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## Community Dietetics

Sheila Sugrue

Technological University Dublin, sheila.sugrue@tudublin.ie

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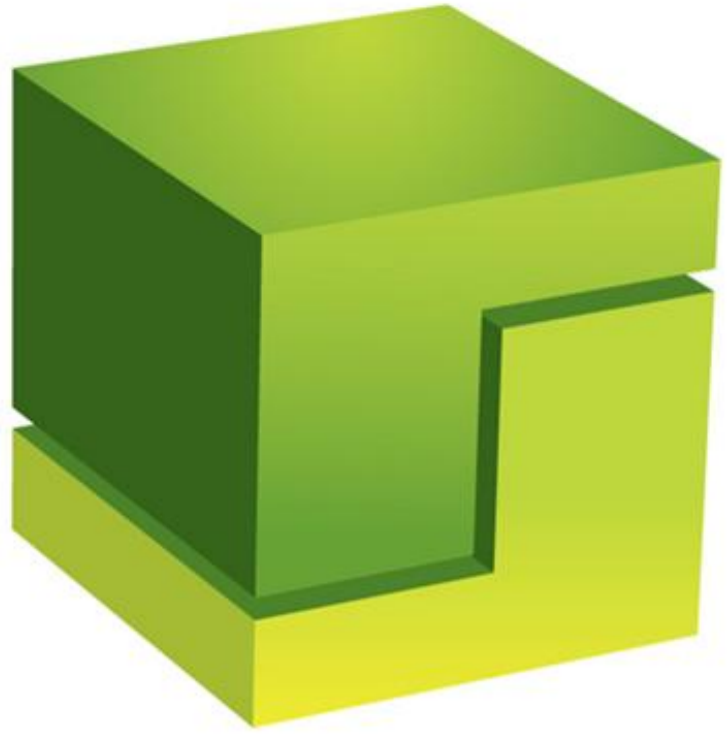
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students learning with communities



Students Learning with Communities

# Community Dietetics

## B.Sc. (Hons) Human Nutrition & Dietetics

Sheila Sugrue, Lecturer in Dietetics



A Guideline to Healthy Affordable Suppers



Students Learning with Communities

### Introduction

The BSc (Human Nutrition & Dietetics) degree programme is a professional course leading to qualification as a Dietitian.

Students undertaking this programme draw on their understanding of health promotion, public health nutrition, and population health principles and approaches, to appreciate the development, implementation, support, evaluation and communication of initiatives to promote good health.

This is achieved by translating scientific research on nutrition, health and disease into practical advice, empowering individuals and groups to make appropriate lifestyle and dietary changes. All of these learning outcomes are demonstrated in the SLWC projects.

### Aim

The aim of the project was to link groups (3-4) of final year students with community projects interested in participating, where a specific nutrition need would be identified and addressed collaboratively.

### Methods

Community groups were canvassed to participate by the SLWC. As well as one community partner who was already on board from previous years, four groups who expressed interest were visited by SLWC and the College lecturer, and the project discussed.

The project was run over 4 college and 2 community based sessions.

### Results

The five Community Groups who participated included:

1. Prosper Fingal, Swords
2. Vincentian Refugee Centre, Phibsboro
3. Irish Dyspraxia Association
4. St. Michael's Parish Youth Project, Inchicore
5. An Síol Community Project, Stoneybatter

Activities undertaken by the students in collaboration with the groups included interactive discussion and activities on healthy eating, personalised dietetic information, food preparation demonstrations, menu analysis and advice.

Resources designed specifically for the group were developed, and resource files developed for future use by community group leaders, clients and staff.

Students presented posters and submitted group and individual reflections on their project. Community group leaders completed pre-project questionnaires and post-project evaluation reports.

### Project Outcomes

Both community groups and students reported the project as beneficial. This is the second year of the project which is now included as an annual component of the final year of the programme.

Comments from students:

*"a thoroughly enjoyable experience, which broadened my horizons"*

*"I discovered new ways of developing and applying the skills and competences that I developed on my clinical, community and catering placements."*

