



Lagniappe Wellness

Health through Education

Community Nutrition Rotation Syllabus

2025

Community Nutrition

Rotation Description

Interns practice providing community-based nutrition services including community-based nutrition assessment, counseling, education, wellness promotion, community needs assessment, and project related time management. Interns may also develop skills in evaluating and applying government program guidelines and policies.

Rotation Length and Schedule

This rotation is approximately 200 supervised-practice hours; however, due to the possible nature and schedule of the assignments and activities, this rotation may require a period longer than 5 weeks. The actual activity schedule and deadlines should be agreed upon by the program director, preceptor, and intern, and include the schedule requirements of the facility director, since activities require fitting into the ongoing facility operations.

Setting Requirements

This rotation requires a community nutrition service that may be found in departments of public health, hospital and clinic outreach programs, social service agencies, community centers, or government-funded public health programs. The setting must be a fixed location that provides ongoing services to provide interns with adequate experiences. Although not required, it is recommended that interns practice in a facility that offers one or more government-funded health programs such as WIC, Head Start, Cooperative Extension, Expanded Food and Nutrition Program (EFNEP), or SNAP-ED. Interns who do not practice in such a facility can complete public health focused modules to be provided on the LWDI Community Nutrition Google page.

Preceptor Requirements

Credentialed or licensed health care providers who are also credentialed as nutrition educators and meet facility, state and federal regulations for the area(s) in which they are responsible must supervise interns and serve as preceptors for this rotation. Preceptors may include registered dietitian nutritionists, nurses, physicians, pharmacists, or chiropractors. The preceptor must be working in the capacity of a community-based nutrition educator and provider, offering individual counseling, group presentations and follow-up sessions. Preceptors who work with government-funded nutrition programs as part or all of their responsibilities are preferred.

Recommended Resource

The Academy of Nutrition and Dietetics International Dietetics & Nutrition Terminology (IDNT) Reference Manual (current edition).

Completion Requirement

Interns must fulfill the rotation requirements within established time and receive ratings of “satisfactory” on all requisite activities, assignments, and associated competency demonstrations,

including assuming entry-level management responsibilities independently with guidance, for a community nutrition program.

Required Rotation Learning Activities:

Facility Orientation

Interns review the strategic plan, policies and procedures, organizational chart and all job descriptions to learn about the structure and operation of the community program. Interns will shadow their preceptor to learn about the diversity of the program and to observe the preceptor's interactions and activities. Interns will work with all levels of staff to gain an appreciation for the various roles and interactions that occur.

Targeted Community Investigation

Interns are to investigate the geographic area and population identified by themselves or their preceptors. Interns identify available food resources in the community, available nutrition care resources, and community access to the resources. Interns are encouraged to drive through the area, map the grocery and convenience stores, investigate the quality of the food in the stores, including the availability of fresh fruits and vegetables, and identify the accessibility of the resources, their proximity to public transportation, thoroughfares, and parking.

Findings from this activity should be presented in an in-depth 3-5 page paper that addresses all of the areas/components investigated with include graphics, statistics as applicable and should conclude with recommendations for services to the community to address the identified issues.

Three to five references from peer reviewed journals that address community health and food availability should be cited.

This assignment will be evaluated by the preceptor using the Targeted Community Investigation Rubric.
(CRDNs: 1.4, 1.5, 2.9)

Nutrition or Wellness Presentation

Interns will develop, deliver, and evaluate with a post test a nutrition or wellness presentation to the site's target audience. Topics can be self-identified or chosen by the preceptor. Materials such as slides, handouts or brochures should be developed for the presentation and posted to the intern Submission Page.

Presentation should be followed by a Q&A session or discussion with the audience to encourage and demonstrate interpersonal communication skills and cultural competence as applicable.

(CRDNs: 2.11, 2.12, 3.8, 3.9, 3.11)

Advocacy

Interns will learn about and participate in advocacy and public policy activities during this rotation by investigating an issue and researching the policies which impact the profession of nutrition and dietetics. This assignment should culminate in

- a letter drafted to be sent to a congressperson in support of the issue
- attendance at a professional or community meeting regarding the issue or another nutrition/community health issue

(CRDNs: 2.9, 2.13)

Guided Community Nutrition Management

Preceptors culminate this rotation by assigning day to day operational duties and management activities simulating an entry level position in the final week of the rotation.

Required Learning Activities Verification Checklist

Preceptor instructions: Please include the following activities for the LWDI CN rotation. The activities are listed from basic to more complex and ideally should be scheduled in this order as able for appropriate progression of learning. Space is provided to include preceptor assigned tasks.

REQUIRED LEARNING ACTIVITY	Preceptor Initials
Review of policy and procedure manual	
Review of departmental budget and expenditure reports	
Review the strategic plan of the program	
Review the organizational chart and all job descriptions	
Work with all levels of staff in the program	
Review and/or update as needed program educational materials	
Plan, deliver, and evaluate a wellness presentation to a target audience	
Demonstrate advocacy regarding a selected issue	
Attend a professional or community organization meeting	
Perform at least one week of guided program management/staff relief	
Performs self-assessment and develops goals for self-improvement	

As the preceptor for _____ (Intern's name), I verify that all above activities have been completed as indicated.

Comments:

Preceptor's signature

Date

LWDI Professional Attributes Evaluation Rubric

CATEGORY	ATTRIBUTE	EXCEEDS EXPECTATIONS	SATISFACTORY PERFORMANCE	NEEDS IMPROVEMENT
BEHAVIOR				
	Dependability			
	Flexibility			
	Time management			
	Organization			
	Task completion			
COMMUNICATION				
	Listening			
	Verbal skills			
	Writing skills			
	Relevance			
	Technology skills			
	Communication with various education levels			
PROFESSIONAL COMPORTMENT				
	Intellectual curiosity			
	Professional engagement			
	Self-improvement			
	Professional development			
INTERPERSONAL				
	Open minded			
	Cooperative			
	Follow directions			
	Reacts appropriately			
CRITICAL THINKING				
	Perceives situation as a whole			
	Able to exercise judgement			
	Able to prioritize issues			

Adapted from:

Personal Attributes of Successful Interns as Perceived by Dietetic Internship Directors and Preceptors from Varying Generations Jamie A. Smythe, Julie R. Schumacher*, Robert W. Cullen and Yoon Jin Ma

Practice Paper of the Academy of Nutrition and Dietetics: Critical Thinking Skills in Nutrition Assessment and Diagnosis

This rotation requires an evaluation at the end of the rotation by both the intern and the preceptor. Please follow the link below to complete the intern's competency evaluation.

[Professional Attributes Evaluation](#)

[Community Nutrition Required Learning Activities Checklist](#)

[Community Nutrition Competency Evaluation](#)

CN EXPECTED OUTCOMES

COMPETENCY	ASSOCIATED LEARNING ACTIVITY
1. Scientific and Evidence Base of Practice: integration of scientific information and research into practice	
CRDN 1.4: Conduct projects using appropriate research or quality improvement methods, ethical procedures and data analysis utilizing current and/or new technologies.	Targeted community nutrition investigation
CRDN 1.5: Incorporate critical-thinking skills in overall practice.	Targeted community nutrition paper based on investigation
2. Professional Practice Expectations: beliefs, values, attitudes and behaviors for the professional dietitian level of practice.	
CRDN 2.9: Actively contribute to nutrition and dietetics professional and community organizations.	Attend and participate in a professional or community organization meeting
CRDN 2.11: Show cultural humility in interactions with colleagues, staff, clients, patients and the public.	Demonstrate knowledge of and respect for cultural diversity while interacting with clients and customers
CRDN 2.12: Implement culturally sensitive strategies to address cultural biases and differences.	Engage in practices that respect cultural diversity during client interactions
CRDN 2.13: Advocate for local, state or national legislative and regulatory issues or policies impacting the nutrition and dietetics profession.	Participate in advocacy and public policy activities
3. Clinical and Customer Services: development and delivery of information, products and services to individuals, groups and populations	
CRDN 3.8: Design, implement and evaluate presentations to a target audience.	Present nutrition wellness program developed for demographic engaged with at practice site
CRDN 3.9: Develop nutrition education materials that are culturally and age appropriate and designed for the educational level of the audience.	Develop materials for nutrition wellness program developed for demographic engaged with at practice site

CRDN 3.11: Develop and deliver products, programs or services that promote consumer health, wellness, and lifestyle management.

Develop and present nutrition wellness program developed for demographic engaged with at practice site

