

NDEP-Line

Spring 2021

NDEP's mission is to advocate for and empower educators and preceptors to lead the profession of nutrition and dietetics.

From the Chair...

Susan Edgar Helm, PhD, RD, FAND
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Director, Didactic Program in Dietetics
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Spring arrives soon, with newly elected NDEP Council volunteers (hearty Congratulations), more vaccinations, a deeper awareness within our profession, and innumerable Zoom friends!

Our 2020-2021 slate of new NDEP Council Members include: **Mary Dean Coleman Kelly**, PhD, MS, RDN; North Central Regional Director: **Marie Allsop**, DrPH, MS, MPH, RD, LD, CHES; North East Regional Director: **Deborah Cohen**, DCN, RDN; West Coast Regional Director: **Traci Grgich**, MS, RD, SNS, CP-FS, FAND; Preceptor Director: **Wynnifred Mercado Hoodis**, MS, RDN; and HOD Delegate: **Claudia Scott**, MS, RD, LD, CDCES.

NDEP Council has been focused on our first ever Virtual Regional Meeting as chaired by Carrie King and organized by our regional directors. Our **2021 Virtual NDEP Regional Meeting will be April 13-15 from 11a.m. to 3 p.m. (Central time)** each of these 3 days. The virtual meeting will consist of speakers, roundtable discussions, and networking opportunities. Tuesday, April 13th provides sessions focused upon Diversity, Equity and Inclusion in Dietetics. Wednesday, April 14th consists of sessions focused on Virtual Learning both in the classroom and within supervised practice. Our last day, Thursday, April 15th, focuses on Nutrition and Dietetics Education and The Future. All timely and relevant topics for all of us! And, you will not require travel or hotel, just your computer. Registration cost for NDEP members is \$30 and for non-NDEP members for \$50. Consider attending our Virtual NDEP Regional Meeting, learn from an array of sophisticated speakers, and share your voice, we want to hear you. Indeed, we want you to consider becoming a part of the 2022 NDEP Council next year-yes YOU! You have all Spring and Summer before submitting your nomination...in the meantime, contact a current or past NDEP Council member and ask about their experiences.

In our last communication, I requested ideas for toolkits, and thank you for an enthusiastic response. Summer 2021 we will have 2 new toolkits with rich content to impart about Salary Negotiations, Weight Inclusive, and 5 modules for Preceptors. In addition to your new NDEP toolkits, our Recruitment Video Task Force has been working hard, led by Urvashi Mulasi, developing 3 directed

In this issue:

From the Chair.....	1
From the Editor.....	2
NDEP Election Results.....	3
NDEP Officers.....	3
Use of Interactive Learning-Videos to Enhance Online Components of Nutrition Courses.....	4
NDEP Outstanding Dietetic Educators Award Winners	8
CDR New Test Specification and Study Outlines.....	9

messages for elementary-, middle-, and high school audiences. If you know of a talented BIPOC Director/Producer, let us know.

Hope to see you at our Virtual Regional meeting NDEP update with more information about our current budget and new Diversity and Inclusivity committee for NDEP, thanks to Pat Knisley!

With kind regards,

Susan Helm

From the Editor...

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- **Text format**
 All articles, notices, and information should be in Times New Roman font, 12 point, single-spaced.
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 Tables should be self-explanatory. All diagrams, charts and figures should be camera-ready. Each illustration should be accompanied by a brief caption that makes the illustration intelligible by itself.
- **References**
 References should be cited in the text in consecutive order using superscript numerals. At the end of the text, each reference should be listed in order of citation. The format should be the same as that of the Journal of the Academy of Nutrition and Dietetics.

- **Author(s)**
 List author with first name, initial (if any) last name, professional suffix, and affiliation (all in italics) below the title of the article, i.e., For NDEP members or other dietetic educators:
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 All submissions for the publication should be submitted to the editor as an e-mail attachment as an MS Word file. Indicate the number of words after author's contact information.
- **Submission Deadlines**
 Spring: February 1, Summer: May 1, Fall: August 1, Winter: November 1

A submission may be returned to the primary author for revision if it does not conform to the style requirements.

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NDEP Council 2021 Election Results

Thank you to everyone who voted in this year's election! Congratulations to our newly-elected members of NDEP Council who will begin on June 1, 2021.

Vice Chair:

Mary Dean Coleman Kelly, PhD, MS, RDN

North Central Regional Director:

Marie Allsopp, DrPH, MS, MPH, RD, LD, CHES

West Coast Regional Director:

Traci Grgich, MS, RD, SNS, CP-FS, FAND

North East Regional Director:

Deborah Cohen, DCN, RDN

Preceptor Director:

Wynnifred Mercado Hoodis, MS, RDN

HOD Delegate:

Claudia Scott, MS, RD, LD, CDCES

Many thanks to all the candidates for their willingness to run for elected leadership positions in order to represent and advocate for all of us.

NDEP Officers:

Chair: Susan Helm

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Vice Chair: Katie Eliot

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South Central: Linda Godfrey

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North East: Maria Hall

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South East: Andrea Altice

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Use of Interactive Learning-Videos to Enhance Online Components of Nutrition Courses

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INTRODUCTION

Nutrition courses commonly have web-based or online components, regarding if the course is fully online or not. Best practices include utilization: 1) of an electronic textbook with inclusive access and adaptive technologies to promote academic success;¹ an online schedule of events and email communication to develop productive study habits;² and discussion boards to promote critical thought and engagement with classmates.³⁻⁴ Yet, in reality, an online environment may pose challenges to engaging students in a real-life context.

A systematic review exploring use of online learning in nutrition courses summarized that there are no differences in nutrition knowledge between the use of face-to-face and online learners.⁵ A recent study confirmed these findings.⁶ Yet, increasing sense of community in online nutrition courses is vital for achievement, interactivity, and retention.⁷ Technology can be utilized in an online course to achieve a sense of community, as well as interactivity.⁷

According to Jarboe,⁸ “No matter how you define it, Generation Z can’t live without YouTube.” So, I guess as nutrition and dietetics educators, we are fortunate. However, how can instructors ensure that students are watching, let alone learning

from, online videos? The purposes of this article are to introduce the concept of interactive learning-videos and to provide a brief introduction to the nuts and bolts of how to make them.

What Are Interactive Learning-Videos and Do They Promote Engage and Learning?

First things first. Infusing a course with interactive learning-videos set in real-life situations may promote engagement of students, while gauging their understanding of the material. Compared to students in a course using conventional teaching methods without interactive learning-videos, students utilizing interactive learning-videos in a mathematics course have *better* learning outcomes.⁹

What exactly are interactive learning-videos? According to Christensson,¹⁰ “interactive video... is a type of digital video that supports user interaction... [and] include clickable areas, or ‘hotspots,’ that perform an action when you click on them. For example, when you click on a hotspot, the video may display information about the object you clicked on, jump to a different part of the video, or open another video file.” Papadopoulou¹¹ reported that interactivity improves learning by engaging viewers, who “become more active participants in the learning experience.”

An interactive learning-video, rather than

simply having clickable 'hotspots,' has embedded activities to gauge understanding of the material being presented. Interactive learning-videos with in-video quiz questions can improve engagement, interactivity, learning, and persistence of students.^{9, 12-13} For example, in an introductory nutrition course, consider the video, "What's Your Healthy Eating Style?"¹⁴ This video introduces students to the five food groups of MyPlate. Using interactive learning-video, an instructor can stop the video part-way through to gauge whether or not the student learned what the five food groups are in MyPlate. In a clinical nutrition course, an instructor could film themselves demonstrating physical assessment. Using interactive learning-video, the video could stop periodically to gauge understanding of the process.

How Can I Develop Interactive Video or Interactive Learning-Videos for my Course?

Fortunately, there are tools available to assist instructors. A few examples are included below. This is not meant to be exhaustive, however.

Interactive video can be created using YouTube ("Annotations" feature). According to Christensson,¹⁰ "This tool allows you to overlay content on top of the video and create clickable hotspots. If you add interactive content to your video, it is helpful to include a few extra seconds of "decision time" that allows the user to make his or her selection. It is also important to make sure each clickable option links to another live video file on YouTube."

Most institutions have learning management systems for instructors. Typically, there are tools already embedded in the system to assist instructors in developing interactive learning-video. Some of these tools are also available, apart from the learning

management system. Two commonly available tools for developing interactive learning-video are Edpuzzle¹⁵ and Panopto.¹⁶

Edpuzzle¹⁵ touts, "Make any video your lesson. Choose a video, give it your magic touch and track your students' comprehension." Their website provides training for new users. On the other hand, Panopto¹⁶ touts that it "is the easiest way to record video presentations, manage your existing video files, and stream your video content to any device." Personally, I have found both to be very user friendly, with advantages and disadvantages for each program. I have used both to make interactive learning-video and to measure student learning. I also include student satisfaction surveys with each video to assess videos for continuous improvement of the course. I have also found, for greatest success, partnerships are needed. For example, I collaborate with an Online Course Instructional Design Team and Accessibility Specialists for closed captioning of the videos at my institution.

Finally, training for modifying courses is also available from some platforms/institutions offering massive open online courses (MOOC). For example, coursera¹⁷ offers training for developing interactive learning-videos.

SUMMARY

Both face-to-face and online can be effectively use to teach nutrition concepts.⁵⁻⁶ Technology can facilitate a sense of community, as well as interactivity,⁷ in online courses. Interactive learning-videos can facilitate positive learning outcomes among students.⁹ Online tools are available to assist nutrition and dietetics educators.¹⁵⁻¹⁶ Feeling inspired? Murali¹⁸ suggests ten innovative ways to use technology in education. Get Clicking!

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A Wow the Online World! (WOW!) Grant was received in 2020 from The Division of Outreach and Continuing Education and The Office of Academic Outreach, University of Mississippi, University, MS, to integrate interactive learning-video into an online nutrition course.

2021 NDEP Outstanding Dietetic Educators Award Winners

West Central Region:

Dietetic Internship Program: Jeannine R Goetz PhD, RD, LD, University of Kansas Medical Center, Kansas City, KS

West Coast Region:

Coordinated Program in Dietetics: Katie Brown, PhD, RDN, CSSD, CD, Utah State University, Logan, UT

Didactic Program in Dietetics: Rachel Blaine, DSc, MPH, RD, California State University Long Beach, Long Beach, CA

Dietetic Internship Program: Lacie Peterson, MS, RDN, BC-ADM, CDCES, FADCES, FAND, Utah State University, Taylorsville, UT

Future Education Model Program (FG): Jennifer Hernandez, MS, RDN, Northern Arizona University, Flagstaff, AZ

North Central Region:

Coordinated Program in Dietetics: Kristen Roberts, PhD, RDN, LD, CNSC, The Ohio State University, Columbus, OH

Didactic Program in Dietetics: Lisa Sheehan-Smith, EdD, RD, LDN, Middle Tennessee State University, Murfreesboro, TN

Dietetic Internship Program: Christine Haar, MS, RD, LD, Bowling Green State University, Bowling Green, OH

Future Education Model Program (FB): Elizabeth MacQuillan, PhD, RDN, CHSE, Grand Valley State University, Grand Rapids, MI

South Central Region:

Coordinated Program in Dietetics: Jennifer Bean, MS, RDN/LD, University of Missouri, Columbia, MO

Didactic Program in Dietetics: Andrew Frugè, PhD, MBA, Auburn University, Auburn, AL

Dietetic Internship Program: Amanda Newell, PhD, RDN, LDN, Bradley University, Peoria, IL

North East Region:

Didactic Program in Dietetics: Kate Burt, PhD, RDN, Lehman College, Bronx, NY

Dietetic Internship Program: Erin Green, RD, PhD, Cornell University, Ithaca, NY

Future Education Model Program (FG): Victoria Fischer, MS, PhD, RDN, CDN, Hunter College, New York, NY

South East Region:

Didactic Program in Dietetics: Nancy Correa-Matos, PhD, RD, LND, University of Puerto Rico, Rio Piedras, PR

Dietetic Internship Program: Jeanie Subach, EdD, RD, CSSD, LDN, West Chester University of Pennsylvania, West Chester, PA

New Test Specification and Study Outlines

CDR completed the [2020 Dietetics Practice Audit](#) and subsequent review and revision of the test specifications for the registration examinations for dietitians and dietetic technicians. New test specifications and study outlines will be effective January 1, 2022. To review the current and new test specification and study outlines click [here](#).

Test specifications are periodically updated by the Commission to remain in compliance with the Standards for Educational and Psychological Testing. This assists in ensuring that both the registration examinations for dietitians and dietetic technicians remain consistent with current practice.

The test specification content domains, and the assigned weights, reflect the results of the 2020 Dietetics Practice Audit survey. Only entry-level activities and activities testable within the current format were considered for inclusion in the test specifications. Following test specification development, the existing pool of examination items were reclassified according to the new test specifications.

Please ensure that materials distributed to examination candidates testing in 2022 reflect the new test specifications. New study guides for the 2022 registration examinations for dietitians and dietetic technicians will be available for purchase in September.