

Your Future **me** Design Thinking Problem Brief

Department:
Health Professions

Level 4 BSc Nutritional Sciences/BSc Sport and Exercise Nutrition

Opening question:
How might we reshape the future health workforce to ensure inclusive practice in nutrition?

Context:

With an increasingly diverse UK population, the need for nutrition graduates who prioritise inclusive practice is essential. Diversity presents a challenge to the healthcare industry and providers, who must be adequately trained and skilled to include the nuances of culture in their consultations and recommendations. We know inclusive practice has multiple benefits and ultimately improves the quality of care that patients receive, and their associated health outcomes. The absence of inclusive practice among nutrition graduates may perpetuate health inequities and disparities among marginalised and diverse communities.

Where individuals or groups of individuals are excluded, or feel on the margins of society, there is often a direct impact on their health. You are being asked to consider the ways in which we can address these challenges and make impactful change to move the profession forward to become more diverse and inclusive.

Consider how inclusion, diversity and equity may be prioritised both as a student and practising professional.

Starting points/ prompts: Moodle reading lists, library resources, library search engines.

- What is meant by 'inclusive practice'?
- Why is it important for nutrition graduates to become professionals that advocate for diversity and inclusion?
- How might nutrition graduates be equipped with the knowledge and skills to effectively support service users from socially excluded communities or diverse cultures?
- How can teaching, research and practices foster optimal nutrition for all?
- How might course curriculums focus on the importance of diversity and inclusivity?
- Are there ways in which nutrition graduates can be empowered to actively challenge the lack of diversity, equality and inclusion that they see and experience?
- How might a diverse and inclusive education improve nutrition graduate outcomes and employability?