

Chapter 2

Design According to Theoretical and Empirical Foundations of a Basic and Advanced Diet and Nutritional Practices Descriptive Model in Morocco

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ABSTRACT

This study aimed to investigate the foundations of basic and advanced dietetic-

DOI: 10.4018/979-8-3693-6730-8.ch002

nutrition practices (BADNPs) and to design a descriptive model of these practices adapted to the Moroccan context. This model was designed by the authors of this chapter using scientific evidence and the results of empirical surveys carried out in Morocco, including a questionnaire survey of 145 Dietitian-Nutritionists (DNs), an interview survey of 25 DNs, and a focus group. The components of the designed model are, mainly, the training and professional experience, the skills required for BADNPs, the elements to be considered in BADNPs, the process of Dietetic-Nutrition interventions, the attitudes, and the favorable context for these practices.

INTRODUCTION

The structuring of care practices into basic and advanced practices is a concept that has emerged in the field of nursing practice, but is applicable to other specialties in the health sciences (Kaasalainen et al., 2010; Pulcini et al., 2010), in this case the field of Dietetics-Nutrition (Millen, 2018). This field has the particularity of being combined with the epidemiological and nutritional context, the health needs of the population, the skills, and the practices of Dietetics-Nutrition specialists (MSPS, 2018). Thus, before addressing these practices, we first introduce their context of application in Morocco as well as the skills required for them.

In recent decades, Morocco has undergone a demographic, epidemiological and nutritional transition that has resulted in the coexistence of nutritional deficiency disorders and overweight (Kaoutar et al., 2022). The rise of the latter and sedentary lifestyles has been at the root of the emergence of non-communicable diseases (NCDs) with very high social costs (MSPS, 2018). Indeed, the prevalence of diabetes is estimated at 10.7% among people aged 18 and over, 29.3% have high blood pressure (HTA), 33% are overweight, and 20% are obese (MSPS, 2018). Alongside the epidemiological transition, Morocco is undergoing a nutritional transition that has led to changes in eating habits, marked essentially by the decline of certain beneficial aspects of the traditional diet in favor of the so-called “Western” diet, especially in large urban centers (Mohtadi et al., 2020). This nutritional transition is conducive to excess metabolic diseases, notably obesity, hypertension, diabetes, dyslipidemia, cardiovascular disease and certain cancers (Combris, 2017; Popkin & Ng, 2022; WHO, 2018). This demographic, epidemiological and nutritional context calls for an appropriate public health program and healthcare professionals with scientific, technical and relational skills in the field of Dietetics-Nutrition.

To this end, the Moroccan Ministry of Health and Social Protection (MHSP) is working to improve the health of the population by, among other actions, the prevention and nutritional management of nutritional disorders and chronic diseases via the National Nutrition Program (NNP) introduced in 2019, and via the training

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