

Dr. Shelly Brandenburger, PhD, RD, LN

Mental Health & Nutrition: State of the Literature

Dr. Brandenburger has served in several roles in healthcare, working directly with patients for over 20 years and still sees patients in the clinics she owns with her husband. In addition, she has taught nutrition and health in academia for nearly 20 years, currently serving full-time as an Assistant Professor of nutrition at Minnesota State University Mankato. Dr. Brandenburger raises chickens and much of her own food and has a huge passion for teaching others to love simple, healthy food. Shelly has both a personal and a professional interest in the role of nutrition in mental health and firmly believes that nutrition can and should play a part in helping us navigate today's mental health challenges.

Description of Presentation:

This presentation will review various aspects of mental health to consider when working with clients in everyday practice. A literature review will discuss both the breadth and depth of the current research on the connections between nutrition and mental health, including gaps in the literature. Throughout the presentation, clinical anecdotes and practice tips will be provided as well as references and resources. Clinical pearls and 'fast facts' can help you make connections with your patients through incorporating their mental health into your practice as part of a whole-person approach to care.

Learning Objectives:

1. Attendees will learn the common mental-health related diagnoses to consider aspects of when discussing nutrition and mental health.
2. Attendees will become aware of the depth and breadth of literature overall related to mental health and various aspects of nutrition.
3. Attendees will become aware of the gaps in the literature and opportunities for further exploration.
4. Attendees will be able to discuss at least three specific aspects of nutrition's role in various aspects of mental health.