



Sara Wiens, MS, RD, MPAS, PA-C



The Missing Ingredient: Nutrition in Healthcare Education and Health Justice

Saturday May 18th 5:30 - 6:15 PM PDT

In this presentation, we will explore the critical role of nutrition in healthcare and the consequences of inadequate nutrition education for healthcare professionals. We will examine how this lack of knowledge hinders efforts to achieve health justice and propose solutions for a more comprehensive approach to healthcare education.

Speaker Bio: Sara Wiens, MS, RD, MPAS, PA-C

Sara Lynn Wiens is a multi-credentialed healthcare professional with a passion for integrating nutrition and patient care. She currently works as a physician assistant and educator at Southern California University of Health Sciences, an innovative institution focused on redefining healthcare education. There, she teaches an integrative healthcare promotions course, emphasizing the power of food as medicine and food justice.

Her journey began as a registered dietitian (RD), leading nutrition and cooking courses for Share Our Strength's Operation Frontline program. This experience fueled her interest in the link between food and health, leading her to publish research in the Society of Nutrition Education and Behavior.

Her passion to provide more comprehensive care led her to become a PA-C. She holds a MS in Food Science and Nutrition, and BS in Nutrition.