

Jay Graham



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Entry details

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Essay:

This submission targets the Innovative Wellness and Nutrition Program, from January 1, 2025 through December 31, 2025.

Although we realize this is not a typical form of nutritional outreach in higher education (taught by a dietitian), we feel it meets the criteria of the competition for several reasons:

Background: Shavaun Cloran, Registered Dietitian, of Chartwells WPI (Worcester Polytechnic Institute) Dining Services was asked to develop nutrition related courses for a new Holistic Physical Education program. They are redesigned to enhance the mental and physical wellness of our students. Chartwells was enthusiastic as students who would be

registering for credit would be required to attend the classes vs potential lack of participation for regular wellness/nutrition events.

The main goals of these classes are to provide current nutrition information/education in a safe and non-judgmental nor didactic way so that students feel empowered to make changes or keep current habits that resonate with them.

The Wellness Physical Education (WPE) courses are designed to meet for 7 weeks, with two 50 minute classes for each week. Exploring the Impact of Nutrition on Brain, Body and Planet includes general nutrition, evaluation of fad dieting, to sustainable life skills, plant forward consumption, added sugars within our diets and menu planning on a budget.

The next course is Introduction to Intuitive Eating. Which involves the incorporation of fun and group tasks promotes students' Interest and engagement in these topics.

The program itself provided nutrition education to 80 students (4 terms) and was a collaboration Between Chartwells Higher Education (WPI's Tech Eats), Department of WPI Athletics and WPI's Center for Well Being. This collaboration, alone, has brought CHE into an integral part of the Wellness initiative on campus.

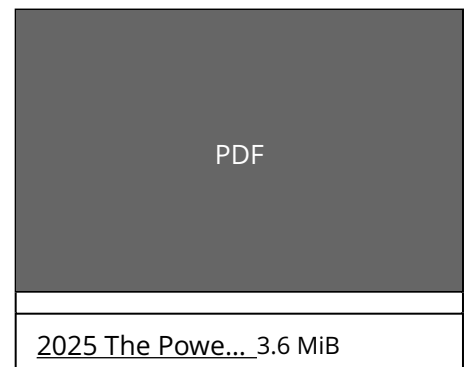
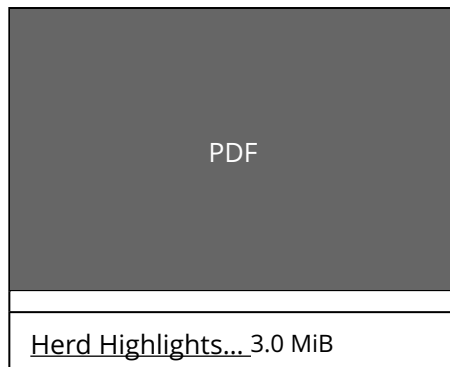
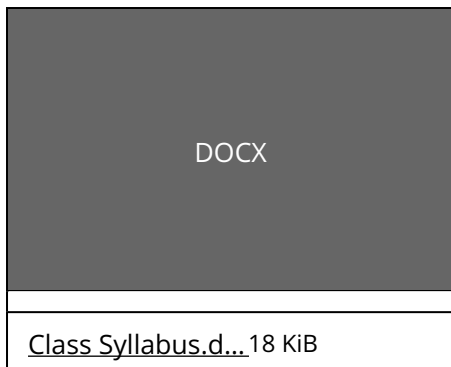
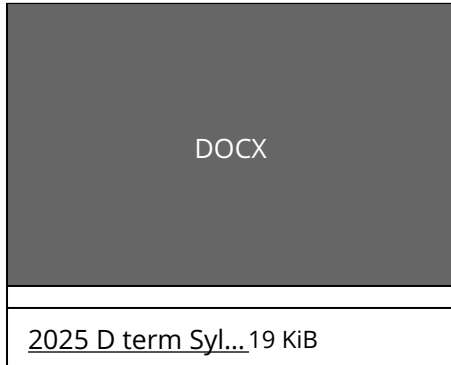
The program is promoted through our Center for Wellbeing Program course website (<https://www.wpi.edu/student-experience/health-wellness/center-for-well-being/programs-services/wpe-wellness-courses>) as well as featured in our Student Newsletter (Herd Highlights), and by word of mouth by students. Our marketing efforts have been successful with most classes filled and an ongoing waitlist of students are ready to join.

Nutrition Activities include but not limited to:

- Researching current fad diet trends and assessing with certain provided criteria as to being helpful or not
- Researching one's Carbon Footprint via a provided credible website, and comparing to recommended standards
- Creating one's meals plan for a day (including pictures of such foods) after discussing the Mediterranean Diet
- Developing their own food-based Smoothie recipe with certain criteria of protein, carbohydrates and fiber.
- Body Awareness guided meditation and reflections upon completion

As for meeting our goals for this nutrition endeavor, these courses are endorsed by WPI and will continue to be offered during the upcoming academic years. Please refer to the student survey responses regarding the success of the classes. Most of the students are incredibly pleased with the class and how pivotal it has been in their knowledge of wellness and nutrition. The ongoing collaboration between the WPI's Recreation Department, the Center for Wellbeing and WPI Dining Services, shows a stronger relationship between CHE and WPI.

Log in to nacufs.awardsplatform.com to see complete entry attachments.





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