

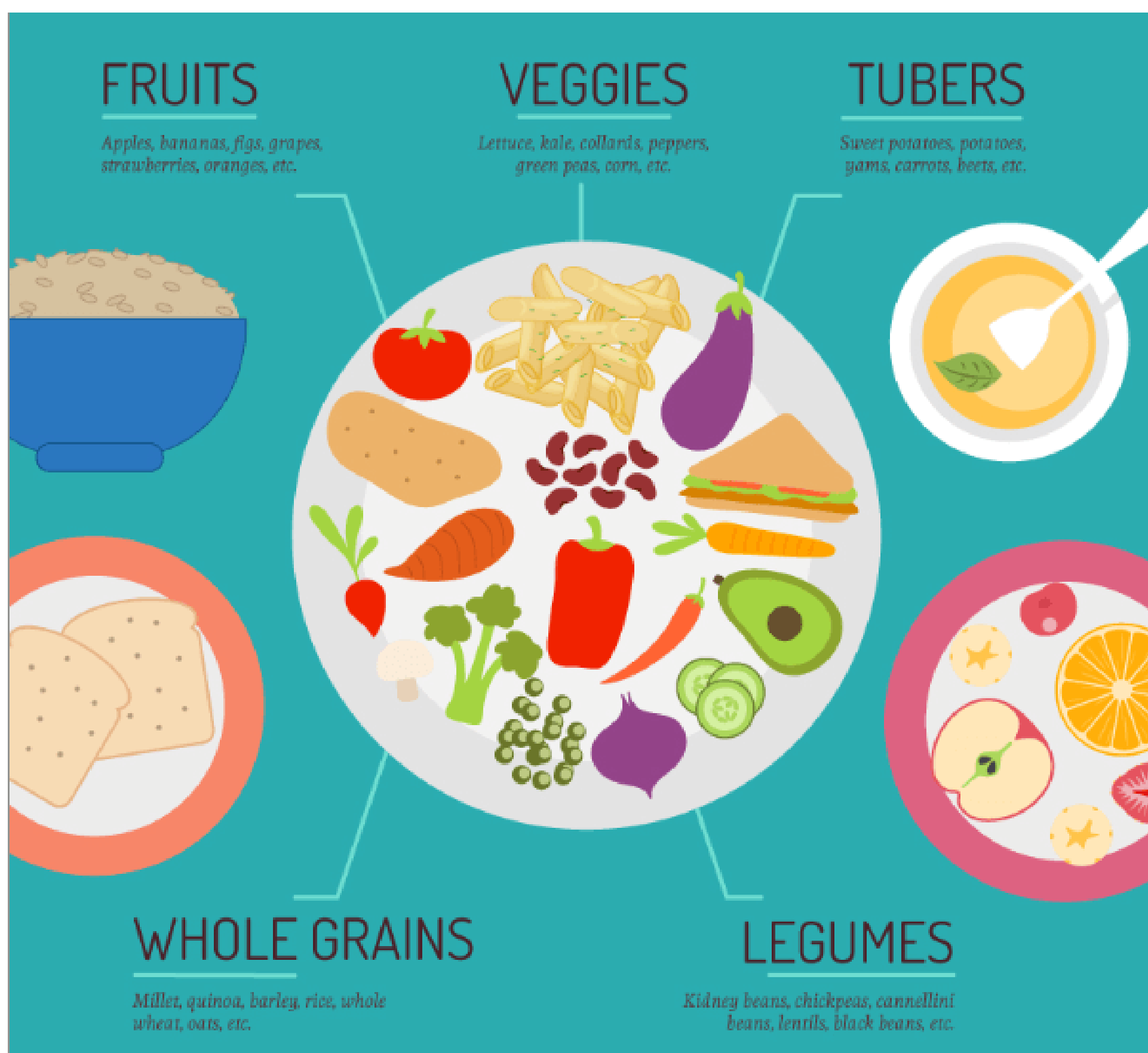
NUTRITION THAT HEALS

MISSION STATEMENT

The Nutrition that Heals team believes that Yale School of Nursing can and should be a leader in the plant-based nutrition movement, which represents an inevitable paradigm shift that is more sustainable, more ethical, more logical, and more effective than disease-centered approaches to health.

CONNECTION TO SUSTAINABILITY

Plant-based diets are significantly more sustainable for the environment than the Standard American Diet. Preventive medicine is not only an option, it is essential to the health of this country, of our patients, and of the environment.



LECTURE SERIES

Nutrition that Heals is a student-designed lecture series meant to model how nutrition can be integrated into the curriculum. The leading causes of death in the U.S. are heart disease, cancer, other lifestyle illnesses, and a culmination of psych-related deaths. The foundation of every treatment plan should include a more whole food plant-based diet, stress management, and physical movement. Yet, lifestyle medicine is not a component of health professional education. It is an injustice to patients that we are not taught the evidence base behind the root causes of our top killers. It is that much more of an injustice to our minority patients, who are the most negatively affected by heart disease and cancer statistics.

STANDARD AMERICAN DIET

The Standard American Diet is not only killing the people consuming it, but also the environment on which we all depend. Heavily comprised of animal protein and dairy, it's estimated that the equivalent of 2 football fields are required per person per year to produce this diet, with much of this allocated to growing the crops to feed the animals (Diet for a Small Planet). If we wish to continue feeding the human population, we have no choice but to move to a more sustainable feeding system.



ECONOMIC AND HEALTH IMPACTS

It's estimated that a minimum of 80% of all healthcare dollars are spent on treatment of conditions that are preventable. Childhood obesity has tripled in the last 30 years. Many experts project type 2 diabetes as the future global epidemic, with diagnosis projections as high as one in three individuals from industrialized nations that have adopted the Standard American Diet. The toxic SDA consists of 63% processed foods, 25% animal-based foods, and 12% plant-based foods.

DEPARTMENT DETAILS

Nutrition that Heals is a student initiative founded by Vanessa Correia, RN, CLC, Pediatric Nurse Practitioner Student, who is certified in plant-based nutrition and has clinical experience in the field. The student group consists of Emma Hoffman YSN '19, Casey Magis Agosta YSN '19, Emma Kleck YSN '19, Maya Chay YSN '20, Maddy Kenler YSN '20, and Gerardo Acosta YSN '20.