[American Dietetic Association](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/index.html)

February 19, 2020

Greetings!

Obesity and poor nutrition are two of the top health problems that face our nation and your state. According to the CDC, obesity is one of the most costly and complex health issues that we face today, and recent information states that as many as 28% of North Carolinians are obese. This means that your state ranks 12th in obesity rates in the nation. According to the Kaiser Family Foundation, for African Americans and Hispanics, the problem is worse, as these races are among the highest in obesity rates at 68.4% and 63.2% respectively in the United States, and have even higher rates for within the state of North Carolina.

We are pleased that you have agreed to join the American Dietetic Association as a nutritionist to help us combat the obesity epidemic. Your primary job responsibility will be to handle a patient case load. For your patients, you’ll need to analyze blood test results to diagnose dietary problems, examine patient eating patterns based on questionnaires, and prepare a meal plan that meets your patients’ specific needs. Your main focus should be your patients’ health and susceptibility to becoming overweight or obese.

Your first case load assignment will be to design a meal plan for a student at Heritage High school. The staff at that school are concerned that students are making inappropriate food choices and want to provide students with good meal options. You will receive blood test results from an HHS student volunteer. You will need to identify whether or not s/he has carbohydrates, lipids, and proteins in their blood. If you find that a patient is lacking a particular biochemical, you’ll need to give the patient meal suggestions as part of their meal plan to put that biochemical back into his/her diet. You’ll also need to follow USDA guidelines for amounts of fiber, saturated and unsaturated fats, trans-fats, and sugars.

You will need to check-in with the patient at various times throughout the quarter to update them on appropriate topics. All written correspondence with the patient needs to be professional and follow MLA format.

**3/2/20 Check-in #1: Patient diet analysis** – (Individually Graded) Analysis telling patient which parts of their diet are too high and/or too low in certain biochemical and an in-depth explanation of the blood analysis and how it affects the patient’s health.

**3/27/20: Final Meal Plan Brochure:** (Individually Graded) Final meal plan and full diet analysis due in the form of a brochure written to the patient.