

FONDAMENTI METODOLOGICI DELLA DIETETICA CIVICA

Giorgio Bedogni

Domande

- Qual è il ruolo del dietista nella promozione della sostenibilità alimentare?
- Perché questo ruolo deve essere affrontato con metodo?

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Posizione ADA

Position of the American Dietetic Association:
Food and Nutrition Professionals Can Implement
Practices to Conserve Natural Resources and Support
Ecological Sustainability

*J Am Diet Assoc. 2007;107:
1033-1043.*

Academy of Nutrition and Dietetics



Academy of Nutrition and Dietetics

*The world's largest organization of food and nutrition professionals.
Formerly the American Dietetic Association.*

Sostenibilità alimentare

“Sobal and colleagues describe the food and nutrition system as the transformation of raw materials into foods and then nutrients into health outcomes, within biophysical and sociocultural contexts”

JADA 2007;**107**:1033

Sostenibilità alimentare

“A sustainable diet is composed of foods that contribute to human health and also encourage the sustainability of food production”

JADA 2007;**107**:1033

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Beyond Eating Right: The Emergence of Civic Dietetics to Foster Health and Sustainability Through Food System Change

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Per una dietetica “civica”

“Dietetics, as a profession, has remained strikingly unengaged with the food system – agricultural production, processing and packaging, distribution and storage, marketing – and its impact on consumers’ abilities to ‘eat right’”

JHEN 2010;5-2

Per una dietetica “civica”

“Because the entire food system determines what foods are available, it plays a fundamental role in public health and nutrition”

JHEN 2010;5-2

Per una dietetica “civica”

“Making food system issues integral to dietetic practice represents a transition for the professional, calling for new applications of skills and expertise”

JHEN 2010;5-2

Sogno o necessità?

“Today, increasing global prevalence of obesity, diet-related diseases, and pervasive hunger and food insecurity are among the most visible indicators of food system failure”

JHEN 2010;5-2

Sogno o necessità?

“Documentation of negative impacts on communities and natural resources attributable to the dominant agriculture and food system is fast accumulating and includes failure of small businesses, school closings in rural communities, greenhouse gas accumulation, soil erosion, water contamination and depletion, and declining biodiversity”

JHEN 2010;5-2

Ma può funzionare?

“Tangible physical and organizational manifestations of civic agriculture— including community-supported agriculture farms, community gardens, organic agriculture, farmers markets, farmer and food cooperatives, community kitchens, and specialty niche producers—are on the rise”

JHEN 2010;5-2

Il modello di Sobal

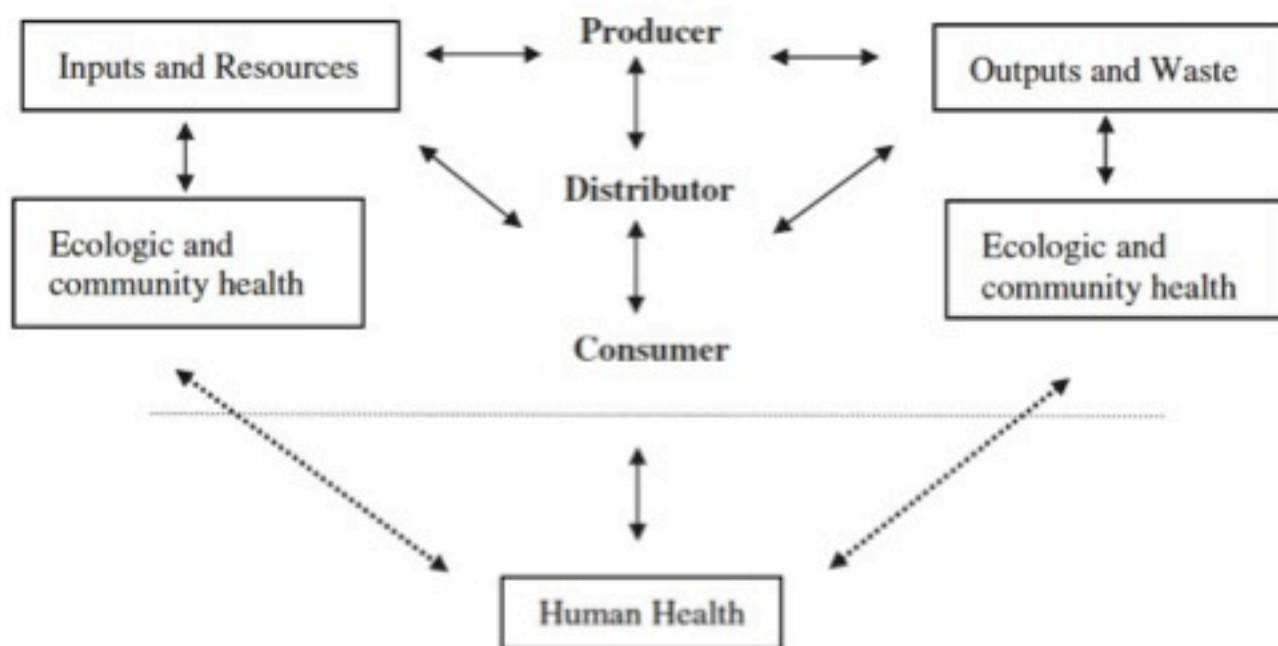


FIGURE 1 Model of the food production and nutrition system.

Table 1 adapted from Sobal, J., Khan, L.K., Bisogni, C.A. A conceptual model of the food and nutrition system. *Social Science and Medicine* 1998;47(7):853–63 and Lang, T., and M. Heasman. 2004. *Food Wars: the battle for mouths, minds and markets*. London: Earthscan Books.

JHEN 2010;5-2

Compiti del dietista secondo HEN/ADA

- providing leadership in the development of “attribute labeling.”
- engaging stakeholders in the identification of community food and nutrition needs and in developing food system strategies for addressing those needs.
- drawing upon expertise in nutrients, food and diet to critically analyze developments in agriculture technology.
- using expertise to evaluate the “goodness” of a food based on both health and sustainability criteria.
- promoting an awareness of environmental, social, and economic externalities associated with dietary advice that go beyond the health and well-being of the clients that dietitians serve.

JHEN 2010;5-2

Accreditamento (ADA)

“The ADA’s Commission on Accreditation for Dietetics Education (CADE) is the organization’s accrediting agency for dietetic training programs”

“To ensure that accreditation requirements and standards are met, CADE establishes core knowledge and skill competency sets that graduates of accredited educational programs must demonstrate”

JHEN 2010;5-2

CADE - Scientific and Evidence Base

Skills and knowledge outcomes

Rationale for civic dietetics

1. CADE Core Competency- "Scientific and Evidence Base of Practice"

"Select appropriate indicators and measure achievement of clinical, programmatic, quality, productivity, economic or other outcomes."

"Justify programs, products, services and care using appropriate evidence or data."

"Evaluate emerging research for application in dietetics practice"

The sustainability and healthfulness of the food system is determined through the use of such indicators. In today's environment of concern with resource depletion, programs, products and services will require a greater foundation of supportive evidence. The global trend toward sustainability requires assessment skills for appropriate, evidence-based application to practice. Training in this realm should integrate a food systems perspective.

Domande

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Perché il metodo è essenziale?

Il Dietista e la pratica professionale: Posizioni dell'ANDID *Associazione Nazionale Dietisti*

Medicina basata sull'evidenza: il metodo al servizio del paziente

**di Giorgio Bedogni - Unità Fegato e Nutrizione, Centro Studi Fegato, AREA Science Park,
Basovizza, Trieste; Socio onorario ANDID**

Perché è il metodo è essenziale?

- Perché consente di aumentare la mia conoscenza a servizio del paziente/collettività
- (Il metodo è uno strumento e non un fine)

Quale evidenza?

Impact of Garden-Based Youth Nutrition Intervention Programs: A Review

RAMONA ROBINSON-O'BRIEN, PhD, RD; MARY STORY, PhD, RD; STEPHANIE HEIM, MPH

ABSTRACT

Garden-based nutrition-education programs for youth are gaining in popularity and are viewed by many as a promising strategy for increasing preferences and improving dietary intake of fruits and vegetables. This review examines the scientific literature on garden-based youth nutrition intervention programs and the impact on nutrition-related outcomes. Studies published between 1990 and 2007 were identified through a library search of databases and an examination of reference lists of relevant publications. Studies were included if they involved children and adolescents in the United States and examined the impact of garden-based nutrition education on fruit and/or vegetable intake, willingness to taste fruits and vegetables, preferences for fruits and vegetables, or other nutrition-related outcomes. Only articles published in peer-reviewed journals in English were included in the

review. Eleven studies were reviewed. Five studies took place on school grounds and were integrated into the school curriculum, three studies were conducted as part of an afterschool program, and three studies were conducted within the community. Studies included youth ranging in age from 5 to 15 years. Findings from this review suggest that garden-based nutrition intervention programs may have the potential to promote increased fruit and vegetable intake among youth and increased willingness to taste fruits and vegetables among younger children; however, empirical evidence in this area is relatively scant. Therefore, there is a need for well-designed, evidenced-based, peer-reviewed studies to determine program effectiveness and impact. Suggestions for future research directions, including intervention planning, study design, evaluation, and sustainability are provided. *J Am Diet Assoc.* 2009;109:273-280.

Intervention Planning

- Include a formal needs assessment prior to implementing intervention
- Involve a variety of stakeholders (including youth) in the intervention planning process
- Use theory-based quantitative and qualitative investigation methods to guide intervention planning
- Consider principles in Community-Based Participatory Research

Study Design and Evaluation Methodology

- Convene a workgroup to determine research design and evaluation recommendations for school and community garden-based nutrition-education interventions
- Use previously validated tools, or pilot test and validate assessment tools prior to use
- Include sample sizes large enough to evaluate independent impacts of sex, age, and cultural group
- Evaluate independent effects of garden-based nutrition education and traditional nutrition education
- Evaluate which aspects of intervention design are most critical: program time, gardening time, gardening method, and season
- Use control groups and if resources allow, consider group randomized trials with a minimum of six groups per condition
- Conduct longitudinal research to track whether changes in intake and attitudes alter over time

Outcome Measures

- Evaluate changes in dietary intake among youth and their families as well as other physical and health-related outcomes
- Examine which aspects of the garden-based nutrition education are most critical: participation in garden planning, planting, maintenance, and harvest; food preparation; tasting; nutrition-education lessons

Program Sustainability

- Evaluate the facilitators and barriers to long-term sustainability of programming
- Include process survey data in evaluation, in a effort to inform future interventions
- Link school subjects and learning objectives to garden-based education and assess/monitor the outcomes

Figure 2. Considerations when implementing and evaluating garden-based youth nutrition-education programs.

Quale evidenza?

Review of the Nutritional Implications of Farmers' Markets and Community Gardens: A Call for Evaluation and Research Efforts

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ABSTRACT

The development and promotion of farmers' markets and community gardens is growing in popularity as a strategy to increase community-wide fruit and vegetable consumption. Despite large numbers of farmers' markets and community gardens in the United States, as well as widespread enthusiasm for their use as a health promotion tool, little is known about their influence on dietary intake. This review examines the current scientific literature on the implications of farmers' market programs and community gardens on nutrition-related outcomes in adults. Studies published between January 1980 and January 2009 were identified via PubMed and Agricola database searches and by examining reference lists from relevant studies. Studies were included in this review if they took place in the United States and qualitatively or quantitatively examined nutrition-related outcomes, including dietary intake; attitudes and beliefs regarding buying, preparing, or eating fruits and vegetables; and

behaviors and perceptions related to obtaining produce from a farmers' market or community garden. Studies focusing on garden-based youth programs were excluded. In total, 16 studies were identified for inclusion in this review. Seven studies focused on the impact of farmers' market nutrition programs for Special Supplemental Nutrition Program for Women, Infants, and Children participants, five focused on the influence of farmers' market programs for seniors, and four focused on community gardens. Findings from this review reveal that few well-designed research studies (eg, those incorporating control groups) utilizing valid and reliable dietary assessment methods to evaluate the influence of farmers' markets and community gardens on nutrition-related outcomes have been completed. Recommendations for future research on the dietary influences of farmers' markets and community gardens are provided.

J Am Diet Assoc. 2010;110:399-408.

Examining Associations among Obesity and Per Capita Farmers' Markets, Grocery Stores/Supermarkets, and Supercenters in US Counties

STEPHANIE B. JILCOTT, PhD; THOMAS KEYSERLING, MD, MPH; THOMAS CRAWFORD, PhD; JARED T. McGUIRT, MPH; ALICE S. AMMERMAN, DrPH, RD

ABSTRACT

Fruit and vegetable consumption is an important component of a healthful diet, yet fruits and vegetables are underconsumed, especially among low-income groups with high prevalence rates of obesity. This study used data from the US Department of Agriculture Economic Research Service Food Environment Atlas to examine county-level associations among obesity prevalence and per capita farmers' markets, grocery stores/supermarkets, and supercenters, adjusted for natural amenities, percent black, percent Hispanic, median age, and median household income, stratified by county metropolitan status. In models that included all three of the food venues, supercenters and grocery stores per capita were inversely associated with obesity in the combined (metro and non-metro) and metro counties. Farmers' markets were not significant in the model for combined (metro and non-

metro) or for metro counties alone, but were significantly inversely related to obesity rates in the model for non-metro counties. In this ecologic study, density of food venues was inversely associated with county-level obesity prevalence. Thus, future research should examine similar associations at the individual-level.
J Am Diet Assoc. 2011;111:567-572.

Aria di cambiamento?



CabinetOffice

About the
Cabinet Office

National Security

Constitutional
Reform

Government
Efficiency

Transparency

Big Society

Government:
How it works

Behaviour Change and Energy use

The Behavioural Insights Team has published a report setting out how we can use behavioural insights to help people save energy and money. The report, Behaviour Change and Energy Use, launches a series of trials and changes to government policy which will make it easier for individuals to green their homes and use less energy.

Downloads

Behaviour Change and Energy Use in PDF Format

File type: PDF - Portable Document format | File size: 3.08 MB



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Aria di cambiamento?

“Four *field trials* based on behavioural insights will test whether different interventions increase the likelihood of people installing green products in their homes”

<http://www.cabinetoffice.gov.uk/sites/default/files/resources/behaviour-change-and-energy-use.pdf>

Conclusione

- Credere in un'impresa è necessario ma non è sufficiente
- Darsi attivamente da fare (compatibilmente coi propri valori e le proprie possibilità) è necessario ma non è sufficiente
- *Occorre darsi da fare con metodo*

Conclusione

- Il metodo sarà anche solo uno strumento, ma senza metodo non abbiano alcuna possibilità di realizzare i valori in cui crediamo e poca possibilità di farli accettare ad altri, specialmente se sono quelli che “tengono le redini” del gioco...

Grazie