Background

- Traditional weight management methods lack success
- Non-dieting weight neutral approaches (NDWN), a fairly new concept, may be a complementary method to enhance dietetics practice by improving patient outcomes and decreasing weight bias
- NDWN approaches have short and long-term effects on improving broad aspects of health
- Emphasize: Self-acceptance, Intuitive eating, and Active embodiment
- The teaching of NDWN approaches may lessen the impact of weight bias among dietetic professionals

Objective

Determine awareness and prevalence of, and interest in non-dieting weight neutral (NDWN) focused weight management curriculum in accredited dietetic programs in the U.S.

Methods

- Directors of all US Accreditation Council for Education in Nutrition and Dietetics (ACEND) accredited dietetic Coordinated Programs (CP) (n=60) and Didactic Programs in Dietetics (DPD) (n=214)
- Online cross-sectional survey via RedCap software
- The survey included questions about the program and topics pertaining to NDWN curriculum
- Analyses used frequencies, Fishers Exact tests, Kruskal Wallis and Mann-Whitney non-parametric tests
- Results were analyzed in R Studio Version 1.1.463 and p < 0.05 was considered significant

Results

Aim 1: Determine the awareness of, and prevalence and interest in NDWN type curriculum among directors of US dietetics programs

We had 116/274 (42%) respondents to our survey

Program Directors (n = 116) were asked to respond to whether they were aware of NDWN approaches and if they had these approaches in their current curriculum

If directors responded “no” to NDWN approaches (n = 23) being in the curriculum they were asked if they were interested in incorporating it

Aim 2: Determine the factors associated with the presence of NDWN type curriculum in US dietetics programs

If program directors indicated that NDWN was not in the curriculum (n = 29) they were asked to select a reason why it was not in curriculum (Figure 2)

They were also asked if they would like to elaborate on why it was not in curriculum (Figure 2)

Factors Associated with NDWN Absence and Presence:

- A majority of program directors area aware of NDWN approaches
- Most respondents have adopted NDWN curriculum
- In the programs that do have NDWN curriculum, a higher degree of incorporation may be needed to fully equip future dietitians with this tool for weight management
- Most programs who did have NDWN were teaching it in one lecture (53%)
- The programs that have not adopted NDWN curriculum have fixable barriers to incorporation
- Lack of knowledgeable and trained staff
- Lack ideas of how to incorporate it
- Lack of knowledge about NDWN deemed from textbooks
- Incorporation of NDWN type curriculum would provide more comprehensive care and reduce weight bias among future dietitians
- Future, more in-depth research (such as qualitative interviews) should be done to give a better understanding of this topic

Conclusions

References