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Academy of Nutrition and Dietetics

NUTRITION Counseling and Education Skills

A PRACTICAL GUIDE

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To our extended families, professional colleagues, and dedicated students who have inspired us to continually practice and improve our nutrition communication and education skills.

–JAB, BBH, and Contributing Authors

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Preface

Effective communication skills are essential for all nutrition professionals. The expanding scope of practice for the Registered Dietitian Nutritionist (RDN) and the Nutrition and Dietetic Technician, Registered (NDTR) demonstrates the wide array of new and existing opportunities to engage and communicate with diverse audiences. The major challenge is to learn, develop, and apply the necessary knowledge and skills while practicing them in one's professional and personal life.

At the same time, the world of communication is constantly evolving. Nutrition counseling and education skills are lifelong learning endeavors that begin in the classroom and require ongoing application and development. This text strives to support the user in achieving this goal while adapting to new formats of social media, electronic communication, telehealth, and innovative teaching environments.

Life is a circle of opportunities. After completing my PhD, I returned to my alma mater to teach at the invitation of my mentor, Betsy Holli. Betsy was instrumental in supporting my first publication in the *Journal of the American Dietetic Association.* She in turn invited me to collaborate on the early editions of this book. It wasn't until the fifth edition that I accepted the challenge. With this eighth edition and as emeritus professors, Betsy and I are proud to pass the authorship baton onward using an innovative model of collaborative development and teaching.

Highlights of the Changes in the Eighth Edition:

1. **A new innovative author model.** This edition boasts an author cohort of 36 active users of the text who bring new and practical eyes to every aspect of the text. Members of the Nutrition and Dietetic Educators and Preceptors (NDEP) unit of the Academy of Nutrition and Dietetics volunteered to review and revise individual chapters as teams. The result is a fresh, hands-on approach to this revision along with a complete update of the supplementary materials by practitioners themselves.
2. **A new publications team**. This edition is published by the Jones & Bartlett Learning team of Ascend Learning in conjunction with the Academy of Nutrition and Dietetics. As the Academy expands its publication offerings, this book will provide another personalized resource for practitioners, educators, and students. The instructor and student website will be maintained and updated by practicing educators to provide additional resources as well as specific chapter content.
3. **A new revenue model.** Revenue from royalties will be redirected to NDEP to support their mission of advocating for and empowering nutrition and dietetics educators and preceptors. This in turn will help to optimize nutrition counseling and education skills for current and future professionals in nutrition and dietetics.
4. **An updated cultural awareness focus.** Today's world is rapidly changing in so many ways, and attention to cultural awareness is evident throughout the book. Chapter 4 was retitled "Integrating Cultural Awareness, Humility, and Respect" and was completely rewritten to reflect new terminology, evolving methods of respect for diverse populations, and highlighting the Academy's commitment to cultural sensitivity and awareness through Inclusion, Diversity, Education, and Access (IDEA). Careful attention was made to use gender-neutral language when appropriate.
5. **A broader focus on application.** Traditional teaching in the classroom no longer exists. The focus on nutrition counseling and education skill development has shifted to individualized, personalized learning methods. Instructor and student resources are expanded and available with the Navigate Advantage Access digital package. Test banks and media support are provided to instructors to support evolving teaching methods,

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student experiences, and active learning preferences. Each chapter illustration was critically evaluated and updated to mirror both the book audience as well as the education environment.

The Integrated Learning and Teaching Package

Integrating the text with constructive instructor resources is crucial to deriving their full benefit. Based on feedback from instructors and students, Jones & Bartlett Learning has made the following resources available to qualified instructors:

- Test Bank with questions for every chapter
- Slides in PowerPoint format
- Instructor's Manual, containing lecture outlines and answers to the in-text questions
- Image Bank, supplying key figures from the text
- Sample syllabi

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