

A REVIEW OF THE CURRENT STATE OF THE EVIDENCE ON FOOD, NUTRITION, LITERACY, HEALTH, AND EDUCATION

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ABSTRACT

Purpose: To describe the existing relationships between food, nutrition, literacy, health, and education to identify common themes, gaps in literature, and explore the role of nurses in promoting health and wellness among diverse populations by improving food and nutrition literacy. **Methods:** Search via Library Search Data base for years limited to last 5 years in academic peer reviewed manuscripts in US. Team of four reviewed 60 manuscripts for relevancy and analyzed 22 relevant manuscripts. **Results:** Limited findings focused on role of nursing; health professional training in general insufficient; culturally tailored education which includes applied nutritional literacy effective; social media is useful mechanism for providing education. **Conclusions & Recommendations:** Increase and enhance nutrition content in health professions.

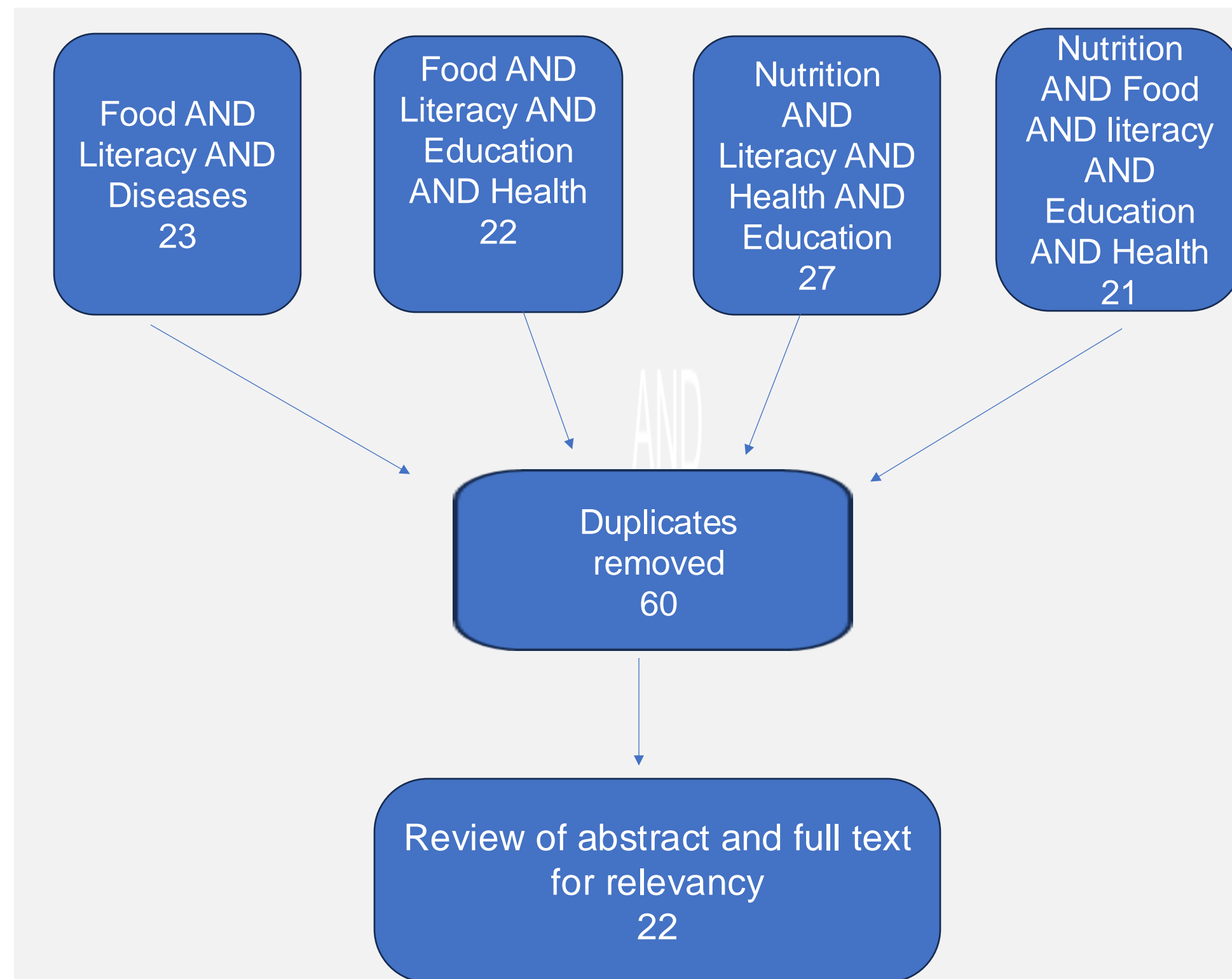
BACKGROUND AND SIGNIFICANCE

The growth of food and nutrition literacy research underscored the recognition that food and nutrition literacy can empower individuals to make food choices that can promote their health and well-being and improve long-term outcomes related to chronic diseases such as obesity, diabetes, and heart disease. Nursing is uniquely positioned to effectively enhance food and nutrition literacy across individuals with diverse health conditions.

SEARCH STRATEGY AND PROCESS

- **Initial search** conducted using Library Search Data base (EBSCO Discovery Service) at the University of Louisiana Library
- **Keywords:** (food literacy OR food competency OR nutrition literacy OR nutrition) AND (health professional OR nurses OR doctors OR dieticians) AND chronic illnesses yielded 325.
- Review of titles and abstracts found many irrelevant
- Decision to create 4 individual searches in same data base
- **Filters: Full Text, Peer Reviewed, 12/02/2019-12/02/2024, Academic Journals, United States**
- First 20 articles' titles and abstracts reviewed independently by each team member. Consensus was 100% on relevancy to retain.
- The 40 remaining articles' titles and abstracts reviewed by teams of two.
- Final yield of 22 articles were reviewed in entirety to address components of matrix table
- Themes and categories synthesized by team consensus
- Recommendations for future formulated

SEARCH FLOWCHART



PRELIMINARY FINDINGS

- Broad representation of race and ethnicity across studies
- Overrepresentation of interventions targeted at adult populations
- Across studies while various interventions produced positive results, multi-pronged approaches, especially nutritional education/literacy plus applied practice (e.g. cooking) was most successful
- MyPlate most commonly used tool in intervention studies
- Unexpected finding of low nutritional knowledge and literacy among US Service population and college students
- Value of social media was equivocal
- Nutritional education in Medicine, Nursing, and Health Education curricula was perceived as insufficient and inadequate

IMPLICATIONS FOR NURSING

EDUCATION-ensure content on nutrition literacy and application in curricula; provide clinical experiences in community settings addressing nutritional literacy and knowledge needs

PRACTICE-Universal screening for nutritional literacy. Develop culturally tailored education and resources for populations with chronic health conditions

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