

REVIEW OF THE B.A., B.S., IN FOOD, NUTRITION, AND DIETETICS

Classification of Instruction Programs (CIP) Code: 51.3101
Dietetics/Dietitian

OVERVIEW

The **B.A., B.S., in Food, Nutrition, and Dietetics** program at Illinois State University is housed in the Department Family and Consumer Sciences within the College of Applied Science and Technology. The Department of Family and Consumer Sciences houses seven degree programs: B.A., B.S. in Family and Consumer Sciences, B.A., B.S. in Fashion Design and Merchandising, B.A., B.S. in Food, Nutrition, and Dietetics, B.A., B.S. in Human Development and Family Science, B.A., B.S. in Interior Design, M.A., M.S in Family and Consumer Science, and a M.S. in Nutrition. In addition, the department offers a minor in Family and Consumer Sciences and a Dietetic Internship Graduate certificate. This is the first review of the B.A., B.S., in Food, Nutrition, and Dietetics program as a stand-alone program.

Students enrolling in the B.A., B.S., in Food, Nutrition, and Dietetics select one of four sequences: Dietetics sequence, Dietetics Accelerated sequence, Food and Nutrition Management sequence, and Food and Nutrition Management Accelerated sequence (established Fall 2018). The B.A., B.S. in Food, Nutrition, and Dietetics was elevated from the Food, Nutrition, and Dietetics sequence within the B.A. B.S. in Family and Consumer Science degree program in Fall 2016. The Dietetics sequences prepares students to help individuals and communities incorporate positive food changes and nutrition strategies. Students in this program, take extensive coursework in sciences, social sciences, management, and take specialized courses covering the broad field of food, nutrition, and dietetics. The provide the first step for students planning to become a registered dietitian nutritionist (RDN) by preparing graduates for the required ACEND accredited dietetic internship. The Food and Nutrition Management sequences covers the broad field of nutrition with a special focus on the food and beverage industry, rather than science. The program combines business and management principles with food service and hospitality skills.

Enrollment by Plan of Study, Fall Census Day, 2015-2022

B.A., B.S., in B.A., B.S., in Food, Nutrition, and Dietetics, Illinois State University

First Majors Only

	2014	2015	2016	2017	2018	2019	2020	2021
Dietetics sequence	160	167	151	144	103	93	89	82
Dietetics Accelerated sequence					8	7	9	11
Food and Nutrition Management sequence		18	16	30	34	33	24	20
Food and Nutrition Management Accelerated sequence								
No subplan			1	1				
Total	160	185	167	174	145	133	122	113

Table notes: The Food and Nutrition Management Accelerated sequences began in Fall 2018.

Program review conducted 2021-2022. Report submitted to the Illinois Board of Higher Education, Fall 2022

Degrees Conferred by Plan of Study, 2015-2022

B.A., B.S., in B.A., B.S., in Food, Nutrition, and Dietetics, Illinois State University

First Majors Only

	2014	2015	2016	2017	2018	2019	2020	2021
Dietetics sequence				32	47	27	18	25
Dietetics Accelerated sequence						5	10	4
Food and Nutrition Management sequence				5	12	12	7	8
Food and Nutrition Management Accelerated sequence								
No subplan								
Total				37	59	44	35	37

Table notes: Graduating Fiscal Year consists of summer, fall, and spring terms, in that order. For example, Graduating Fiscal Year 2018 consists of the following terms: summer 2017, fall 2017, and spring 2018. The Accelerated sequence began in Fall 2018.

EXECUTIVE SUMMARY PROGRAM REVIEW SELF-STUDY REPORT

Program goals

Food, Nutrition and Dietetics students will develop:

- Goal 1: capacity for critical thinking
- Goal 2: skills in professional communication
- Goal 3: capacity for working in diverse environments
- Goal 4: specific content knowledge in the field of food, nutrition, and dietetics

Student learning outcomes

Students will be able to:

Goal 1 outcomes:

- Analyze food components in the lab environment
- Apply critical thinking skills in courses and lab experiences

Goal 2 outcomes:

- Explain the processes involved in delivering quality food and nutrition services
- Communicate professionally

Goal 3 outcomes:

- Articulate a nutrition professional's position on relevant issues
- Interact effectively with diverse individuals in a work situation

Goal 4 outcomes:

- Apply management theories to the development of programs or services
- Effectively demonstrate knowledge of the food and nutrition industry

Program curriculum (2021-2022)

Graduation requirements (Dietetics sequence):

120 credit hours including 71 credit hours for the degree program and 39 credit hours for General Education. The 71 credit hours for the degree program include 42 credit hours of family and consumer sciences courses and 29-31 credit hours of courses external to the Department of Family and Consumer Sciences.

Graduation requirements (Dietetics accelerated sequence):

120 credit hours including 71 credit hours for the degree program and 39 credit hours for General Education. The 71 credit hours for the degree program include 42 credit hours of family and consumer sciences courses and 29-31 credit hours of courses external to the Department of Family and Consumer Sciences. At least one course must be taken for graduate credit.

Graduation requirements (Food and Nutrition Management sequence):

120 credit hours including 62 credit hours for the degree program and 39 credit hours for General Education. The 62 credit hours for the degree program include 40 credit hours of family and consumer sciences courses and 22 credit hours of courses external to the Department of Family and Consumer Sciences.

Graduation requirements (Food and Nutrition Management accelerated sequence):

120 credit hours including 62 credit hours for the degree program and 39 credit hours for General Education. The 62 credit hours for the degree program include 40 credit hours of family and consumer sciences courses and 22 credit hours of courses external to the Department of Family and Consumer Sciences. At least one course must be taken for graduate credit.

Program delivery

The program is offered on the Normal campus.

The program is delivered primarily through face-to-face instruction.

Department faculty (Fall 2021)

18 tenure track faculty members (5 Professors, 4 Associate Professors, and 9 Assistant Professors)

15 non-tenure track faculty members (7 full-time, 8 part-time, totaling 10.5 FTE)

Undergraduate student to faculty ratio: 20 to 1

Undergraduate student to tenure-line faculty ratio: 31 to 1

Specialized accreditation

The Department of Family and Consumer Sciences is accredited by the Council for Accreditation of the American Association of Family and Consumer Sciences (AAFCS). The department received full re-accreditation in 2021. The next scheduled departmental accreditation review will be in 2031. The dietetics programs (undergraduate Didactic Program in Dietetics and graduate Dietetic Internship) are accredited by the Accreditation Council for Education in Nutrition and Dietetics (ACEND). The last accreditation site visit was April 2018. The undergraduate and graduate programs received full accreditation status, and the next scheduled review will be in spring 2026.

Changes in the academic discipline, field, societal need, and program demand

Teaching Styles: The use of technology in education has increased since the last program review. More interactive teaching styles such as texting polls during lecture courses have been implemented in Food, Nutrition, and Dietetics courses. All courses also utilize the course management program ReggieNet as a tool for assignment submission and to disseminate information like lecture materials to students.

Professions: With the addition of the Food and Nutrition Management sequence, graduates not only become Registered Dietitian Nutritionists, but also enter careers in the foodservice industry. Graduates are prepared to become managers of large foodservice establishments.

Demand for Graduates and the Program: There continues to be a demand for the program and for graduates of the program and enrollment remains steady. Graduates of the Dietetics sequence most often go on to complete a

dietetic internship and become Registered Dietitian Nutritionists. Graduates of the Food and Nutrition Management work in the food industry.

Responses to previous program review recommendations

The previous program review was completed at the departmental level when the current Food, Nutrition, and Dietetics major was within the Family and Consumer Sciences major as a sequence in 2012. The Family and Consumer Sciences major had the following recommendations listed in the program review in 2012.

- 1. Develop and implement a plan to encourage faculty and student participation in the Honors Program.* The department has an Honors Program liaison. Participation is encouraged at the department and program level. Participation has stayed steady over the last several years.
- 2. Continue to work toward increasing the percentage of faculty in the department who are tenured or in tenure track faculty positions.* Department-wide the percentage of tenured faculty has increased since the previous program review. In the Food, Nutrition, and Dietetics program 50% of the tenure-line faculty are tenured while 50% are within their first five years and pre-tenure. The program has three positions that are non-tenure track lines including the Director of the Didactic Program in Dietetics and the Assistant Director of the Dietetic Internship program. 57% of the faculty are in a tenure/tenure track position.
- 3. Integrate ongoing program assessment with assessment processes required by accreditors, with a goal of creating a sustainable assessment plan for the program that is independent of accreditation requirements.* The program (and all programs in the department) developed assessment plans in 2016. The assessment plan for the Food, Nutrition, and Dietetics program does stand independent of the ACEND assessment plan, however it aligns with the ACEND assessment plan where appropriate to assist with time management of data collection.
- 4. Continue reliance on sequence advisory boards for feedback and recommendations for program improvement, reinvigorating boards that have been inactive in recent years.* The Food, Nutrition, and Dietetics program advisory board continues to meet yearly and provide feedback on program development and growth. In addition, since the last program review, the Department of Family and Consumer Sciences created an Advisory Board with representatives from all program areas. This is helpful for feedback on core courses, recruitment, and professional practice requirements for all students in the department.
- 5. Develop and implement a plan to reduce time-to-degree, identifying and addressing obstacles to timely completion at the sequence level.* The Food, Nutrition, and Dietetics program has developed 4-year and 2-year transfer student plans of study to help reduce time-to-degree. In addition, the program now offers several classes both fall and spring semesters such as FCS 316, FCS 318, and FCS 319. This helps students overcome obstacles such as course availability in reaching their degree completion.
- 6. Continue efforts to recruit students and faculty from underrepresented groups.* This continues to be a departmental level initiative and part of our strategic plan.

Major findings

A major finding of this program review self-study is that the Food, Nutrition, and Dietetics program is meeting the current needs of students and industry. Program assessment measures are generally positive and meeting or exceeding program thresholds. Program faculty maintain a curriculum that meets the demands of the profession. Graduates from both the Dietetics and the Food and Nutrition Management sequences continue to be in high demand. Since the last program review, student diversity has increased from 15 percent in 2016 to 23 percent in 2020. The program review revealed that the program's faculty dedicate significant time and effort to student recruitment and retention.

Now that the program curriculum has been outlined and two sequences developed, faculty will continue to enhance individual courses. More hands-on experiences and experiential learning in the community will be added to courses.

Program review conducted 2021-2022. Report submitted to the Illinois Board of Higher Education, Fall 2022

Additionally, faculty will continue to develop and provide study abroad opportunities to enhance the learning experiences of students in the Food, Nutrition, and Dietetics program.

Initiatives and plans

During the next program review cycle, the faculty of the Food, Nutrition, and Dietetics major will focus on the following areas to improve the program:

- Continue to offer and enhance the study abroad opportunities for Food, Nutrition, and Dietetics students.
- Increase hands-on activities in foods courses such as FCS 318 Foodservice Management and FCS 113 Principles of Food Preparation.
- Increase experiential learning in courses such as FCS 312 Medical Nutrition Therapy and FCS 219 Nutrition Counseling.
- Maintain program accreditation with the Accreditation Council for Education in Nutrition and Dietetics.
- Continue to encourage faculty and student participation in the Honors program.
- Continue reliance on program advisory boards for feedback and recommendations for program improvement.
- Continue efforts to recruit students and faculty from underrepresented groups.

PROGRAM REVIEW OUTCOME AND RECOMMENDATIONS FROM THE ACADEMIC PLANNING COMMITTEE

Review Outcome: The Academic Planning Committee, as a result of this review process, finds the B.A., B.S. in Food, Nutrition, and Dietetics program in the Department of Family and Consumer Sciences to be in Good Standing.

The Academic Planning Committee recognizes that many of the efforts and activities that led to the development of the self-report were accomplished during the time-period coinciding with the COVID-19 pandemic. The committee thanks the program for a comprehensive and critical self-study report that included input from multiple stakeholders including from an external advisory board.

The committee notes that the program's enrollment during the period covering the program review cycle initially grew, but since 2017 has been in decline (from 160 in 2014 to a high of 174 in 2018, and a low 122 in 2020). The program indicates that, with current resources, this enrollment level is at their ideal target of 140 students. The committee commends the Department faculty for efforts to increase the gender and racial/ethnic diversity among its students. The percentage of students identifying as male has increased from 10.0 percent in fall 2015 to 17.0 percent in fall 2020. The percentage of undergraduate students from groups traditionally underrepresented in the discipline has steadily increased (from 15 percent in 2016 to 23 percent in 2020). The committee commends the Department for their comprehensive recruitment plan that includes the use of short videos, emails, postcards, flyers, social media postings, and participation in recruitment events (e.g., open houses, Redbird Days, and Presidential, University Scholar days, and tours for local high school students of the department's laboratory facilities). We also commend the Department for the awarding of over \$40,000 annually for incoming FTIC and transfer students.

The committee commends the program faculty for their efforts to support the success of their students. We commend the program on its ability to continue to limit enrollments in many of its courses, which is in keeping with the University's commitment to fostering a small-college atmosphere with large-university opportunities. The committee commends the program for the creative and varied co-curricular options it provides its students which provide multiple opportunities to participate in activities that allow them to learn from experts in the field, network with potential employers, and compete in regional and national student competitions. These include the Family and Consumer Sciences Ambassador program (providing opportunities to practice leadership skills) and membership in organizations including the Food, Nutrition, and Dietetics Club (allowing students to network with faculty, alumni, and industry professionals) Fresh FAVs Student Association (a collaborative group that aims to increase the availability and consumption of fresh produce on campus). We further commend the program faculty for their support of study abroad opportunities to visit other countries and cultures (e.g., Argentina and Italy). The self-study report provides examples of some of the opportunities for student participation in research opportunities, including

co-authored conference presentations and manuscripts. These varied opportunities help the program prepare students for employment and build a strong student community in the program.

The committee commends the faculty for their substantial work to revise the curriculum during the period of review based on feedback from multiple stakeholders. This work included the elevation of the program from a sequence to a standalone program, the creation of several new undergraduate courses (i.e., FCS 217, 219, 214, 320 and 337), and the revisions of others (i.e., FCS 113, 219, 312, 316, 317, 318, 319, and 369). These revisions were made to align with changes in the discipline and accreditation standards, to enhance students' knowledge and competency in the discipline, as well as providing an opportunity to develop a portfolio for career preparation. We further commend the program faculty for their work to develop an accelerated sequence for students interested in continuing their education in the M.A., M.S. in Family and Consumer Sciences program. Furthermore, the program faculty are commended for their work to infuse issues of equity, diversity, and inclusion throughout the program curriculum. The committee commends the program faculty for being accredited by the both the Accreditation Council for Education in Nutrition and Dietetics (ACEND) and the Council for Accreditation of the American Association of Family and Consumer Sciences (AAFCS) and is currently in compliance with AAFCS standards. We wish the department well with their reaccreditation efforts. We also commend the program faculty for ensuring that the program is designed such that graduates are eligible to sit for the licensure exam to become Nutrition and Dietetics Technicians.

The committee commends the program faculty on the development, implementation, and revision of their plan for the assessment of student learning outcomes. During the current review cycle, faculty have used the evidence gathered through the student learning outcomes assessment plan to inform program changes, and this includes the incorporation of rubrics as tools for assessing student coursework regarding the program's learning outcomes. The committee acknowledges the use of such rubrics as one method to provide consistent reviews of student learning that can provide potential areas for improvement. The information gathered through these measures has been used to make program changes, and several examples of these changes were specified.

The committee recognizes the faculty members of the program for their scholarly contributions to the B.A., B.S. in Food, Nutrition, and Dietetics program. Faculty members are active researchers who publish peer-reviewed journals articles, and present at national and international professional conferences. Additionally, we recognize that every faculty in the program has been actively involved in advising and supporting professional student organizations demonstrating their commitment to facilitate learning and educational experiences of our students outside the classroom. The committee also applauds the practice of asking faculty to submit a diversity statement as part of their annual productivity review.

The committee appreciates the in-depth analysis of comparator and aspirational programs. As part of this analysis, the program faculty identified multiple institutions with similar programs that excel in ways that our program may aspire to. The committee also recognizes that faculty developed specific action plans to implement similar initiatives as those to improve the program at Illinois State University.

The committee commends the program faculty for being accredited by the Council for Accreditation of the American Association of Family and Consumer Sciences (AAFCS) and the Accreditation Council for Education in Nutrition and Dietetics (ACEND).

Recommendations.

The Academic Planning Committee thanks faculty members of the Department of Family and Consumer Sciences for the opportunity to provide input regarding the Food, Nutrition, and Dietetics program at Illinois State University through consideration of the self-study report submitted by faculty. The following committee recommendations to be addressed within the next regularly scheduled review cycle are provided in a spirit of collaboration with department faculty members. In the next program review self-study report, tentatively due October 1, 2030, the committee asks the program to describe actions taken and results achieved for each recommendation.

Develop a plan for controlled enrollment growth. The committee notes that demand for the program has been strong despite slowly declining enrollments that have the program below target levels. The committee acknowledges

the work faculty have completed regarding their recruitment efforts and that this work has been successful in enrolling both first-time-in-college students and external transfer students in the program. Given the time and energy that must be devoted to such recruitment activities, the committee suggests that faculty target external locations and internal programs with likely transfers in a strategic way. The committee also suggests that the program work with the Office of Admissions to gather data regarding the reasons that many accepted students chose to go elsewhere.

Continue to focus on equity, diversity, and inclusion. While the committee recognizes the efforts to increase the gender and ethnic diversity of faculty and students within the program, the committee encourages the program to continue to pursue its goals related to further developing an equitable, diverse, and inclusive environment that effectively supports students, faculty, and staff from diverse backgrounds. We encourage the program to continue refining and implementing their plans for recruiting students from groups who are traditionally underrepresented in the program and discipline. We note that many of the recruitment strategies are described at the department level, and we recommend that the program faculty explore the use of program-specific recruitment strategies (e.g., program-specific scholarships). Furthermore, we encourage the program faculty to continue to examine ways to infuse diversity, equity, and inclusion into the curriculum.

Continue to focus on student success and retention. The committee recommends that the program faculty develop a plan for student success. The plan should be used to increase transparency and communication around “student success” by defining the program’s goals for, assessment of, and actions towards supporting students enrolled in the program. The plan may provide an overarching structure for other plans (e.g., retention, curriculum, alumni engagement). The committee recognizes substantial work by former and current faculty members to review and update the program and its curriculum. The committee recommends continued periodic review of the program structure and content to remain current with changes in the field and to maintain program retention and graduation rates (including the percentage of graduates completing the program within four years and trying to reduce the numbers of curricular exceptions needed). The committee recommends that the program continue monitoring student retention, particularly of students from traditionally underrepresented groups. The committee encourages the program to continue developing opportunities for student research and creative activities. The committee suggests that faculty members investigate student interest and participation in the Honors program to ensure that students desiring to complete the program with honors have sufficient opportunities to do so.

Continue to review and revise the curriculum. The committee recognizes substantial work by faculty members to review and update the program and its curriculum, especially with respect to responding to accreditation standards. The committee recommends continued periodic review of the program structure and content to remain current with changes in the field. Continue to develop and expand the internship program for majors, perhaps through input from the board in creating additional opportunities for interaction among students, alumni, practitioners, and prospective employers. The committee encourages the program to clarify the research components in the curriculum (e.g., are there potential discrepancies in required hours between professional practice and independent study) and to continue developing opportunities for student scholarship and creative activities.

Continue implementing and refining the student learning outcomes assessment plan. The committee encourages faculty to continue its implementation of the student learning outcomes assessment plan for the program during the next program review cycle, to continue to utilize information gathered through plan implementation to make program revisions as necessary, and to document how that has been done. The committee encourages faculty to periodically evaluate the effectiveness of the plan in assessing student learning to identify any modifications to the plan faculty may deem necessary.

Continue the collaborative work with Milner Library. The committee recommends that the program work with the subject liaison librarian to examine and evaluate the library's journals and monograph collection related to food, nutrition, and dietetics to aid in both the selection and deselection process of these sources. Given recent journal cancellations and expected increases in distance and hybrid courses, we encourage the Department and the Library to further collaborate to increase awareness of alternative access to resources, such as Interlibrary Loan and I-Share lending, among faculty and students. We also recommend that the program work with the subject liaison librarian to develop a tiered approach for information fluency learning outcomes for the Department, align those outcomes to the curricula, and integrate those outcomes into the student learning outcomes assessment plan for the program.

Continue to refine a plan for alumni tracking and engagement. While program faculty have been successful at increasing scholarships through donations from alumni, the committee encourages the faculty to continue to refine their plan for tracking program alumni and use this system to enhance alumni networking and engagement. These activities may become even more important in the years ahead as the program's alumni become more diverse. The program could benefit from increased involvement of its alumni, employers, and other external stakeholders in providing input regarding the program and in mentoring students and providing employment opportunities for program graduates.