

TITLE: UPDATING CHILD OBESITY RESOURCE LIST: DEMONSTRATES INTERN COMPETENCY AND PROVIDES PRACTITIONERS WITH UPDATED RESEARCH AND PRACTICE TOOLS.

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LEARNING OUTCOME: To describe how an intern project can demonstrate technology competence and generate useful information for practicing dietitians.

TEXT: “Staying current” in practice, particularly in an area of intense research activity, such as childhood obesity, remains daunting. To address this issue, one federal website developed a publication entitled “Childhood Obesity: A Resource List for Educators and Researchers”. This collection of professional journal articles, consumer education materials, and national contacts must be frequently reviewed and periodically revised by a registered dietitian to maintain a “cutting edge” resource. A dietetic intern was assigned the task of updating the list to demonstrate competence in information technology management training. The intern identified outdated articles for removal and updated obsolete contact information. Literature searches were performed to identify articles published in the past three years in the areas of Prevalence, Assessment, Outcomes, Predictors and Associated Factors, and Prevention and Intervention Approaches. Factors identified for inclusion were Family/Societal Influences and Impacts, Dietary Practices, Physical Activity and Type II Diabetes/Metabolic Syndrome. Articles were then reviewed and ranked for inclusion in each category. A separate online search identified books, videos and curricula, as well as a listing of national organizations that address childhood overweight and obesity. The complete publication will be available in print and online formats for access by health professionals, educators, researchers and other related audiences who address this challenging issue. Utilizing an intern to demonstrate information technology management competence that also generates an updated list of useful clinical references for the busy, practicing dietitian represents a “win-win” situation.

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