



PSM Nutrition and Wellness Capstone Projects

Year Term	Capstone Site	Capstone Project Title
2018 Summer	Southern Arizona Veteran Affairs Health Care System (Tucson, AZ)	Planning for Community Garden Development
	Regional Centers for Border Health (Somerton, AZ)	Addressing Nutrition Risks in Pediatric Patients at Regional Center for Border Health
	Milk and Honey (Tucson, AZ)	Increased Need for Breastfeeding Support and Accessibility to Care
	Pediatric Pulmonary Center (Tucson, AZ)	Food and Nutrition in Cystic Fibrosis
	Community Food Bank of Southern Arizona (Tucson, AZ)	Increasing opportunities to target health promotion within food banks
	University of Arizona School of Nutritional Sciences and Wellness (Tucson, AZ)	Development of an Advanced Community Nutrition Course
2018 Fall	Essence Health and Research LLC (Sammamish, WA)	Added Sugar and Inflammation
	Sheboygan County (Wisconsin)	Healthy Sheboygan County
2019 Summer	Long Term Care Facility (Chicago, IL)	Screening for Malnutrition and Assembling the Prescribed Diet in Long Term Care
	Pinal County WIC (Pinal County, AZ)	Caseload Retention within the Women, Infants, and Children (WIC) Program
	Seattle Children's Hospital (Seattle, WA)	Pediatric Hospital Milk Labs: An Evaluation of the Staffing Model to Determine Capacity for Future State Growth
	University of Colorado Hospital (Aurora, CO)	The Impact of Dietary Education on the Control of Pulmonary Arterial Hypertension
	University of Arizona Cooperative Extension (Tucson, AZ)	Leveraging Partnerships to Facilitate Policy, System and Environmental Changes in a Residential Substance Use Recovery Facility
2019 Fall	San Jacinto Unified School District (San Jacinto, CA)	Redesigned Display Boards to Educate Students
	Tonic Wellness Boutique (Los Angeles, CA)	Optimal Wellness
2020 Summer	Boys & Girls Club Holmes Tuttle Clubhouse (Tucson, AZ)	The Impact of After-School Organizations on Leading Healthier Lifestyles
	Southern Arizona Veteran Affairs Health Care System (Tucson, AZ)	Expanding Information Access to Veterans Regarding Healthy Living Services at their Local Veterans Health Administration
2020 Fall	Southern Arizona Veteran Affairs Health Care System (Tucson, AZ)	Women Veterans Nutrition Related Health Services and Future Needs: Barriers and Gaps

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2021 Spring	University of Arizona School of Nutritional Sciences & Wellness (Tucson, AZ)	Advanced Foodservice Management
2021 Summer	University of Arizona School of Nutritional Sciences & Wellness (Tucson, AZ)	The Arizona Wine Industry: Marketing Challenges, The University of Arizona Collaborations, and the Wine Fermentation Process
	University of Arizona School of Nutritional Sciences & Wellness (Tucson, AZ)	Food Service Management, An Essential Class for New Dietitians
	Marshfield Clinic Health Systems (Michigan and Wisconsin)	Implementing International Dysphagia Diets – An Opportunity to Improve Patient Safety and Dysphagia Interventions
	Children’s Clinics (Tucson, AZ)	The HELP Program: A Multidisciplinary Approach to Pediatric Obesity Treatment and Prevention
	Verizon	Impacting Culture and Engagement within Verizon’s Virtual Nutrition Program
2021 Fall	Gilbert Public Schools (Gilbert, AZ)	Piloting a Community Nutrition Education Course through a Public School District Be Well Initiative
	Chia Silver Lining (El Paso, TX)	Implementation of Wellness Program for Cancer Patients
	Banner University Med Center (Phoenix, AZ)	Taking Stock at Banner University Medical Center Phoenix
	University of Arizona Student Unions (Tucson, AZ)	Arizona Student Unions: Nutrition Calculator
	Pascua Yaqui Tribal Community (Tucson, AZ)	Keeping Realistic Nutrition Goals in American Indian/Native American Communities
2022 Spring	University of California Berkeley (Berkeley, CA)	Collegiate Athletes AND SPORTS nutrition
	Arizona Track and Trail Running Club (Gilbert, AZ)	Nutrition Education for Endurance Runners
2022 Summer	St. Mary’s Hospital (Tucson, AZ)	Early Enteral Nutrition Trickle Feed Protocol for Mechanically Ventilated Patients
	University of Arizona School of Nutritional Sciences & Wellness (Tucson, AZ)	Short Bowel Syndrome: An Analysis Review
	Salt River Pima-Maricopa Indian Community (Maricopa, AZ)	Whole Foods Plant-Based Diet for Health Among the Salt River Pima-Maricopa Indian Community
	FC Tucson (Tucson, AZ)	A Nutritional Education Intervention for Elite Soccer Athletes Using Technological Modalities
	St. Mary’s Hospital (Tucson, AZ)	Early Trophic Feeding Protocol in Mechanically Ventilated Patients
	Uhling Consulting (Phoenix, AZ)	Diabetes Care and Practices at Uhling Consulting
2022 Fall	University of Arizona School of Nutritional Sciences & Wellness (Tucson, AZ)	Earning the RDN Credential – Building and Leading a Success Course for Undergraduate Dietetics Students

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2023 Spring	Tucson Medical Center (Tucson, AZ)	Development of Insulin-Dependent Diabetes Educational Materials at Tucson Medical Center
	Tucson Village Farm, University of Arizona Cooperative Extension (Tucson, AZ)	Mapping the Purpose, Structure, and Impact of Tucson Village Farm
	Southern Arizona Veteran Affairs Health Care System (Tucson, AZ)	Trial Implementations to Identify Best Practices for Inpatient Meal Intake Documentation
	St. Mary’s Hospital (Tucson, AZ)	Malnutrition Screening Tool Quality Improvement in Hospitalized Adult Patients
	Southern Arizona Veteran Affairs Health Care System (Tucson, AZ)	Introduction to Transgender Nutrition Clinical Practices
	The Meeting Place Clubhouse (San Diego, CA)	Development of Nutritional Curriculum
2024 Spring	St. Mary’s Hospital (Tucson, AZ)	Malnutrition Screening and RDN Notification
	Elik Dialysis Center (Dallas, TX)	Addressing Nutritional Needs to Manage End-Stage Renal Disease among Hispanic Individuals
2024 Summer	Southern Arizona Veteran Affairs Health Care System (Tucson, AZ)	Effectiveness of eating disorder training for VA dietitians
	Southern Arizona Veteran Affairs Health Care System (Tucson, AZ)	Weight bias and stigma in healthcare
	Southern Arizona Veteran Affairs Health Care System (Tucson, AZ)	Nutrition to support mental health
2024 Fall	HonorHealth Shea Medical Center (Scottsdale, AZ)	Vitamin D deficiency in lab workers—a targeted intervention
	Southern Arizona Veteran Affairs Health Care System (Tucson, AZ)	Food insecurity in veterans
	Northwest Bariatric and Foregut Clinic (Tucson, AZ)	Eating disorders in bariatric surgery
2025 Spring	Harper College Wellness Center (Palatine, IL)	Poor eating habits, food insecurity, and sustainability challenges among college students
	University of Arizona (Tucson, AZ)	Increasing the accessibility, effectiveness, and inclusivity of the University of Arizona Cooperative Extension’s Diabetes Prevention Program
	AIDP (City of Industry, CA)	Literature evaluation for white paper development of magnesium L-threonate
	Southern Arizona VA Health Care System (Tucson, AZ)	Retrospective analysis examining the effectiveness of utilizing oral rehydration solution in treating adult hospitalized patients with diarrhea

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2025 Summer	Southern Arizona VA Health Care System ICU (Tucson, AZ)	Comparison of indirect calorimetry to predictive energy expenditure calculations in mechanically ventilated patients
	Southern Arizona VA Health Care System (Tucson, AZ)	Community Living Center garden nutrition class series
2025 Fall	Zuni Pueblo (New Mexico)	Improving nutrition literacy and engagement at the Zuni Pueblo through culturally tailored education
	University of Arizona (Tucson, AZ)	4-H Healthy Living Ambassador Program Guide at Tucson Village Farm
	Unattached	Impact of nutrition on maternal health and early fetal development: Developing a website dedicated to providing education for women about the importance of nutrition before conception, during pregnancy, and postpartum.
2026 Spring	Outpatient eating disorder practice	Nutrition education intervention to improve early identification of eating disorders and low energy availability in adolescents and young adults