

MACMHB

State Training Guidelines Workgroup

Training/Curriculum Recommendations

The intent of this Training Guideline is for the development and presentation of training content. Curricula based on this guideline will contribute to statewide uniformity, reciprocity, and portability.

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Topic: Nutrition

Defining Paragraph (Vision, Boundaries, Overall Outcome Statement):

Major causes of morbidity and mortality in the United States are related to poor diet and a sedentary lifestyle. Specific diseases and conditions linked to poor diet include cardiovascular disease, hypertension, dyslipidemia, type 2 diabetes, overweight and obesity, osteoporosis, constipation, diverticular disease, iron deficiency anemia, oral disease, malnutrition, and some cancers. Staff need basic nutrition awareness as stewards of the individual's health and to model healthy habits. Course will cover basics of good Nutrition for both staff and individuals receiving services.

Definitions:

Content - These are a listing of the areas covered in the subject.

Outcomes/Competencies - These are statements about what participants will be able to DO as a result of having participated in the course. Please indicate expectations and minimum competency criteria.

Content:

1. Relationship between health and diet
2. Implementing special diets
3. The celebratory nature of food such as birthday parties, special occasions, etc. and how to work it into a healthy diet
4. The characteristics of a good diet
5. Adequate Nutrients Within Calorie Needs
6. Weight Management
7. Physical Activity
8. Fats, Carbohydrates, Sodium and Potassium
9. Alcoholic Beverages
10. Food Groups to Encourage
11. Putting it all together - shopping and eating healthy and within budget

Outcomes/Competencies:

1. Understand the effect of diet on health and wellness
2. Identify appropriate healthy diets as the individual desires/requires
3. Develop and implement healthy menus based on setting
4. Create grocery shopping lists which meet dietary and budgetary considerations
5. Create healthy meals and snacks
6. Help people understand healthy diets

Outline/Recommendations:

See Above

Trainer Qualifications:

Check all that apply, be specific (years, degree, skills, etc):

- College Degree:
- License:
- Years Experience (please specify below):
- Documented Skill Set:
- Training Experience:
- Trainer in Adult Learning Styles/Methods:
- Other: Prefer R.D. be available for consultation; must have content expertise.

Specified experience:

See above

Length of Training:

The length of training should be adequate to achieve the outcomes/competencies listed above. This may be approximately 3-4 hours at the entry-level, longer for larger groups. Additional hours covering detailed information on conditions specific to the individuals supported.

Format:

The acceptable format(s) for the class:

- Traditional "live" class.
- Online Class
- Self-study Unit
- Video Class
- Other (specify):

Teaching Methods:

These are the best teaching methods for teaching course content. Additional methods may also enhance learning.

- Individual
- Classroom/Group
- Lecture
- Discussion
- Skills Practice
- Return demonstrations
- Activities
- Videos
- Online Activities
- Individual Assignments
- Homework assignments
- Other (specify):
- Other (specify):

Method of Assessment:

How to measure entry level competency in this course

- Written Test Performance Indicator: 80 %
- Return Demonstration Performance Indicator:
- Online Test Performance Indicator: 80 %
- Skill Sheet Performance Indicator:
- Homework Assignment(s)
- Observation with sign-off sheet
- Other:

Scope of Implementation:

Training recommended for:

- Specialized Residential direct care staff
- Specialized Residential Administrators
- Supported Living staff
- Adult Foster Care staff
- Respite Service staff
- Self-Determination staff
- Home-based services staff
- Foster Family Group Home staff
- Child-caring Institutions (Children's Group Home) staff
- Other employee group (specify):
- Other employee group (specify):

Frequency:

It is recommended the content be reviewed/retaken:

- Initial
- Annual
- Every two years
- As needed:
- Other:

Additional Comments:

1. Can be taught in conjunction with Food Safety and/or Assisting Individuals with Eating and Swallowing Difficulties

References/Legal Authority:

1. www.Choosemyplate.gov
2. www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/
3. Lorig, K, Holman, H., Sobel D., Laurent, D., Gonzalez, V., & Minor, M. (2012). *Living a Health Life with Chronic Conditions*, 4th ed. Boulder, CO: Bull Publishing Co
4. MI Admin. Code R330.1806
5. MHCR 330.1801 et seq.
6. MCL 400.710(3)
7. R330.1801 et.seq.
8. Prevailing State Guidelines and Practice Protocols

Note: If training is for an adult foster care facility/home adult foster care staff must also comply with the adult foster care administrative rules. In addition, in those situations where the contents of the training conflict with an administrative rule, the rule prevails.