

MSW and Nutrition Sustainability IPE

Monday, March 31, 2025

In person, Sacramento Campus

Professions involved: Clinical Nutrition and Social Work

Number of students: 32

Objectives

- VE2.** Advocate for social justice and health equity of persons and populations across the life span.
- VE4.** Value diversity, identities, cultures, and differences.
- VE5.** Value the expertise of health professionals and its impacts on team functions and health outcomes.
- RR2.** Collaborate with others within and outside of the health system to improve health outcomes.
- RR5.** Practice cultural humility in interprofessional teamwork.
- C3.** Communicate clearly with authenticity and cultural humility, avoiding discipline-specific terminology.
- TT9.** Operate from a shared framework that supports resiliency, well-being, safety, and efficacy.

Event Description

The IPE focused on an in-person event in Sacramento UOP campus with additional assignments before and after the activity. The activity will involved a collaboration between social worker and nutrition students and the considerations of the intersections of providing support and services around gardening, sustainability and determinants of health in a global perspective. Before meeting in the garden, coursework embedded in the respective programs prepared students with baseline knowledge related to working with refugee families and cultural needs. Clinical Nutrition students researched the mental health benefits of herbs, and Social Work students learned about the challenges faced by refugee families, community resilience and Horticultural therapy. On the event day, the Pacific Director of Sustainability guided a tour of the Sacramento campus garden that featured sampling teas prepared from the garden's stress-relieving herbs, including lavender, lemon balm, mint, and chamomile. After the event, interdisciplinary groups prepared academic posters featuring the application of social work and nutrition interventions for a refugee family case study.