



SACRAMENTO
STATE



California State University,
Sacramento
Dietetic Internship
Open House
November 4th, 2024

Redefine the Possible™

<http://www.csus.edu/nufd/dietetic-internship>

Estimated Schedule:

12:00 – 12:10	Welcome and Introductions
12:10 – 1:00	Overview of MS/DI and Program
1:00 – 1:10	Break
1:10 – 1:40	Intern Insights and Q&A
1:40 – 2:00	General Q&A
Optional ↓	
2:00 – 2:30	Personal Statement Review

Our Current Class – MS/DI & DI



Meet Our Leadership



**Nadine Braunstein,
PhD, RD, FAND
(she/her)
Director**



**Kellie Arita, MPH, RD
(she/her)
Interim Director
Fall 2024**



**Vicky Flaig, Med, RDN
(she/her)
Food Service
Management Lecturer**

Programs Available at Sac State

DI Only for 2025-26

- Must have Master's degree and DPD Verification Statement by start of the program
- Seeking 3 interns
- Other 7 from 2024-26 MS/DI class

MS/DI for 2025-27

- MS in Nutrition & Food
- Must have a DPD Verification Statement by start of program
- Seeking 7 MS/DI students

+MS in Nutrition & Food

Meet Our Faculty: Dr. Mical Shilts



Mical Shilts, PhD
(she/her)
Professor,
NUFD Graduate Coordinator



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Master of Science in Nutrition & Food

DI Open House 11/04/2024

*Mical K. Shilts, PhD
Graduate Program Coordinator*



SACRAMENTO STATE

NUTRITION, FOOD & DIETETICS PROGRAM

The Sacramento State Master of Science in Nutrition and Food (NUFD) program prepares students for leadership and advocacy in nutrition programs and policy. Students apply nutrition and food research to improve individual and community health by developing strategies to promote food access, health equity, and dietary change.



The program is designed to:

Provide career advancement opportunities in federal, state and local food access and nutrition education agencies

Complement the Sacramento State's Dietetic Internship for those on the path to become Registered Dietitian Nutritionists



2024 CHEBNA
Conference

Two Program Options



MS in
NUFD

MS in
NUFD + DI

MS + DI

Admission Requirements (minimum)

Bachelor's Degree

- Regionally-accredited
- International*

Prerequisite courses

- Nutrition & metabolism
- Lifecycle nutrition
- Community Nutrition/Education
- Food Service Management/Production
- Statistics/Research Methods

GPA

- 3.0 last 60 units

Dietetic Internship

- Overall DPD GPA 3.0
- MNT grade(s) B or higher
- **DPD Verification Statement**

* <https://www.csus.edu/international-programs-global-engagement/application-admissions-process/graduate.html>

MS NUFD Courses

The program includes specialized coursework in nutrition science, advanced community nutrition, behavioral nutrition, and food and nutrition policy plus a wide array of interdisciplinary electives to be tailored to interests and career goals.



NUFD 224

MS NUFD Program Requirements

(30 units)

Core courses (18 units)

- NUFD 200 Research Methods
- NUFD 213 Advanced Nutrition with Community Program Applications
- NUFD 222 Advanced Community Nutrition and Nutrition Education
- NUFD 224 Advanced Community Nutrition and Policy
- NUFD 225 Food Production and Sustainability Policy
- NUFD 500 Culminating Experience

Electives* (12 units)

- Health Economics
- Strategies for Optimal Aging
- Political Environment of Policy Making
- Seminar in Behavioral Neuroscience
- Political Behavior and Political Processes: California and Beyond
- Anthropology of Food

*Select Interdisciplinary electives with advisor approval

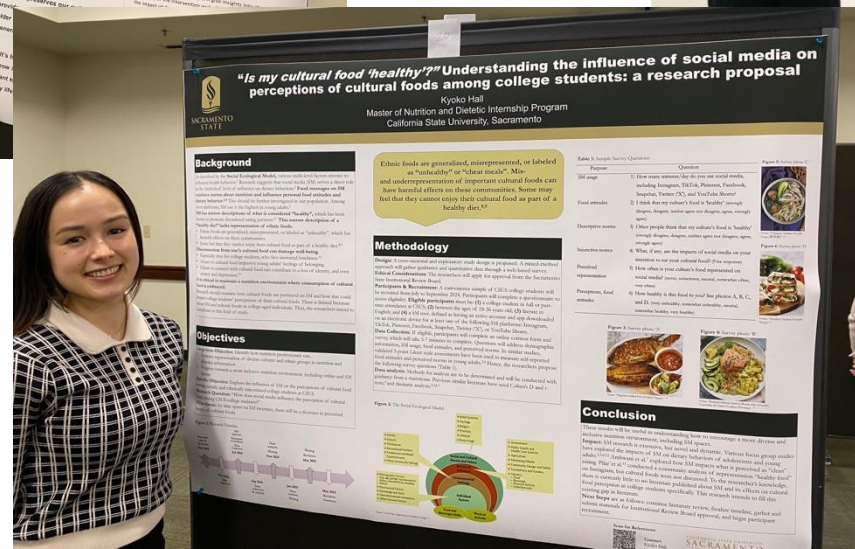
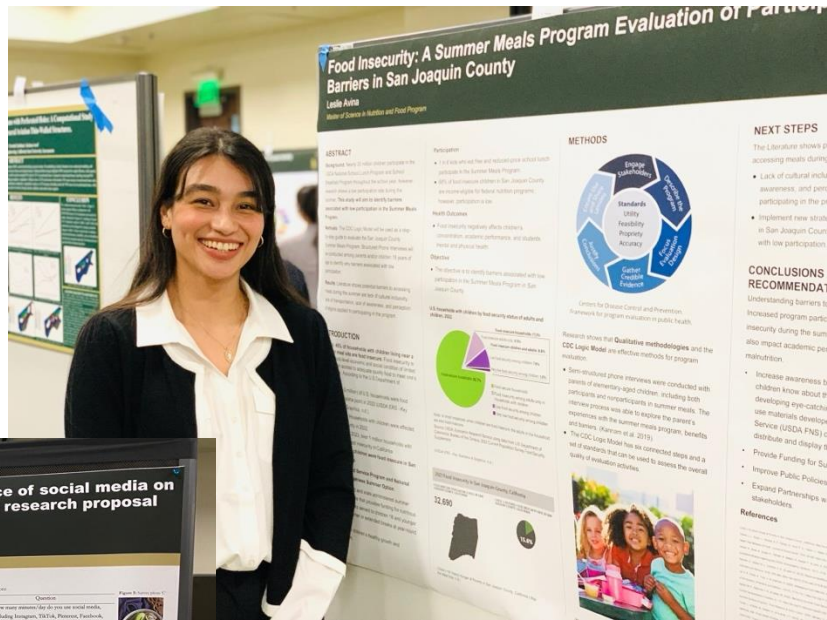
Program Requirements

Thesis

or

Project

NUFD Graduate Student Research



NUFD Faculty Research

- Dr. Braunstein
 - *Health & nutrition policy, food systems, health disparities, complementary & alternative medicine, and chronic disease*
- Dr. Buchan
 - *Carbohydrate on weight regulation, energy expenditures, and disease risk factors*
- Dr. Mulasi
 - *Qualitative research on nutritional outcomes from a cultural perspective and malnutrition assessment using nutrition-focused physical examination*
- Dr. Shilts
 - *Behavioral nutrition, intervention development, telehealth, community nutrition, and dietary assessment*
- Dr. Thompson
 - *Sustainability, retail, food service & beverage management, and food sensory science*
- Dr. Wie
 - *Food safety regulations, knowledge sharing in food protection programs, and food sustainability*



Course Roadmap





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Year/ Semester	Number	Title	Units
Y1 Fall	NUFD 213	Advanced Nutrition Science with Community Program Applications	3
	NUFD 222	Advanced Community Nutrition and Nutrition Education	3
	*Elective 1		3
Y1 Spring	NUFD 224	Advanced Community Nutrition and Policy	3
	NUFD 200	Research Methods	3
	Elective 2		3
Y2 Fall	NUFD 225	Food Production and Sustainability Policy	3
	NUFD 223	Advanced Foodservice Management and Administration	2
	NUFD 221A	Advanced Clinical Nutrition A	3
	NUFD 295	Field Study	TBA
Y2 Spring	NUFD 500	Culminating Experience	3
	NUFD 221B	Advanced Clinical Nutrition B	1
	NUFD 295	Field Study	TBA

MS NUFD +
Dietetic
Internship
starts Y2

*Full list of electives

<https://catalog.csus.edu/colleges/social-sciences-interdisciplinary-studies/family-consumer-sciences/ms-nutrition-food/>

Application Due Date

- **Master's + DI**
 - DICAS
 - Application portal open Oct. 1st
 - Application Fee
 - Deadline Jan. 10th
 - **3 references**
- **Master's only**
 - Cal State Apply
 - Application portal opens Oct. 1st
 - Priority deadline Jan. 10th
 - Final deadline Feb. 1st
 - 2 references

✓ Only apply to
1 program

Current Tuition & Fees Per Semester

Registration Fees per semester, Fall 2024 & Spring 2025

Units	6 or less	6.1 or more
Tuition Fees	\$2,208.00	\$3,804.00
<u>Mandatory Campus Fees</u>	\$967.00	\$967.00
TOTAL	\$3,175.00	\$4,771.00

Resources



MS NUFD 2024-26 Cohort



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Redefine the Possible

Program Website

- NUFD Website

- www.csus.edu/nufd



MS NUFD Information Sessions

Graduate Program Information Sessions & Advising

Sessions cover an overview of the Graduate Program and application tips. At the end of each Information Session, one-on-one advising will be available.

Please contact [Dr. Mical Shilts EMAIL](#) if you need additional assistance.

Date	Time	Session	Zoom Link
8/29/24	9:00 am	Information Session	https://csus.zoom.us/j/84308684828
11/8/24	12:00 pm	Information Session	https://csus.zoom.us/j/82055936007
12/6/24	12:00-1:00 pm	Drop-in Q & A	https://csus.zoom.us/j/82756790833

[Presentation Slides](#)

[Info Session Recording](#)



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Office Of Graduate Studies Academic Affairs

Updates in Response to COVID-19

Office of Graduate Studies Announcements

Grad Slam Competition 2023

Protected Writing Time

Welcome to the Office of Graduate Studies

Attention: The Office of Graduate Studies **will be closed to the public Friday, October 28, 2022.** During this closure, we will not be accepting walk-ins and our telephone line will be down. We will offer a one-hour office hour hosted by Zoom from 2:00 - 3:00pm. Please see the right-side navigation for our Zoom Office Hour instructions and access link. For non-urgent inquiries, please email our office at either grad_admissions@csus.edu (Future Students) or grad_degreeservices@csus.edu (Current Students). We will begin responding to emails on Monday, October 31, 2022.

We are available via telephone at (916) 278-6470 Monday - Friday from 9 a.m. - 3:00 p.m.

The Office of Graduate Studies serves as both the admissions and degree evaluations office for the over

Resources

For Graduate Students

- Upcoming Administrative Day Closure 10-28-22 PDF
- Prospective & Newly Admitted Students
- Current Students
- Financial Opportunities (Scholarships & Fellowships) PDF
- CSU Immunization Requirement

<https://www.csus.edu/graduate-studies/>

NUFD Faculty Advisors

- Wendy Buchan wbuchan@csus.edu
 - Nadine Braunstein braunstein@csus.edu
 - Urvashi Mulasi mulasi@csus.edu
 - Mical Shilts shiltsm@csus.edu
 - Kelly Thompson kelly.thompson@csus.edu
 - Seunghee Wie wie@csus.edu
-
- Graduate Program Coordinator, Mical Shilts
 - DPD Director, Urvashi Mulasi
 - DI Director, Nadine Braunstein
 - NUFD Department Chair, Seunghee Wie



Questions

Put in the chat

Thank you

Mical Shilts
shiltsm@csus.edu



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Redefine the Possible



Master of Science in Nutrition & Food

MS Priority Deadline 1/10, Final Deadline 2/1
MS/DI Deadline 1/10

www.calstate.edu/apply



SACRAMENTO
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Sacramento State


MASTER OF SCIENCE **NUTRITION & FOOD**


INFO SESSION

Friday 11/8

- 12:00 pm
- via Zoom
- <https://csus.zoom.us/j/82055936007>

Contact

 shiltsm@csus.edu

 <https://www.csus.edu/nufd>





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DI Program Description

Redefine the Possible™

DI Program Description



10 interns



39 weeks,
August – May



1100 supervised
practice hours



Monday class
days



Tuesday-Friday
onsite, 32-40
hrs/week



2-week winter break + a
few days before the
CAND Annual Conference

DI Concentrations

**Disease Prevention
and Health Promotion**

**Advocacy and
Public Policy**

Integrated by working with CA state agencies, school districts, WIC, assignments, classes, projects

All interns will receive exposure to both.

Program Benefits

Variety of rotation sites throughout the Greater Sacramento Area

- Variety of practice experiences
- Expansive networking opportunities
- Practice with culturally diverse populations

Collaboration with field experts

- Taught by preceptors, local and national guests/experts
- Sacramento State faculty and former interns
- Field trips

Access to campus resources

- The WELL (gym and recreation)
- Student Health and Counseling Services

RD exam prep

- Jean Inman materials, practice exams
- Food service test preparation meeting
- **1-year Pass Rate since 2018 = 100%**

Rotations

Clinical

- Acute care – 12-15 weeks
- Long term care – 2 weeks
- Outpatient clinical - 6 weeks (Outpatient, Renal)



Rotations

Food Service Management & Administration – 7 weeks

- Hospital setting, school district, or nonprofit organization



Rotations

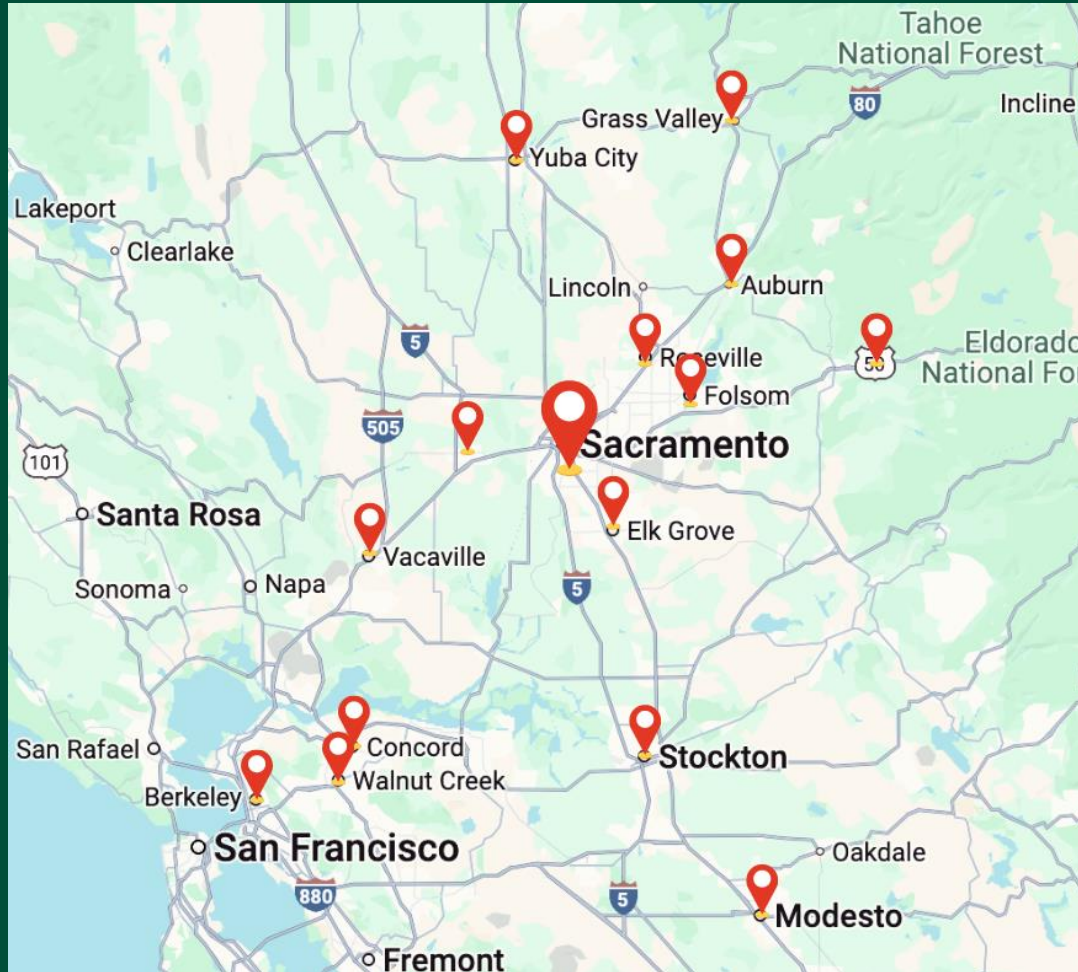
Community – 4 weeks
(Schools, WIC)

Elective – 2 weeks



Nutrition education class

Rotation Locations



Rotation Sites

Adventist Health Lodi Memorial Hospital

CA Department of Public Health

CA Department of Public Health – WIC

CA Department of Education

Center for Discovery

DaVita Polaris-Pacific Gold Division

Eating Recovery Center of California

Elk Grove Unified School District

Fresenius

Food Literacy Center

Kaiser Permanente Roseville Medical Center

Kaiser Permanente Sacramento Medical Center

Kaiser Permanente South Sacramento Medical Center

Kaiser Permanente Vacaville Medical Center

Kaiser Permanente Vallejo Medical Center

Lodi Unified School District

McKinley Park Care Center

Meals on Wheels

Mercy General Hospital Sacramento

Mercy San Juan Medical Center

Mother Lode Unified School District

Rideout Adventist Hospital

Robla School District

Ronald McDonald House Charities of Northern CA

Sac State WELL Outpatient Clinic

San Joaquin General Hospital

Sierra Nevada Grass Valley Hospital

Sutter Medical Foundation

Sutter Auburn Medical Center

Sutter Modesto Medical Center

Sutter Roseville Medical Center

Twin Rivers Unified School District ... and more!

Monday Class Days

- Lectures
- Trainings
- Field Trips

Location	Date	Time	Class Day Topic (subject to change based on availability of speakers)
	August 19-23		Orientation
Ronald McDonald House	Sat Aug 24	8 am - noon	FSM Class with Vicky
Sac State DTN Room 108	26-Aug	12-1, 2-3 1:00-2:00	Check-in, Anti-Racism - Kellie Imposter syndrome, speaking with patients - Jacquie Fajardo, LCSW, CCM
	2-Sep	No class - Labor Day	
Sac State DTN Room 108	9-Sep	12-1:00 1-2:15 2:15-3	Cardiac review, quiz Cardiac MNT - Cecilia Tam, MS, RD Check in
Sac State DTN Room 108	16-Sep	12-3pm	Diabetes training - Sara Boyd, RD
Ronald McDonald House	*Sat Sept 21	8 am - noon	FSM Class with Vicky
Sac State DTN Room 108	23-Sep	12-12:30 12:30-1:15 1:30-3pm	Check in Swallow screen w/ Emma Roses Soriano, MS, CCC-SLP Casey Whitmore - Behavioral Health
Ronald McDonald House	*Sat Sept 28	8 am - noon	FSM Class with Vicky
	30-Sep	1 pm - 3 pm	Tour of Sac City Unified Schools Production Facility
Sac State DTN Room 108	7-Oct	12-1:30 1:30-3pm	Karmen Kortie - SimplyThick, IDDSI Kate Christiansen, MS, RD - Renal
Ronald McDonald House	*Sat Oct 12	8 am - noon	FSM Class with Vicky
Sutter Medical Center	14-Oct	- 11am-12 12-1 1-2	Sutter Medical Center Dietitians- Heather Henry - Preparing for Clinical Rotations Noor Hakim - Critical thinking + EN/PN Joan Baca - Regulatory Info
Sac State DTN Room 108	21-Oct	12-1pm 1-2pm 2-3pm **3-6pm	Sarah Rojas, MBA, RDN - CA Medical Facility (CA Prisons) Clinical preparation Heile Gantan, Impact Justice - Food in Prisons **NAD DI Symposium, Sac State presenting**
Sac State DTN Room 108	28-Oct	12-3pm	12-3 Native American Health + Diabetes with Brian Shaw, MPH, MCHES, CPH, CDCES

Trainings

IDDSI compliance



Simulation lab



Insulin & glucometers



Media training



Field Trips



Production facility tour



Farm tours





Community Service



CAND Annual Conferences

Cultural Competence Training Created by Sac State Dietetic Interns for Dietetic Students

Lisa Do^{1,2}, Marina Kan^{1,2}, Kellie Arita², RD
¹ University of California, Davis - B.S. Clinical Nutrition
² Sacramento State Dietetic Internship, Sacramento, CA

Abstract

Two Sacramento State Dietetic Interns saw an opportunity to develop a training session about the importance of cultural competency in the field of dietetics, after noticing a lack of prior education in culture that could prepare them for working with a diverse population. Previous education in culture and nutrition was ultimately summed up as "respect individuals' cultural background," and that did not feel sufficient enough to them to provide quality care to diverse populations. Together, they collaborated, conducted research, and created a presentation to teach some themes within cultural competence. In this training session they addressed the connection between food and culture, explored verbiage assumptions, negative labeling of cuisines, and explored ways dietetic students can be more inclusive when educating patients from different cultural backgrounds.

The presentation was given to the Sacramento State Dietetic Internship 2021-2022 cohort. The cohort gave positive feedback and relayed that they learned new concepts that will affect their future practice as Registered Dietitians. Based on the feedback, revisions were made including adding interactive discussion sections and giving more scenario-based examples. The presentation was given to Sacramento State nutrition undergraduate students, and a survey was conducted for feedback. The majority of students (90%) stated that the material was very useful for their future profession, and that their biggest take-away was to listen to patients and to not make assumptions about a


Making Assumptions

Making Assumptions

- **Assumptions** are the unproven ideas and opinions.
- **Change** from the way we think, we assume, believe, think, believe, or feel about things.
- **Assumptions** are often based on "common sense" or "the way things are."
- **Assumptions** can be **positive** or **negative**.
- **Assumptions** can be **helpful** or **harmful**.
- **Assumptions** can be **learned** or **instinctive**.
- **Assumptions** can be **changed** or **reinforced**.

Inclusivity

EAT THE RAINBOW





When making materials, know your target audience



THAWING PRACTICES REVISITED: THE VALUE OF RUNNING WATER

R Rosario, MS, DTR, Dietetic Intern¹ and C Whitmore, MS, RD²
 California State University, Sacramento Dietetic Internship¹
 Sutter Center for Psychiatry²

Abstract

Background: The USDA highlights safe ways to thaw frozen food: in the refrigerator, under cold running water, and in the microwave.¹ While most foodservice facilities utilize the refrigerator thawing method, there are cases in which running frozen foods under cold water may be used. However, thawing frozen food items under running water results in wasted water resources and increased carbon footprint. A survey done by a dietetic intern at Sutter Center for Psychiatry (SCP) investigated how much water was used to thaw common frozen proteins.

Methods: Sessions in which running water methods used to thaw proteins were observed and recorded over 2 weeks. Average water utility cost was calculated based on usage frequency, duration, water flow rate of kitchen faucet, and average water utility charges in Sacramento.

Results: Recorded data showed that thawing proteins ran water at an average of 1 hour and 58 minutes and average water use was approximately 94.4 gallons per session, or 17,646 gallons per year. Average annual cost of water utilities is

Methods

1. Frozen animal proteins that required thawing under running water were timed using a stopwatch and each time was recorded by the dietetic intern observing each session.
2. An average time was calculated based on each total time collected for thawing the frozen products.
3. The rate of running water from the kitchen faucet was recorded in-person and estimated rate per hour calculated based on a sample result.

Recorded rate = 1 gallon/1.25 minutes.

Results


17,646 gallons of water could fill:

- 1,138 Half Barrel Kegs
- 220 standard 80 gallon bathtubs
- Almost a standard 20 ft x 20 ft x 40 ft pool

The data collected showed that frozen animal proteins took an average of 1 hour and 58 minutes to thaw using running cold water, with amounts at approximately 94.4 gallons per session. Based on the frequency of each item on SCP's 3-week menu cycle, the flow rate of water, and the Sacramento water utility rates, the estimated annual water usage to thaw these frozen products is approximately 17,646 gallons (or 2,359 cu ft) per year. The annual cost in water utilities is estimated to be around \$35.57.

Research by Dietetic Interns Identifies Food Stores with the Best Value for Sacramento State Students

Elizabeth Custer, DTR, CSUS Dietetic Interns, & Nadine Braunstein PhD, RD, FAND
 California State University, Sacramento Dietetic Internship




ABSTRACT

This study was completed by dietetic interns to determine food prices at grocery stores used by California State University, Sacramento (CSUS) students. The CSUS dietetic interns analyzed food prices at various local grocery stores based on a modified Nutrition Environment Measures Survey (NEMS). Lowest priced stores within two miles from campus were: Trader Joe's for milk, vegetables, ground meat, beverages, chips, and cereal; Target for bread; and Raley's for fruit. Lowest priced grocery stores within 3 miles from campus were: Raley's for fruit, and Safeway for vegetables, and...

METHODS

Ten CSUS dietetic interns were placed in groups of two. Each group was assigned 2-3 local grocery stores where CSUS students might shop. Interns collected food price data using a modified NEMS methodology. The NEMS was developed as an observational tool to effectively assess a variety of factors, such as price and quality, within grocery stores¹. Eleven stores, ranging from one to six miles from campus, were visited on the morning of August 24, 2018. The following stores were evaluated: Target, Raley's, Safeway, Savemart,





Multiple years of interns at a session

FNCE Poster Session



Determining Standard Formulations for Thickened Liquids in Acute Care

Rachel A. Comstock RD and Nadine S. Braunstein PhD, RD, CDE, FAND
California State University, Sacramento Dietetic Internship



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Abstract

For the last three decades, countries have implemented national dysphagia diets with loosely-defined characteristics, which has resulted in variability in food and liquid consistencies among healthcare facilities. The International Dysphagia Diet Standardisation Initiative (IDDSI) evolved as an effort to provide standardized descriptions and measurements for all consistencies of dysphagia diets. Changes in liquid level consistencies require new formulations for thickened liquids served in healthcare facilities.

The purpose of this research was to determine a standard ratio for thickening liquids with Simply Thick® Easy Mix gel thickener that would be implemented in a 328 bed acute-care hospital. A total of 52 liquids were tested using methodologies outlined in the IDDSI Framework. Mildly and moderately thick liquids (levels 2 and 3) were tested using the syringe gravity flow test. Extremely thick liquids (level 4) were tested using both the spoon tilt test and the fork drip test.

Liquid volumes ranged from 4 to 8 ounces. An average of four trials was used to classify the thickened liquids into their respective liquid levels. Fifty of the liquids were able to be thickened to meet mildly and moderately thick consistency requirements; all liquids were able to meet extremely thick requirements either when thickened or using the baseline consistency.

A standard recipe specifying the amount of thickener to add to each liquid was determined following testing. Recipe charts were placed in the kitchen and nourishment centers on all patient floors. In-service trainings were delivered to all nutrition staff.

Background

Dysphagia, or difficulty swallowing, is a prominent health concern in the elderly population. Up to 8% of the world's population is estimated to suffer from dysphagia. This population is at increased risk for malnutrition, dehydration, and aspiration¹. Ongoing research in dysphagia treatment is promising, however, the most commonly recognized intervention used is texture modification of food and beverages.

Traditionally, health care facilities in the United States have followed the National Dysphagia Diet (NDD), which over time has shown to potentially provide inconsistent results due to difficult to interpret guidelines and impractical measurement standards. In a measure of accuracy, 23 speech language pathologists (SLPs) were instructed to thicken several solutions to meet their perceptions of all three thickened liquid levels under the NDD (nectar, honey, pudding). When the results were analyzed with a viscometer, the SLPs were shown to lack replication reliability among samples in the same liquid levels². Variability in thickening standards is a risk to patient safety, and supports the need for universal standardization.

The International Dysphagia Diet Standardisation Initiative (IDDSI) evolved in effort to address the inconsistency seen among many national dysphagia diets. New levels for solids and liquids were determined using standardized measurements that are intended to be easily replicated among health care professionals. With the shift in thickened liquid level standards, many acute and long-term care facilities across the United States are evaluating their formulations for thickened liquids in order to meet the new standards.

Methods

A total of 52 liquids were tested using the testing methods outlined in the IDDSI Framework³. Each liquid was thickened using Simply Thick® Easy Mix gel thickener to meet three liquid levels under IDDSI (mildly thick, moderately thick, extremely thick). All liquids were tested at room temperature with the exception of cold shelf-unstable beverages (i.e., milk), and hot liquids (i.e., coffee, tea, broths).

Mildly and moderately thick liquids (levels 2 and 3) were tested using the syringe gravity flow test. A 10 mL Luer tip syringe with the plunger removed was used for each flow test. 10 mL of thickened liquid was placed in the syringe while the nozzle was covered. A timer was set for 10 seconds and the nozzle was released at the start of the 10 seconds. The nozzle was covered at the 10 second mark, and the measurement of the remaining liquid in the syringe was recorded. Liquids were classified as mildly thick if they fell between 4 and 8 mm on the syringe, and were classified as moderately thick if they fell between 8 and 10 mm on the syringe. The syringe flow test method can be seen in Figure 1 below.

Extremely thick liquids (level 4) were tested using both the spoon tilt test and the fork drip test. During the spoon tilt test, liquids were classified as extremely thick if they slide cohesively off a spoon tilted sideways with little to no residue on the spoon. The liquids were then tested using the fork drip test. They were classified as extremely thick if the liquid sat in a mound on top of the fork without any liquid dripping or dolloping through the tines. The two tests can be seen in Figure 2 below.

All liquids were thickened using increasing increments of "pumps" until they were able to meet the measurements for each level above. One pump of thickener was equivalent to 6 ounces. The number of pumps required to achieve each level was recorded. Four total trials were completed for each liquid.

Figure 1. IDDSI flow test method used to measure Level 2 Mildly Thick and Level 3 Moderately Thick Liquids as outlined in the IDDSI Framework³

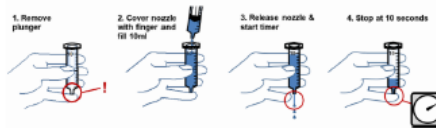


Figure 2. IDDSI spoon tilt and fork drip test methods used to measure Level 4 Extremely Thick liquids as outlined in the IDDSI Framework³

Level 4: Use IDDSI fork-drip / spoon-tilt tests instead



Results

Results of the flow tests were averaged and rounded to the nearest quarter of a millimeter to determine the appropriate liquid level. Table 1 below shows the resulting average measurements for 3 of the 52 liquids.

Liquid volumes ranged from 4 to 8 ounces. Fifty of the 52 of the liquids were able to be thickened to meet mildly and moderately thick consistency requirements; all liquids were able to meet extremely thick requirements either when thickened or using the baseline consistency.

Following testing, a standard recipe was created specifying the amount of thickener (in pumps) to be added to each liquid in order to meet each level. Recipe charts were then created to be posted in the hospital kitchen and nourishment centers on patient floors. A sample recipe chart for 3 of the 52 liquids can be seen below in Table 2.

Table 1: Example flow test results; averages of four trials rounded to the nearest quarter of a millimeter for Levels 2 and 3 of IDDSI

Liquid	Average syringe test measurement for Mildly Thick (in mm)	Average syringe test measurement for Moderately Thick (in mm)
Juice, Cranberry Grape (4 oz.)	4.25	8.5
Gatorade, all flavors (12 oz.)	4.5	9
Glucerna, all flavors (8 oz.)	5.0	8.5

Table 2: Example recipe chart including type of liquid, volume in ounces, and pumps of thickener required to achieve Levels 2-4 of IDDSI

Liquid	Volume (fl. oz.)	Pumps for Mildly Thick (Level 2)	Pumps for Moderately Thick (Level 3)	Pumps for Extremely Thick (Level 4)
Juice, Cranberry Grape	4	1	2	4
Gatorade (all flavors)	12	3	6	12
Glucerna (all flavors)	8	1	2	5

Discussion

With increasing awareness of IDDSI, acute and long term care facilities may benefit from early preparation for successful transitioning. Determining standard recipes for thickened liquids under the IDDSI Framework is essential for successful implementation since many liquids thickened under the NDD do not meet the requirements for IDDSI guidelines. Food service staff would likely benefit from education on IDDSI testing methods to properly carry out testing in their respective facilities.

References

- Cichero, J.A.Y., Steele, C., Dulvestein, J. et al. The need for international terminology and definitions for texture-modified foods and thickened liquids used in dysphagia management: Foundations of a global initiative. *Curr Phys Med Rehabil Rep.* 2013; 1:280-91. doi.org/10.1007/s40141-013-0024-z
- Glassburn D. and Deem J. Thickener viscosity in dysphagia management: variability among speech-language pathologists. *Dysphagia.* 1996;13(4):218-22. doi: 10.1007/PL00009575
- The International Dysphagia Diet Standardization Initiative 2016. <http://idssi.org/framework/>

Funding disclosure: Simply Thick® provided the thickener used during this research. No other funding contributions were given by Simply Thick®

For more information:
Rachel Comstock
Email: comstockra@gmail.com

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Policy Activities

Meeting with legislative staffers and lobbyists



Public Policy Workshop (now Advocacy Summit – next is Spring 2025!)

Community convening sponsored by State Senator Richard Pan



Assignments/Projects

- Clinical
 - Case study report and presentation
 - Journal article report and presentation
- Food service
 - Theme meal, sustainability project, audits, etc.
- Schools
 - Nutrition education class creation and delivery
- Policy
 - Legislative bill review and letter to assemblyman
 - Public policy events report
 - Nutrition and food policy in the news presentation
- Infographic critique and creation
- Cultural foods assignment & potluck
- Clinical classes, modules, Canvas discussions, participation



Cultural foods potluck

How do I pay for the internship?

Course enrollment in graduate level classes

Fall:

- NUFD 221A – Advanced Clinical Nutrition A
- NUFD 222 – Advanced Community Nutrition and Nutrition Education
- NUFD 223 – Advanced Food Service Management and Administration
- NUFD 295 – Field Study

Spring:

- NUFD 221B Advanced Clinical Nutrition B
- NUFD 224 Advanced Community Nutrition and Policy
- NUFD 295 – Field Study

Graduate Enrollment

- Once selected/matched to the Sac State Dietetic Internship Program, interns are admitted to the university through the Office of Graduate Studies.
- Internship fees are based on graduate fees and other costs

Tuition & Fees (2024-2025)

- Estimated 1-year tuition – paid through graduate credits
 - CA resident - \$9,542+
 - Non-resident- \$18,356+
 - Application fee – \$50
- Sac State graduate application fee (only if accepted and attending) - \$95
- Background check and drug screen - \$93
- My Clinical Exchange - \$39.50

No Federal Education Loans Available for DI Only

Fees - continued

- AND student membership - \$58
 - NAD student membership - \$15
 - State and local meetings - \$400-\$600
- Professional liability insurance - \$45
- Transportation – varies
 - Auto insurance – varies
- Health insurance
 - TB tests, proof of vaccinations (including COVID), titers, annual flu shot
- Housing off campus - \$800-\$1,200/month

Admission Requirements

- Requirements:
 - Overall DPD GPA 3.0 or greater
 - MNT grade(s) of B or higher within 5 years within start date
 - Completed an ACEND-accredited Didactic Program in Dietetics (DPD)

Personal Statement

Describe your interest in the dietetics profession.

What about our program specifically interests you? Why Sac State?

Describe your interest in our emphases: Advocacy and Public Policy and/or Disease Prevention and Health Promotion.

Describe your ability to work independently.

What qualities do you have that make you a good match for CSU, Sacramento?

**If applying to the MS/DI, please describe your research interests.

8,000 characters or approximately 1,000 WORD LIMIT

Priorities on Applications

Work experience related to dietetics (especially clinical, but also FS and Community)

Volunteer experience

Overall DPD GPA (Intern avg. is 3.45)

Strong personal statement (that includes our questions)

Strong letters of recommendation (especially from supervisor)

Extracurricular activities, including sports

Leadership role(s)

Our Process

1. ****Your application WILL NOT be reviewed if you DO NOT pay the \$50 application fee and provide the documentation uploaded in DICAS as a supplementary document****
2. Applications are reviewed by the DI Director and scored by at least 2 people
3. People with top scores will be invited for a 20-min. Zoom interview end of January – early February

Intern Characteristics



Application Details

- **DICAS application complete**
 - Documentation of paying the application fee of \$50 - save the receipt (scan or pdf) and include as a supplementary document
 - <https://commerce.cashnet.com/csusacevent?CNAME=DIETETIC>
- Personal statement responding to the Sac State prompts
- You DO NOT need to send a cover sheet in the mail

DI Applications are due Jan 10, 2025

Some insights about the application

1. Keep the reader in mind
 - One DICAS application is often 40+ pages
 - Make sure they know why you want to come here (or to other programs you're applying to)
2. Be sure to mention that you attended the Open House
3. If you aren't applying for another year or two, use this time to get experience
4. If you applied in the past be sure to update your DICAS application, including references



<https://www.inbloom.com/ftd-flowers>

Follow the Directions

Personal Statement

Your words matter:

‘I am more than my mediocre grades’

vs.

‘I am much more than my grades’

Utilize the resources you have

- Grammarly
- Campus writing centers
- Friends and family, trusted supervisors (ask them with plenty of time to spare!)



Use the space to describe your duties

Volunteer Experience

Position Title	Employer	Date
Volunteer Nutrition Assistant	Sacramento County WIC Program	11/2017 - Present
Supervisor Name	Supervisor Title	# Weeks
Sheri Rulon	Nutrition Program Coordinator	12
Supervisor Phone	Supervisor Email	Hrs/Wk
(916) 875-2132	rulons@SacCounty.net	12
Position Type	Total Hours	
Paid :	No	144
Volunteer :	Yes	
Academic Credit :	No	

Duties

I conduct WIC classes. To this date I have taught/co-taught the group fitness and a feeding cues class in both English and Spanish. I lead group discussions as part of the classes. I have designed 5 educational posters 4 of which were distributed to the 4 Sacramento County WIC offices. These interactive posters starting February 2018 will be used to teach the new GA36,

good iron sources class. I am responsible for printing, recording, and distributing vouchers in a fast pace environment. I am also in the process of learning intake which requires proficient knowledge of the WIC program and the software WIC MIS. Another one of my tasks as a nutrition assistant is to assist counselors by taking anthropometric measurements (ht/length and wt) of participants. I have taken measurements of premature newborns and infants as young as 4 days old. I am also responsible for using active listening skills to interpret for Spanish speaking participants. In addition, I am also responsible for maintaining a clean and welcoming environment. I maintain efficiently in the office by preparing welcome packets, set up videos for new participants, stamp booklets, and administer new WIC folders to participants.

Suggestions for the interview

- Be in a quiet place where you will not be interrupted
- Dress as if you are going for a very important job interview
- Have a few questions that will give you some additional information to help you with your program choices

Break

10 minutes

Insights from our Current Interns + Q&A

1. Name
2. MS/DI or DI
3. DPD School
4. A tip for applicants



General Q&A

Thank You



DI Website

Contact information

**Kellie Arita, Interim DI Director
(Fall 2024)**

- karita@csus.edu

Nadine Braunstein, DI Director

- braunstein@csus.edu

Optional – Brief Personal Statement Review