

Benedictine University
Nutrition Programs (DPD & DI) Alumni Accomplishments and Satisfaction Survey Results 2004

Alumni Accomplishments

Although not all alumni provide updates of professional accomplishments, many have. It is with pride that we share the following:

- Nine alumni are recipients of awards at the local, state, and/or regional level. Six (7.6% of RD alumni) alumni report receipt of dietetics association awards – Recognized Young Dietitian of the Year (2), Outstanding Dietetic Educator (2), Emerging Dietetic Leader (1), and Outstanding Dietetic Student (5). Three alumni report receipt of four job related awards.
- Eight alumni report abstracts and articles being published in professional journals, including *J Amer Diet Assoc* (10), *JAMA* (1), *Arch Intern Med* (1), *J. Amer Coll Cardiol* (1), and *Advance* (2).
- Alumni have held leadership positions at the local, state, and regional level. Five (5.4% of RD alumni) were elected to ten dietetic association positions - district president (3), district secretary (2), district nominating committee (2), state nominating committee (2), and state president (1). Additionally, three more report holding non-elected leadership positions on work related committees.
- A large number of our alumni have pursued advanced degrees. Of those responding to the 2004 Alumni Satisfaction Survey: 56% of departmental respondents report earning at least a master degree. Based on our departmental tracking data (DPD Tracking Form), we know of at least 45 (approximately 23%) of our alumni who have completed a master degree, but no nutrition alumnus has completed a doctorate yet (based on alumni responses to surveys).
- DPD Tracking Form (last updated summer 2004): seventy-one (approximately 37%) are registered dietitians (RD).
- Eighteen alumni (approximately 12%) completed 23 specialty certificates and/or training other than RD – sanitation (4), renal nutrition certification (1), weight management certification (4), pediatric weight management certification (1), pediatric nutrition certification (1), CDE (1), NSCA-CPT (1), ACSM (2), ACE Personal Trainer (1), CPR Fitness Instructor (1), Food Service Mgmt & Accounting through NRA (1), chef (1), RPh (1), RN (1), Certificate of Appreciative Leadership (1), and the American Dietetic Association Leadership Training workshop program (1).

Some alumni accomplishments are highlighted in *Yummy Tidbits* (online at: <http://www.ben.edu/nutrition/news.html>).

Alumni Satisfaction

Based on results of our 2004 Nutrition Alumni survey sent to all identified program alumni (since 1983) of the Nutrition Programs (combined undergraduate and dietetic internship), satisfaction with departmental programs is strong. The five responses with the highest ranking (in order) were:

1. During the program(s) I had reasonable access to the nutrition faculty.
2. I am proud I was part of the Nutrition Program(s) at Benedictine University.
3. I would recommend the Nutrition Program(s) at Benedictine University to future students.
4. If in a position to hire people, I would hire a Benedictine University Nutrition Alumnus.
5. The Nutrition Department offers quality programs.

Having the recommendation of alumni is essential to the ongoing success of our program. Many of the inquiries received from prospective students are because they “heard” we had a “really good” Nutrition Program. In comparison to our intended benchmarks for our program goals, alumni reported advising and academic experiences to be of high value and quality:

- 80% of responding alumni “strongly agree” or “agree” that they were satisfied with the teaching methods employed, which *meets* our benchmark for this outcome. Related, 97.5% of alumni “strongly agree” or “agree” that they had reasonable access to the nutrition faculty.
- 89.7% of our alumni “strongly agree” or “agree” that they were satisfied with their experiences while enrolled in the nutrition program, *exceeding* our benchmark (of 80%). Related, 87.5% “strongly agree” or “agree” that they would recommend the program to others and would hire an alumnus of the program.
- Alumni rank overall satisfaction with their experience in Nutrition Programs program at 4.1/5.0, *exceeding* our benchmark (4.0/5.0).
- **No** respondent disagreed that Benedictine University offered quality Nutrition Programs. **No** respondent disagreed that he/she would hire a Benedictine University Nutrition Program Alumnus.

Most 2004 alumni survey respondents agreed that they developed critical thinking and problem solving skills through the program, and that the teaching methods employed by the teachers satisfied them. Three of the key program factors strongly correlated to other satisfaction indicators were developing critical thinking and problem solving skills, satisfaction with teaching methods employed, and reasonable access to faculty.

In comparison to the benchmark “Of those employed, 60% of alumni will hold a nutrition-related positions, and 80% will hold a job in a nutrition-related or allied health related position” – In this 2004 survey, 84.4% of the nutrition alumni agreed or strongly agreed with the statement: “My job is related to my nutrition major.” Thus, we *surpassed* this goal.

Refer to the following tables for details.

Benedictine University
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Table 1: Mean and Standard Deviation

	N	Minimum	Maximum	Mean	Std. Deviation
During the program(s) I had reasonable access to the nutrition faculty.	40	2.00	5.00	4.5500	.63851
I am proud I was part of the Nutrition Program(s) at Benedictine University.	40	2.00	5.00	4.4500	.71432
I would recommend the Nutrition Program(s) at Benedictine University to future students.	40	2.00	5.00	4.4250	.84391
If in a position to hire people, I would hire a Benedictine University Nutrition Alumnus.	40	3.00	5.00	4.3750	.70484
The Nutrition Department offers quality programs .	40	3.00	5.00	4.3500	.69982
My experiences in the Nutrition Program(s) provided a positive foundation for professional growth .	39	2.00	5.00	4.3333	.80568
Courses taught at the university were of appropriate level of difficulty.	40	2.00	5.00	4.3250	.85896
I was satisfied with my experiences while enrolled in the Nutrition Program(s).	39	2.00	5.00	4.2821	.72361
I developed critical thinking and problem solving skills through the nutrition program(s)	40	2.00	5.00	4.2250	.80024
My job is related to my nutrition major. (If not employed, skip this question)	31	1.00	5.00	4.1613	1.24088
I would enroll in the Nutrition Program(s) at Benedictine University, if I had to do it all over again.	40	2.00	5.00	4.1500	1.07537
I was satisfied with the teaching methods employed by the teachers of the program.	40	1.00	5.00	4.0750	1.07148
During the program(s) I sought career advice from my nutrition advisor.	40	2.00	5.00	4.0750	1.02250
I was better prepared in terms of nutrition knowledge and potential than other dietetic interns at my site. (If you did not pursue a dietetic internship skip this question)	28	1.00	5.00	4.0000	.94281
I maintain an interest in the activities of the Nutrition Program(s).	39	2.00	5.00	3.6667	.98230
I was actively involved in the Nutrition Club while at the university.	39	1.00	5.00	3.5641	1.41039
I have earned a master degree or higher.	36	1.00	5.00	3.4167	1.64534
I remain in contact with other Benedictine University Nutrition Program(s) alumni.	40	1.00	5.00	3.3500	1.45972
I am satisfied with my current income level.	33	1.00	5.00	3.1818	1.30993
I would donate to the Nutrition Department to create a nutrition scholarship fund.	39	1.00	5.00	3.1795	1.09717
I remain in contact with one or more of my past professors.	40	1.00	5.00	3.0000	1.39596
I donate to Benedictine University on a yearly basis.	39	1.00	5.00	2.3846	1.20559
<i>Mean of program quality questions (#1-17)</i>	<i>40</i>	<i>2.50</i>	<i>5.00</i>	<i>4.0665</i>	<i>.61298</i>

Benedictine University
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Table 2: Frequencies

	Strongly Agree	Agree	Undecided	Disagree	Strongly Disagree
During the program(s) I had reasonable access to the nutrition faculty.	25 (61%)	15 (36.6%)	0 (0%)	1 (2.4%)	0 (0%)
I am proud I was part of the Nutrition Program(s) at Benedictine University.	23 (56.1%)	15 (36.6%)	2 (4.9%)	1 (2.4%)	0 (0%)
I would recommend the Nutrition Program(s) at Benedictine University to future students.	25 (61%)	11 (26.8%)	3 (7.3%)	2 (4.9%)	0 (0%)
If in a position to hire people, I would hire a Benedictine University Nutrition Alumnus.	21 (51.2%)	15 (36.6%)	5 (12.2%)	0 (0%)	0 (0%)
The Nutrition Department offers quality programs .	20 (48.8%)	16 (39%)	5 (12.2%)	0 (0%)	0 (0%)
My experiences in the Nutrition Program(s) provided a positive foundation for professional growth .	20 (50%)	16 (40%)	2 (5%)	2 (5%)	0 (0%)
Courses taught at the university were of appropriate level of difficulty.	21 (51.2%)	16 (39%)	1 (2.4%)	3 (7.3%)	0 (0%)
I was satisfied with my experiences while enrolled in the Nutrition Program(s).	17 (42.5%)	19 (47.5%)	3 (7.5%)	1 (2.5%)	0 (0%)
I developed critical thinking and problem solving skills through the nutrition program(s)	17 (41.5%)	19 (46.3%)	3 (7.3%)	2 (4.9%)	0 (0%)
My job is related to my nutrition major. (If not employed, skip this question)	16 (50%)	11 (34.4%)	1 (3.1%)	1 (3.1%)	3 (9.4%)
I would enroll in the Nutrition Program(s) at Benedictine University, if I had to do it all over again.	22 (53.7%)	9 (22%)	5 (12.2%)	5 (12.2%)	0 (0%)
I was satisfied with the teaching methods employed by the teachers of the program.	18 (43.9%)	15 (36.6%)	3 (7.3%)	4 (9.8%)	1 (2.4%)
During the program(s) I sought career advice from my nutrition advisor.	17 (41.5%)	17 (41.5%)	1 (2.4%)	6 (14.6%)	0 (0%)
I was better prepared in terms of nutrition knowledge and potential than other dietetic interns at my site. (If you did not pursue a dietetic internship skip this question)	9 (32.1%)	12 (42.9%)	6 (21.4%)	0 (0%)	1 (3.6%)
I maintain an interest in the activities of the Nutrition Program(s).	8 (20.5%)	16 (41%)	9 (23.1%)	6 (15.4%)	0 (0%)
I was actively involved in the Nutrition Club while at the university.	16 (40%)	7 (17.5%)	5 (12.5%)	9 (22.5%)	3 (7.5%)
I have earned a master degree or higher.	17 (45.9%)	4 (10.8%)	1 (2.7%)	9 (24.3%)	6 (16.2%)
I remain in contact with other Benedictine University Nutrition Program(s) alumni.	11 (26.8%)	13 (31.7%)	3 (7.3%)	8 (19.5%)	6 (14.6%)
I am satisfied with my current income level.	8 (23.5%)	7 (20.6%)	7 (20.6%)	9 (26.5%)	3 (8.8%)
I would donate to the Nutrition Department to create a nutrition scholarship fund.	4 (10%)	12 (30%)	16 (40%)	4 (10%)	4 (10%)
I remain in contact with one or more of my past professors.	5 (12.2%)	15 (36.6%)	4 (9.8%)	9 (22%)	8 (19.5%)
I donate to Benedictine University on a yearly basis.	3 (7.5%)	5 (12.5%)	5 (12.5%)	17 (42.5%)	10 (25%)

Cronbach alpha = .890