

# Snapshot

## NCP Step 3: Nutrition Intervention

### Definition:

A nutrition intervention is a purposely planned action(s) designed with the intent of changing a nutrition-related behavior, risk factor, environmental condition, or aspect of health status to resolve or improve the identified nutrition diagnosis(es) or nutrition problem(s). Nutrition interventions are selected and tailored to the client\* needs by planning and implementing appropriate interventions.

### Determining a Nutrition Intervention:

The nutrition diagnosis and its etiology drive the selection of a nutrition intervention. The nutrition intervention is typically directed toward resolving the nutrition diagnosis(es) by altering or eliminating the nutrition etiology(ies). Less often, it is directed at relieving the signs and symptoms of the nutrition problem or problems. Nutrition intervention goals, ideally, developed collaboratively with the client, provide the basis for monitoring progress and measuring outcomes.

Terminology for Nutrition Intervention is organized in five domains (categories):

<u>Food and/or Nutrient Delivery</u>	<u>Nutrition Education</u>	<u>Nutrition Counseling</u>	<u>Coordination of Nutrition Care</u>	<u>Population Based Nutrition Action</u>
<i>Customized approach for food/nutrient provision.</i>	<i>A formal process to instruct or train a client in a skill or to impart knowledge to help clients voluntarily manage or modify food, nutrition, and physical activity choices and behavior to maintain or improve health</i>	<i>A supportive process, characterized by a collaborative counselor-client relationship, to establish food, nutrition and physical activity priorities, goals, and action plans that acknowledge and foster responsibility for self-care to treat an existing condition and promote health</i>	<i>Consultation with, referral to, or coordination of nutrition care with other health care providers, institutions, or agencies that can assist in treating or managing nutrition-related problems</i>	<i>Interventions designed to improve the nutritional well-being of a population.</i>

### Use of Nutrition Intervention Terminology:

Nutrition intervention is accomplished in two distinct and interrelated steps: planning and implementing.

*Planning* the nutrition intervention involves:

- Prioritizing nutrition interventions based on urgency, impact, and available resources
- Collaborating with the client to identify goals of the intervention for each diagnosis
- Writing a nutrition prescription based on a client's customized recommended dietary intake of energy and/or selected food or nutrients based on current reference standards and dietary guidelines and a client's health condition and nutrition diagnosis
- Selecting specific nutrition intervention strategies that are focused on the etiology of the problem and that are known to be effective based on best current knowledge and evidence
- Defining the time and frequency of care, including intensity, duration, and follow-up

*Implementation* is the action phase and involves:

- Collaborating with the client to carry out the plan of care
- Communicating the nutrition care plan
- Modifying the plan of care as needed
- Following up and verifying that the plan is being implemented
- Revising strategies based on changes in condition or response to intervention

**Critical Thinking Skills:**

- Setting goals and prioritizing
- Defining the [nutrition prescription](#) or basic plan
- Making interdisciplinary connections
- Matching nutrition intervention strategies with client needs, nutrition diagnosis(es), and values
- Choosing from among alternatives to determine a course of action
- Specifying the time and frequency of care

*\*Client refers to individuals, groups, populations, supportive individuals, and/or caregivers.*