Presented By:
Alyce Davidson
Stephanie Arevalo

REGISTERED DIETICIAN ON CAMPUS

Hire a full-time Registered Dietician at Texas A&M University-Corpus Christi. This will optimize the health and well-being of TAMUCC students, faculty, and staff.

To educate the campus community on the importance and choices of a healthy diet.

Benefits
- Experts on food and nutrition
- Prevention and Management of Diseases
- Diabetes, High cholesterol and blood pressure, Food allergies, etc.
- Weight Loss
- Pregnancy

PURPOSE

The campus community does not have the resources needed to help with nutritional needs.

According to our EWP statistics, the average BMI for 4 semesters was 31.5 when starting the program. This places our participants in the Obesity category.

Normal Range for male and female: 18.5 - 24.9
BACKGROUND

- Research the needs of other departments and colleges on campus that would utilize a Registered Dietician.
- Overall, the choices of food on campus do not benefit the nutritional needs of the students.
- Wellness initiative starting on campus.

ASSUMPTIONS

- Appears to be a demand or need for information as we get regular inquiry from students, faculty, and staff in the Recreational Sports Office.
- Benefit the University as a whole in working with other departments on campus such as Human Resources, Counseling Center, Health Center, Athletics, Kinesiology department, and Recreational Sports.
- The best location for this position would be housed in the Recreational Sports Office.

FACTS

- There is not currently a Registered Dietician on TAMUCC campus.
- Not a currently funded position.
- It would align with the Healthy Campus 2020 Initiative—based on the American College Health Association (ACHA).
- Studies show that students on average gain 3 to 10 pounds during their first 2 years of college. Most of this weight gain occurs during 1st semester of their freshman year.
- Current programs on campus: BOTSI, EWP, SWP, Personal Trainers, and Wellness Expo.
COURSES OF ACTION

- COA 1 - Hire a full-time Registered Dietician.
- COA 2 - Hire a part-time Registered Dietician.
- COA 3 - Maintain Status Quo

ANALYSIS OF COA 1
HIRE A FULL-TIME REGISTERED DIETICIAN

- Advantages
  - A healthier campus community would be more productive in school and at work.
  - It will benefit several departments and colleges on campus.
  - Multiple areas could help fund the position.

- Disadvantages
  - Not a currently funded position.
  - Programming funds would be needed.
  - Would need to find an office space

ANALYSIS OF COA 2
HIRE A PART-TIME REGISTERED DIETICIAN

- Advantages
  - Budget needs would be less than full-time position.
  - Start small—doing something is better than “Do Nothing”

- Disadvantages
  - Limited availability to accommodate the health needs of the campus community.
  - Programming
  - Individual appointments.
Dr. Randy Bonnette, Chair, Kinesiology and Military Science

Concur

"Currently I rely on adjuncts from Del Mar, Kingsville or from other organizations to teach nutrition. Thus, having someone on campus would bring better continuity and ease of scheduling."

"As our sport performance research center expands and we continue to offer more services to aspiring athletes having a dietician/nutritionist to refer them to after we conduct their performance evaluation would be awesome and allow a more comprehensive evaluation and consultation."

Dr. Jacqueline Hamilton, Director, Recreational Sports

Concur

"Expanding services to the university community would help meet an underserved need. Food is available on campus but not all what is available is healthy and nutritious."

"Through education, programming, at group and individual levels, and collaborative projects, dietitian services can help with chronic disease prevention and management, which in turn can help with student study retention, synthesis learning, and quality of life."

Kate Hilliard, MS, RD, LD (Master of Science, Registered Dietitian, Licensed Dietitian for the State of Texas)

Concur

"Registered dietitians are the food and nutrition experts and can have a major impact on college campuses and be utilized for every person on campus. For the student body registered dietitians can assist with personal health counseling, nutrition education, policies and procedures initiation or change for eating establishments on campus, all creating a healthier environment and a healthier campus environment.

"As for athletes on campus, nutrition is a well sought out edge on opponents and a registered dietitian can be used to maximize athletes through proper nutrition, making the athlete more successful, leading to a more successful team, creating more recruitment opportunity based on success and thereby increasing enrollment rate for the entire school."

"Registered dietitians can also be used for staff and faculty to address chronic health issues, such as diabetes, hypertension, food allergies or other medical conditions that require sick days and more money spent on absenteeism due to these illnesses. Registered dietitians can not only be cost effective for a college campus, but also save for healthier students and healthier staff."
PRIOR COORDINATION

- Dr. Carla Berkich, Executive Director, University Health and Counseling Centers

Concur
- “RD can be used by many departments on campus - health center, counseling center, athletics, rec sports, even academics researching eating disorders, etc.”
- “Helps to promote wellness/prevention aspects of our mission.”

Non-Concur
- “Difficult to justify allocating money to this type of position when health center is short-staffed and has more important needs to address first.”
- “If the RD were to work for all the departments listed above, maintaining confidentiality of the student becomes very complicated.”

EVALUATION CRITERIA

- Must be able to meet with faculty, staff, and students.
- Must be licensed and registered with the State of Texas.
- Must be willing to work with multiple departments and colleges on campus.

RECOMMENDATION

- We recommend to hire a full-time registered dietitian to be housed in the Recreational Sports office in order to serve faculty, staff, and students.
CONCLUSION

- Propose new position during the FY16 budget allocations.
- Meet with the food service provider to research healthy alternatives to food choices on campus.

RESTATED RECOMMENDATION

- COA 1 - It is recommended that Recreational Sports hires a full-time Registered Dietitian to serve the campus community and have an impact on their overall education and nutritional needs.

QUESTIONS?

Eat Well Be Active

[Image of a child eating healthy foods]