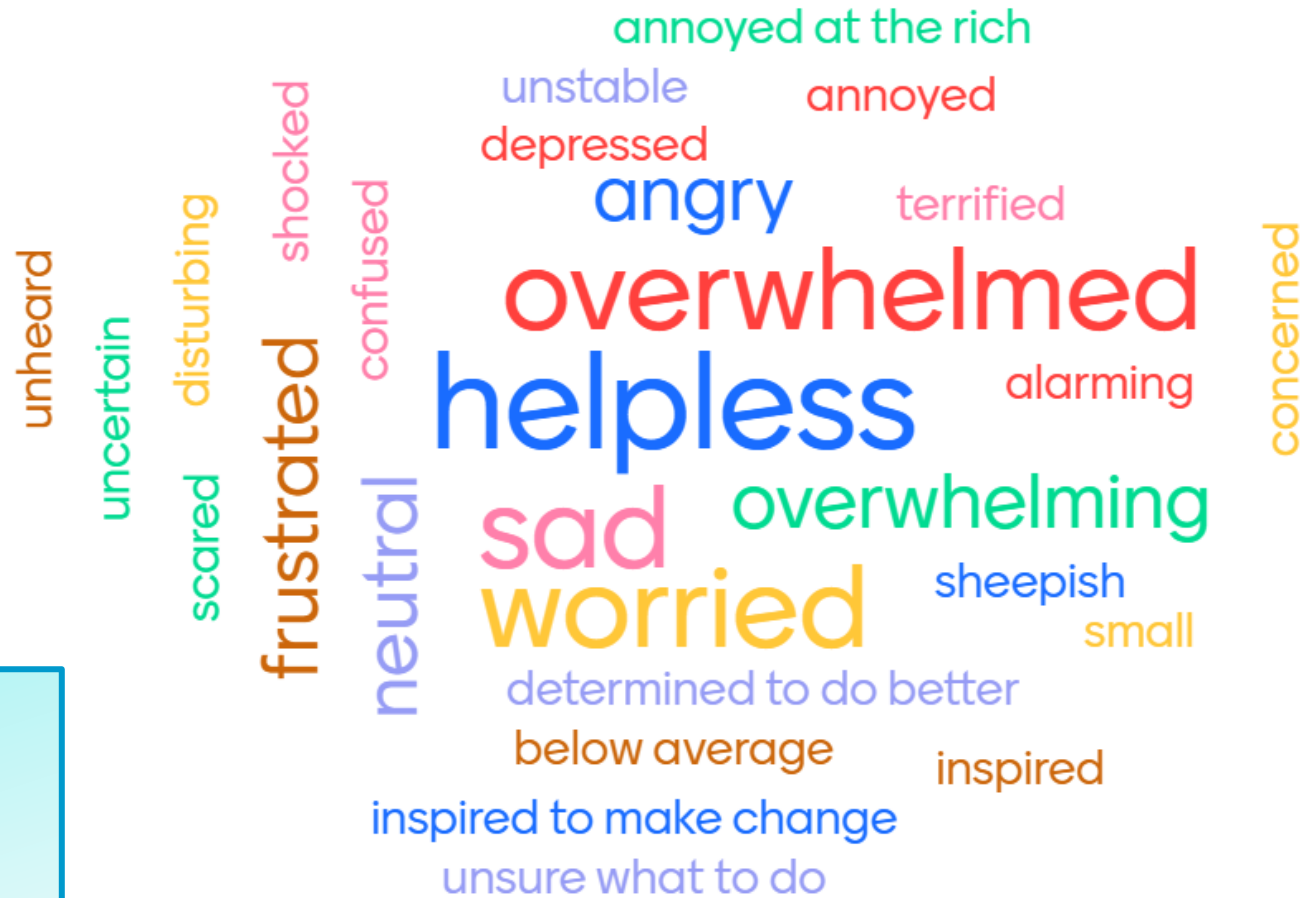
BE SURE
TO WASH YOUR
HANDS AND ALL
WILL BE WELL.

COVID-19

RECESSION

CLIMATE
CHANGE

When I think about all this, I feel..



Final year Dietetic students, University of Plymouth, May 2023



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OUTLINE OF SESSION

- ✿ **Context** - education for sustainability
- ✿ **International action** - ICDA & research (Sustainable Food Systems)
- ✿ **National action** - AHP curriculum guidance
- ✿ **Local action** - leadership for sustainability
- ✿ **Summary**



1. Context - the need for more consistent ('sustainability') education for learners



“All learners should acquire the knowledge & skills needed to promote sustainable development”
(UN, SDG 2015)

“We need to be educating the next generation of dietitians on these issues”
(Pettinger et al, 2016)

EDUCATION = priority area!

“Sustainability should be throughout every subject’ [n=18 students]”
(Pettinger et al 2018)



Curriculum developments should align with the recently published Education for Sustainable Development Guidance (QAA, 2021)

Curriculum (pre-reg dietetic education) to:

“Produce dietitians who improve the nutritional health and wellbeing goals of individuals, groups and populations, in a holistic manner, **with due consideration given to planetary health and environmental sustainability**”

(BDA 2020)

Definitions...

“Eat food. Not too much. Mostly plants”
(Michael Pollan)



Sustainable Diet(s)

“Dietary patterns that promote all dimensions of individuals’ health and wellbeing; have low environmental impact; are accessible, affordable, safe and equitable; and are culturally acceptable.”

(FAO, 2019)

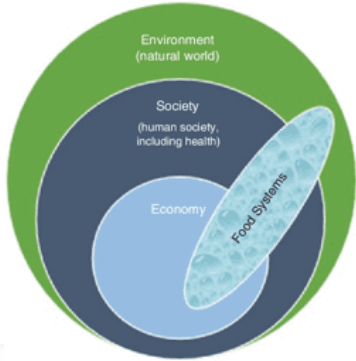
Sustainable Food System(s)

“...delivers food and nutrition security for all in such a way that the economic, social and environmental bases to generate food security and nutrition for future generations are not compromised”

(FAO & UN high level task force on Global Food and Nutrition Security)



Sustainable Food Systems (SFS)



Sustainable Food Systems: Dietitians' Roles

The Role of Dietitians in Sustainable Food Systems and Sustainable Diets

JULY 2020

*Carlsson L, Seed B, Yeudall F. The Role of Dietitians in Sustainable Food Systems and Sustainable Diets. Toronto: Dietitians of Canada. 2020.

Chapter 7 Critical Dietetics and Sustainable Food Systems

Liesel Carlsson, Kaye Mehta, and Clare Pettinger

John Coveney
Sue Booth Editors

Critical Dietetics and Critical Nutrition Studies

Journal of Hunger & Environmental Nutrition



ISSN: (Print) (Online) Journal homepage: <https://www.tandfonline.com/sohshen20>

The Social License to Practice Sustainability: Concepts, Barriers and Actions to Support Nutrition and Dietetics Practitioners in Contributing to Sustainable Food Systems

Liesel Carlsson & Edith Callaghan

To cite this article: Liesel Carlsson & Edith Callaghan (2022): The Social License to Practice Sustainability: Concepts, Barriers and Actions to Support Nutrition and Dietetics Practitioners in Contributing to Sustainable Food Systems, Journal of Hunger & Environmental Nutrition, DOI: 10.1080/19320248.2022.2034559

To link to this article: <https://doi.org/10.1080/19320248.2022.2034559>

Liesel Carlsson & Edith Callaghan (2022): The Social License to Practice Sustainability: Concepts, Barriers and Actions to Support Nutrition and Dietetics Practitioners in Contributing to Sustainable Food Systems, Journal of Hunger & Environmental Nutrition, DOI: 10.1080/19320248.2022.2034559

Social Impact Potential of Dietitians on Population-Level Sustainable Dietary Patterns

Investigators: Dr. Liesel Carlsson (Acadia University), Dr. Jessica Wegener (Toronto Metropolitan) & Dr. Tracy Everitt (St. Francis Xavier University).

Sustainable diets

- Low environmental impacts
- Protective & respectful of biodiversity & ecosystems
- Culturally acceptable
- Accessible
- Economically fair & affordable
- Nutritionally adequate
- Safe & healthy
- Optimize natural & human resources

Food is a significant component of humans' environmental impact. Therefore, it is essential to equip dietitians with strategies to facilitate a shift towards sustainable diets.

Potential of Dietitians

Dietitians are uniquely positioned to facilitate a population-level transition toward sustainable diets, but this potential has not yet been studied.

Questions

- What are nutrition and dietetic practitioners doing to influence a shift to more sustainable dietary patterns in the population?
- What practices are most likely to drive systemic change that supports a future where healthy populations live within the Earth's carrying capacity?

Where?

- Australia
- Canada
- United Kingdom
- United States



Nutrition & Dietetics

Journal of Dietitians Australia

LETTER TO THE EDITOR

'Sustainable Food Systems Dietitian': A novel role to champion sustainable food in hospitals

Stefanie Carino BND (Hons), APD, Andrea Elliott MPH, APD, Claire Palermo PhD, FDA, Stacey Holden BND (Hons), APD, Jorja Collins PhD, AdvAPD

First published: 08 March 2022 | <https://doi.org/10.1111/1747-0080.12730> | Citations: 1



ELSEVIER

Journal of the Academy of Nutrition and Dietetics

Volume 120, Issue 9, September 2020, Pages 1568-1585.e28

From the Academy

2020 Standards of Professional Performance for Registered Dietitian Nutritionists (Competent, Proficient, and Expert) in Sustainable, Resilient, and Healthy Food and Water Systems

Marie Spiker PhD, MSPH, RDN, Sarah Reinhardt MPH, RD, Meg Bruening PhD, MPH, RD



2. International action - ICDA & related collaborative research - Sustainable Food Systems (SFS)

A. ICDA TOOLKIT

- International Confederation of Dietetic Associations' (ICDA) web-based toolkit that supports nutrition and dietetic professionals to integrate sustainability into practice.
- Learning modules & resources

<https://icdasustainability.org/>

B. (COLLABORATIVE) RESEARCH

1. A Review of SFS in Accredited Dietetic and Nutrition Programs in the United Kingdom/Ireland, Australia and Canada (Jessica Wegener et al)
2. The social impact potential of dietitians on population-level sustainable dietary patterns (Liesel Carlsson et al)

(See Carlsson & Callaghan 2022)

C. NETWORKING EVENT

- Dublin June 2023
- Aim: to build partnerships related to SFS education in nutrition/dietetic programmes internationally
- Priorities for education research practice and regulation
- n=55 attendees (11 countries)
- Discussions, plenaries, interactive workshops
- Student panel

BDA
GET
General & Education Trust

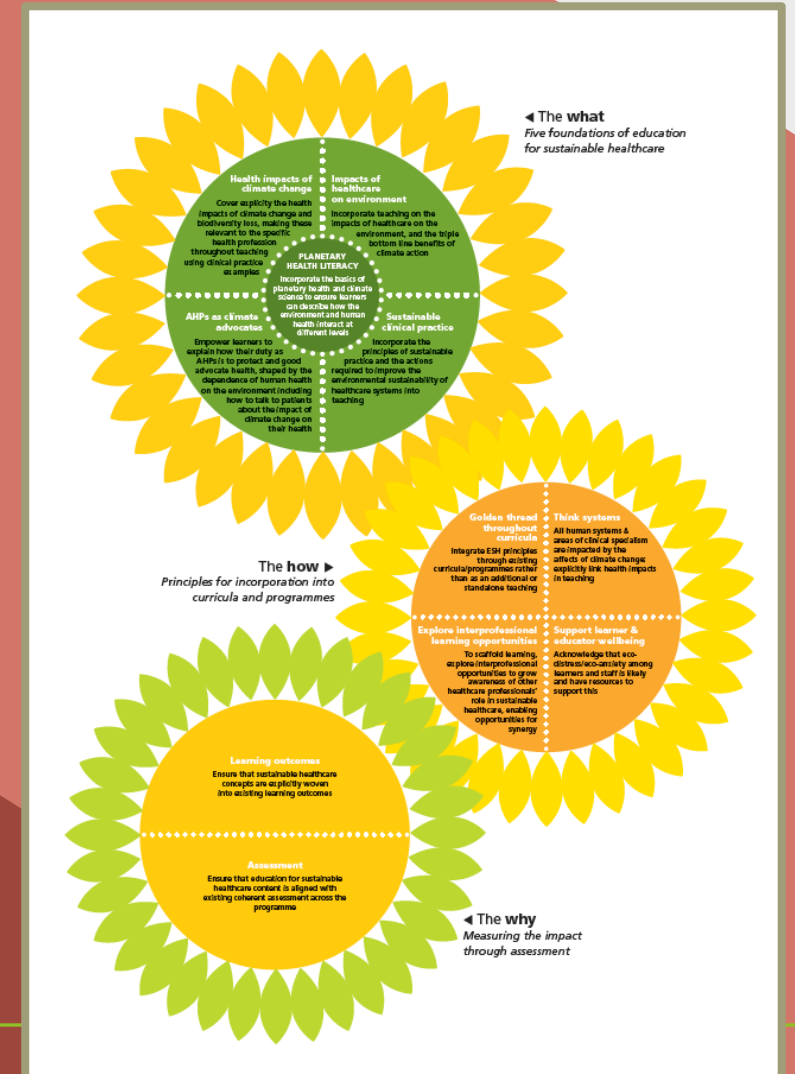
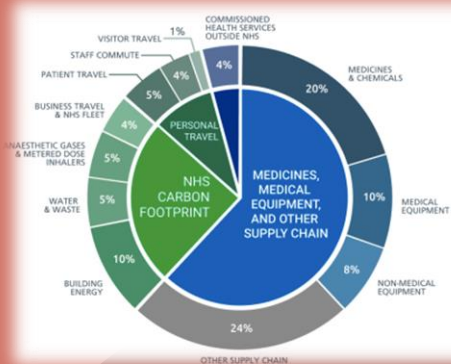
3. National Action - AHP curriculum guidance

CONTEXT

- NHS Net Zero pledge
- Collective action AHPs
- Knowledge and skill building
- Pre-reg learning stage

PROJECT OUTPUT

- Reference guide - standardised framework across 15 allied health professions
- To set clear direction and support (for educators) to drive innovation to embed environmental sustainability within AHP curricula



3. Local Action - Leadership for Sustainability

Collaborative Leadership to Support Sustainability in Practice for Dietitians as AHP

There is call for more collaboration across AHPs to optimise 'green' leadership

Qualitative study:

- i. Interviews [n=11] AHP leaders
- ii. Focus groups [n=2] AHP future leaders (students)

New form of leadership needed to promote change towards greener healthcare practice

Theme 1. Collective vision of sustainable practice



Theme 2. Empowering, enabling & embedding



Theme 3. Embracing Collaborative change



Dietitians as Allied Health Professionals (AHPs) have a crucial role to support the *Greener* NHS agenda.

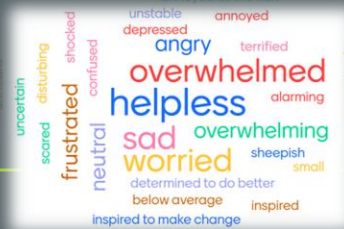
Pettinger C; Tripathi S, Shoker B & Hodge G (2023)

Leadership 'training' for future dietitian/nutritionists



DIET611 Leadership Roles for Sustainability - present 'digital pitch' of more sustainable area of dietetic practice

- Learners design, evaluate & communicate the impact of a more sustainable area of dietetic/nutrition practice.
- They use 'sustainability leadership' techniques and appraise how these will impact more effective sustainable management in all areas of practice.



Student feedback

Modules such as "**Leadership Roles for Sustainability**" are absolutely essential if Healthcare sector is to experience transformation and adapt to the future landscape and face sustainability challenges successfully. It needs to be **integrated** both into the **teaching curriculum** and **on-placement teaching** in order to become part of future thinking and living.

(Ania, final year dietetic student Uni of Plymouth)

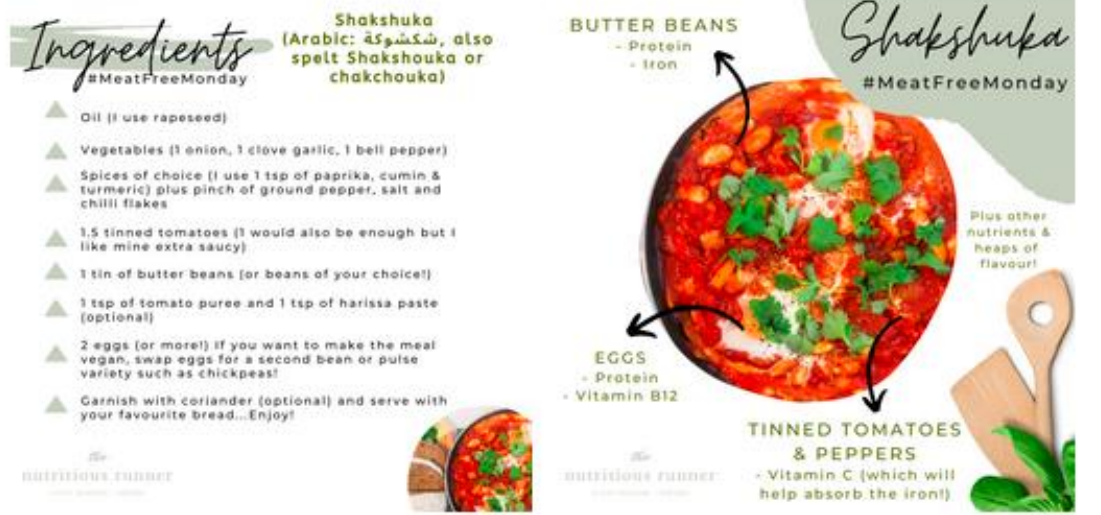
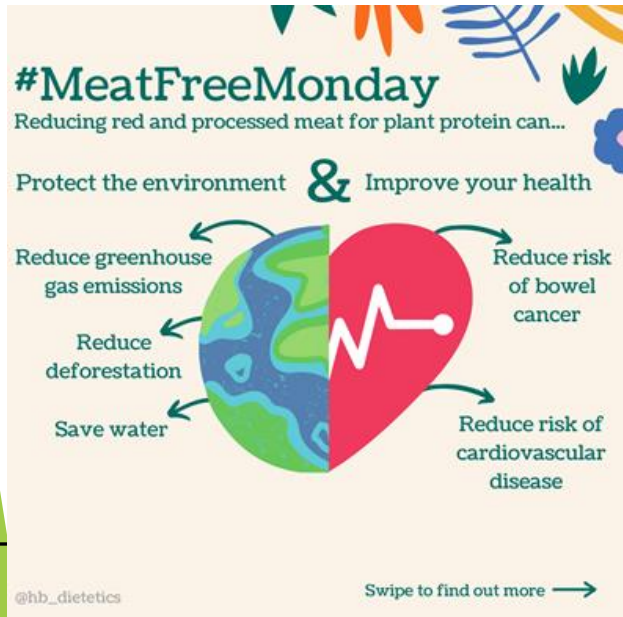
"A **challenging** but **important** topic that allows us the **opportunity to be innovative within our profession**"
(Annabel, final year dietetic student Uni of Plymouth)

After learning about **leadership** within 'sustainable diets' and the effects that the food industry has on environment, **I feel inspired to ensure** that the **advice** and education I will be providing as an RD is going to support suitable dietary choices.

Really enjoyed this module, thank you Clare!
(Esta, final year dietetic student, university of Plymouth)



Student exemplars



Summary

An educators perspective: How to embed 'sustainability' into the curriculum for pre-reg dietetic/nutrition learners

- * Need consistency to embed environmental sustainable diets and food systems into curricula for learners
- * A LOT of excellent work happening in this space (international, national, local)
- * Collaborative leadership to embrace learning on planetary health literacy
- * ALL learners have a role - Continued Professional Development



Thank you



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