

Using Structured Online Educational Supports to Increase the Efficacy of Nutritional Programs

Multiple studies have shown a significant reduction in healthcare costs when individuals participate in supervised nutritional programs. These findings show a reduction in costs for long-term care, fewer hospital visits, improved healthy weight outcomes, reductions in A1C, and increased prescription adherence.¹



We believe that structured online education can expand the reach of supervised nutritional programs, while simultaneously managing cost and ensuring consistency. Research has shown that content focused on functional applications like recipes, with step-by-step instructions, is more effective than conceptual topics such as "eat less salt."² These types of concrete concepts are well suited to short, interactive lessons that educate and reinforce concepts. Data from these studies also show that this form of microlearning is highly effective at improving retention.²

Online educational tools can also act as an effective bridge between what participants learn in face-to-face instruction and practical application. By allowing participants on-demand access to materials in their every day lives, they can more easily adopt new healthy eating habits.

Combining nutritional education with online educational tools empowers individuals to make informed dietary choices, adopt better eating habits, improve their health outcomes, and enhance their overall quality of life.



Benefits of Using Structured Online Learning



IMPROVED OUTCOMES: A data-driven approach can be motivating and help patients see the direct impact of their efforts. Administrators can see what is working and what isn't.



ADHERENCE: The ability to practice and repeat good nutritional habits is essential for success. The addition of gamification, encouragement and guidance in structured educational tools leads to increased engagement.



CUSTOMIZATION: Tailoring programs to individual patient needs and preferences is essential. What motivates one patient may not work for another, so flexibility and personalization are crucial.



GOAL SETTING AND MONITORING: Assist participants in setting achievable nutrition goals and provide tools for monitoring progress. Incentives can be tied to reaching these goals, such as improving dietary habits or maintaining a healthy weight.



ENGAGEMENT: Engaging, video-based content can mitigate low motivation with its creative appeal.³ Nutritional education is more effective when it motivates learners to nutrition-related behavior change.⁴

Bibliography

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